

FOR IMMEDIATE RELEASE

Extreme Heat Is Harming Americans' Health — And Communities Aren't Ready

*New ecoAmerica + APHA Report Finds 7 in 10 Households Are
Already Suffering Health Impacts From Extreme Heat*

WASHINGTON, DC: As record-breaking heat waves sweep the nation, a [new national survey](#) from **ecoAmerica** and the **American Public Health Association** (APHA) reveals a sobering reality: nearly 7 in 10 Americans (68%) say they or someone in their household has experienced health problems caused or worsened by extreme heat. Yet few communities have the local resources in place to address this escalating crisis.

“Extreme heat is a public health issue that requires a unified and well-resourced response to reduce heat-related illnesses and death in all communities. This report highlights the public’s experience with extreme heat and reiterates the need for a more collaborative approach towards preparedness between federal, state, local, and community partners.”

— Georges C. Benjamin, MD, Executive Director, APHA

Americans Know the Risks, And They're Feeling Them

More than three-quarters (77%) of Americans say extreme heat can cause or worsen heatstroke or dehydration. Majorities also link it to breathing problems (71%), fatigue (65%), and mental health challenges (63%).

These aren't just theoretical concerns, 68% say they or someone in their household has already experienced heat-related health issues. Nearly 1 in 5 say it's happened multiple times. The impact spans political lines, with Democrats (74%), Republicans (69%), and Independents (57%) all reporting household health problems.

Support Systems Are Falling Short

Despite rising concern, most Americans say local resources aren't keeping up. Just 53% report access to cooling centers, and even fewer know of emergency alerts (46%), utility bill support (40%), or transportation to cooling sites (20%).

“As extreme heat worsens, vast numbers of people are sounding the alarm for better support and protection,” said Meighen Speiser, Executive

Director of ecoAmerica. “This report shows that Americans expect action from our leaders — to respond with bold policies, equitable solutions, and clear communication to ensure every community is safe, supported, and climate-ready.”

The Time to Act Is Now

The report calls for urgent action from local, state, and national leaders to:

- Expand access to cooling and emergency services
- Boost awareness of heat health risks and resources
- Prioritize vulnerable communities in preparedness plans

Extreme heat is no longer a distant danger; it’s a daily reality for millions of Americans. It’s time to move from awareness to action.

Resources

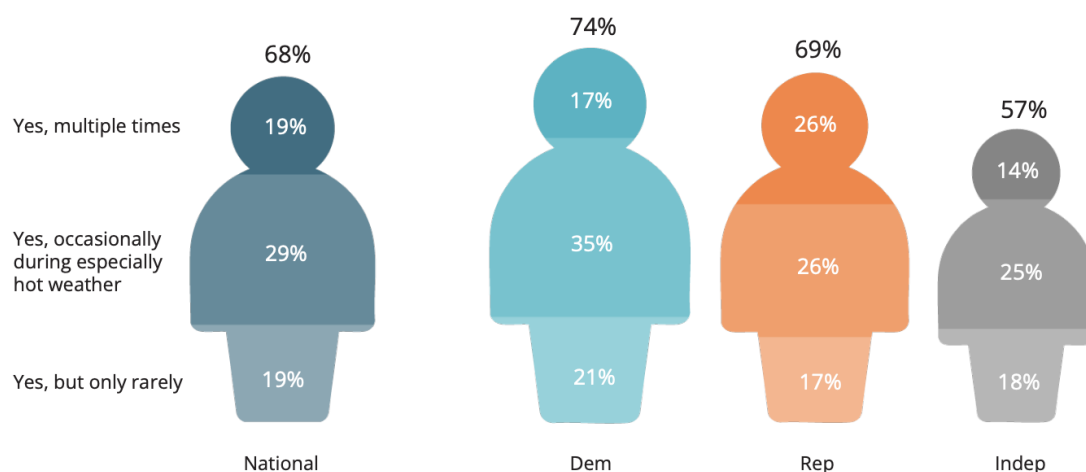
Full Report: <https://ecoamerica.org/american-climate-perspectives-survey-2025-vol-iv-blog/>

[Key Graphs](#)

[Social Media Toolkit](#)

The ecoAmerica team behind the survey is available for interviews to share insights and answer questions. Contact: Research@ecoAmerica.org

Majorities have felt the health effects of extreme heat. *Q: Have you or someone in your household experienced health or medical problems that were caused or made worse by heat waves and extreme heat?* Showing total for “Yes, multiple times”, “Yes, occasionally”, and “Yes, but only rarely”. 1,181 national respondents. +/- 3% margin of error.



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