



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Southwest Center
on Resilience for
Climate & Health

Addressing Extreme Heat Risk in Rural Communities: Building a Roadmap for Resilience

Presenters: Mona Arora, PhD, MSPH | Jennifer Botsford, MSPH | Maiya
Block Ngaybe, PhD

Rural Health Conference
June 2, 2026

WHY THIS MATTERS: EXTREME HEAT CRISIS IN ARIZONA

977

Heat-Related Deaths
(Arizona, 2024)

5,974

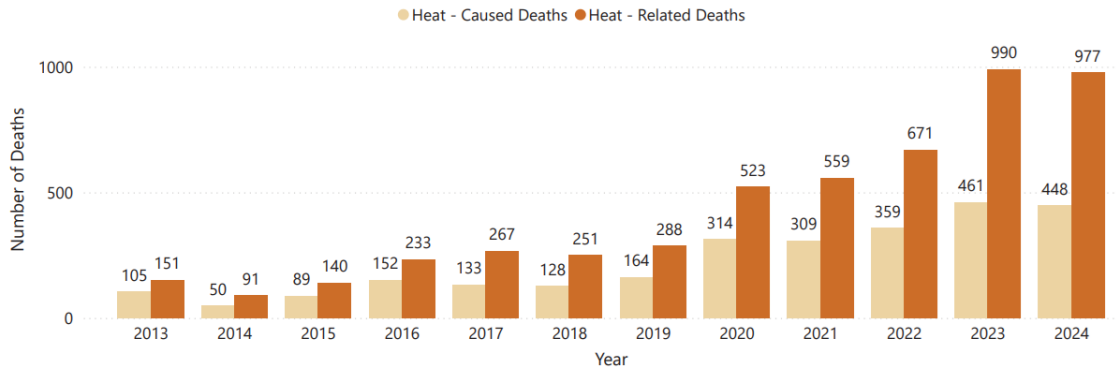
Heat-Related ED Visits
(Arizona, 2024)

117

Days over 100°F by 2030
(Arizona, 2024)

Heat-Caused & Heat-Related Deaths from Exposure to Excessive Natural Heat in Arizona by Year

	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Heat - Caused Deaths	105	50	89	152	133	128	164	314	309	359	461	448
Heat - Related Deaths	151	91	140	233	267	251	288	523	559	671	990	977



Heat-caused deaths are deaths where the primary cause of death is listed as exposure to excessive natural heat. Heat-related deaths are deaths where exposure to excessive natural heat is listed anywhere on the death record and include those that were heat-caused.

Figure 1: Reported heat-caused and heat-related deaths in Arizona by year, 2013–2024.

Source: Arizona Department of Health Services

Observed and Projected Temperature Change

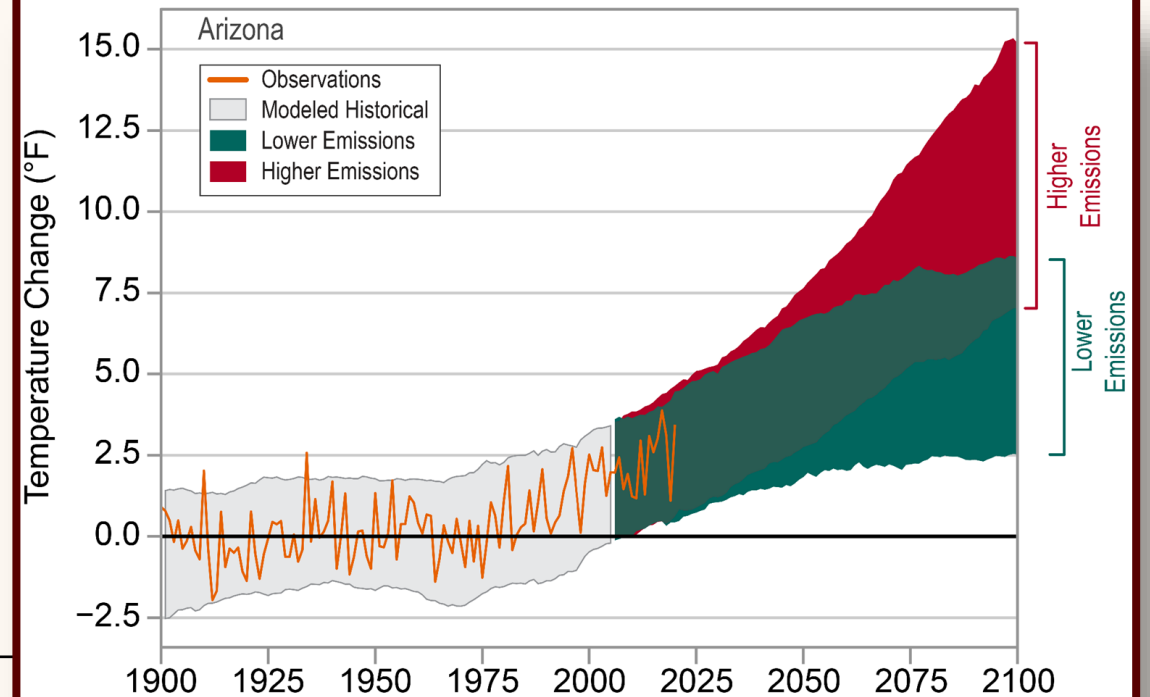
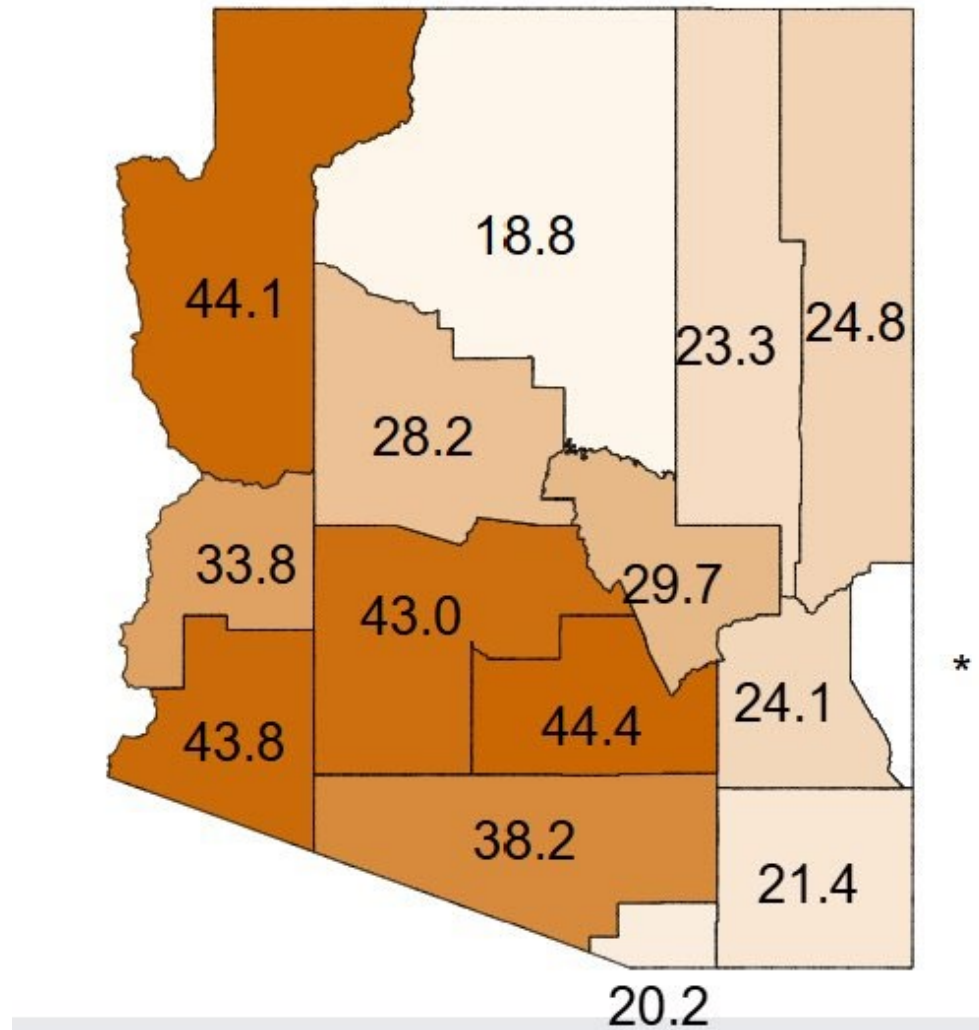


Figure 2: Arizona temperatures have risen ~2.5°F since the early 1900s and are projected to increase substantially by 2100, especially under higher emissions scenarios.

2025 Rate per 10,000 Emergency Department Visits





Understand the unique experiences, needs, and challenges related to heat risk and response in tribal and rural communities across Arizona.



Foster open dialogue and collaboration among rural, tribal, state, and other partners.



Support the development of Arizona's statewide heat plan for 2026 heat season by integrating rural and tribal voices.

RESULTS: WHO WE HEARD FROM

90

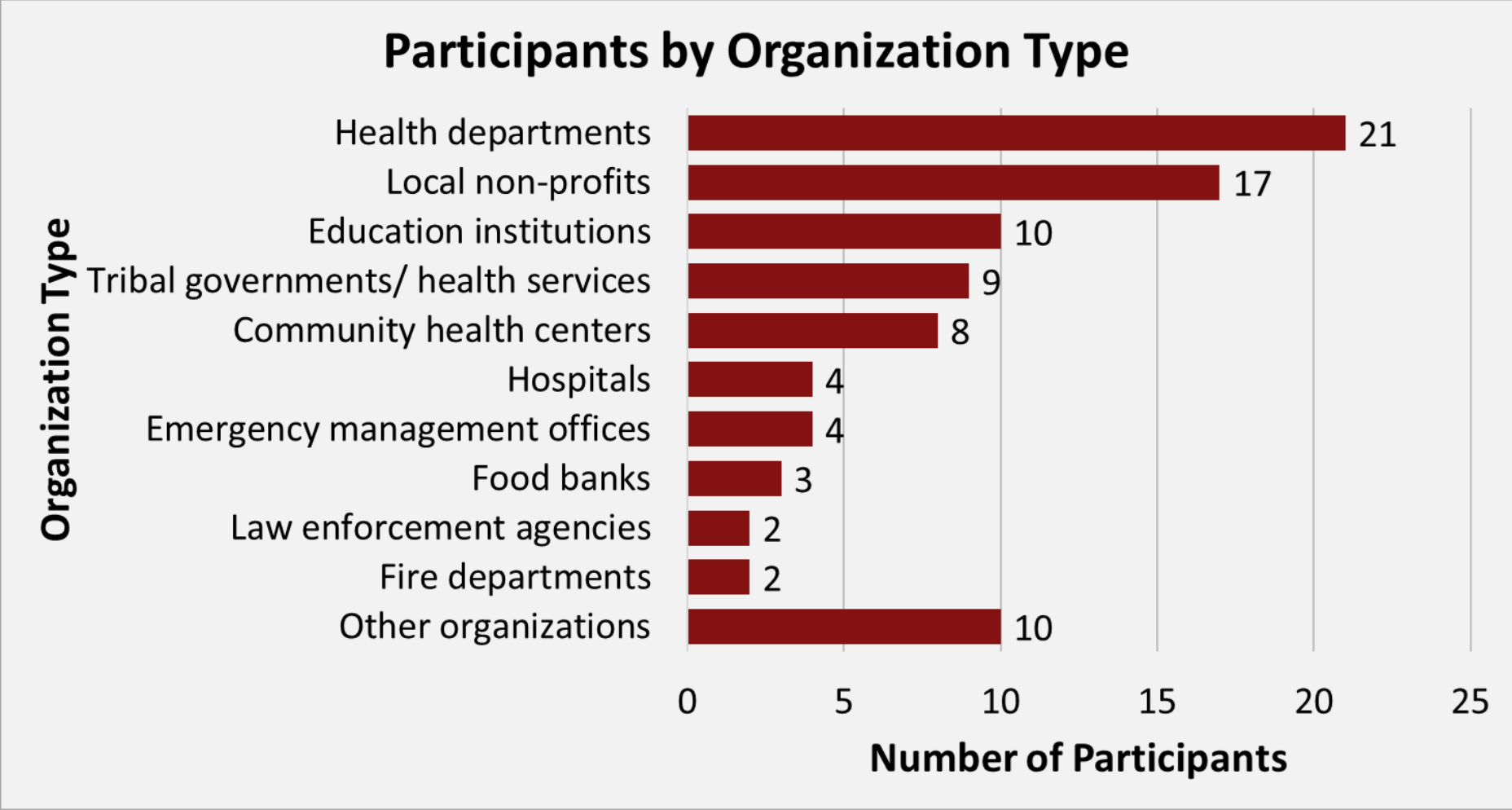
Total
Participants

64

Organizations
Represented

11

Organization
Types



RESULTS: KEY CHALLENGES IDENTIFIED BY COMMUNITIES



Funding Limitations

“A lot of cooling centers in [the county] are 100% volunteer driven. People are doing and driving the work.”

“Assistance programs have strict eligibility criteria and very limited funding.”

“[Organization] reaches out to people, has lists... but the funding changes and is very hit or miss.”



Access Barriers to Cooling Center

“Many cooling centers are volunteering, don’t accept pets – people don’t go there”

“Transportation barriers (few services, high taxi costs \$40-\$50 one way).”

“[Community] is geographically separated from urban cities; high cost of transporting resources.”



Gaps in Communication and Awareness

“[Community] is no longer doing them in Spanish and need to start again...Culturally accurate...”

“Drink water, stay cool. Those words have been told to us the entire time, they don’t mean anything. How do we shift and make people care?”

“Too much a mentality of ‘if you grow up here, you never think about it, it’s just hot, it’s not a big deal’. Need to make people think, this is really an issue.”



Limited Localized Data to Guide Heat Response

“We are not digging into this; heat has not been a focus; we don’t have a system in the ER that helps indicate that they are seeing high numbers of HRI.”

“If we have better data, that would inform better funding opportunities...Need to do better job of tracking to get on people’s radar more.”

“Lots of confusion on what is hot? What is heatwave? We need to know so we can send info with kids.”

RESULTS: 6 RECOMMENDATIONS FOR RURAL & TRIBAL HEAT RESILIENCE

Submitted to ADHS to support the 2026 Arizona Heat Plan

Prioritize Rural and Tribal Areas with Flexible Long-Term Funding

- Expand and strengthen reliable transportation (e.g., free shuttles) to cooling centers
- Reduce restrictive eligibility requirements.
- Adequately compensate community health workers/representatives
- Integrate long-term resilience funding vs. Reactionary response funding

Use Multi-Channel, Culturally Appropriate Approaches to Share Information

- Multi-channel outreach combining non-digital (radio, flyers, phone trees) and digital (social media, texts) tools
- Two-way outreach (e.g., door-to-door) that doesn't require internet or smartphones

Co-Develop and Support Localized Data Management Systems

- Improve death certificate coding for heat
- Give communities a voice in how data are presented
- Establish standardized, local-level heat surveillance systems

Establish Clear Actionable Heat Guidance

- Clear temperature and condition thresholds for heat alerts
- Standardized heat advisory templates and protocols
- Sample heat messaging

Formalize Tribal Data Sovereignty

- Develop collaborative intergovernmental data sharing agreements with Tribal nations
- Address underreporting of American Indian and Alaska Native data in health systems
- Ensure tribal communities receive their data in useful, culturally appropriate ways for decision making

Coordinate and Empower Communities through Rural and Tribal Heat Response Policies

- Integrate heat into core public health programs
- Regularly hold pre-season planning meetings
- Update infrastructure standards and building codes

COMMUNITY-BASED HEAT RESPONSE STRATEGIES

Short-term actions that protect residents during extreme heat events

1

EXPAND COOLING & HYDRATION ACCESS



"Cooling centers at casinos, libraries, fire departments, senior centers, community centers..."

- Trusted cooling spaces
- Water + shade + seating
- Transportation support

2

PROACTIVE, TWO-WAY COMMUNICATION OUTREACH



"Tribe checks on elders and delivers hydration support."

- CHW/CHR outreach
- Door-to-door wellness checks
- Phone calls & hydration delivery

3

USE TRUSTED, MULTI-CHANNEL COMMUNICATION



"Information via Facebook, community pages, radio, printed flyers, and direct phone communication."

- Radio & local media
- Flyers, texts & social media
- Phone trees & local messengers

BUILDING LONG-TERM COMMUNITY RESILIENCE

Addressing structural barriers and strengthening local preparedness

4

ADDRESS ACCESS BARRIERS



"People without cars: no access to healthcare, sometimes there are hours to travel."

- Transportation assistance
- Reduce eligibility barriers for heat relief programs
- Multilingual communication materials

5

STRENGTHEN PARTNERSHIPS & PLANNING



"Need: Formalizing a structure, set a trigger point temperature."

- Coordinate before heat season
- Shared response protocols
- Clear local heat triggers

6

INVEST IN LONG-TERM INFRASTRUCTURE



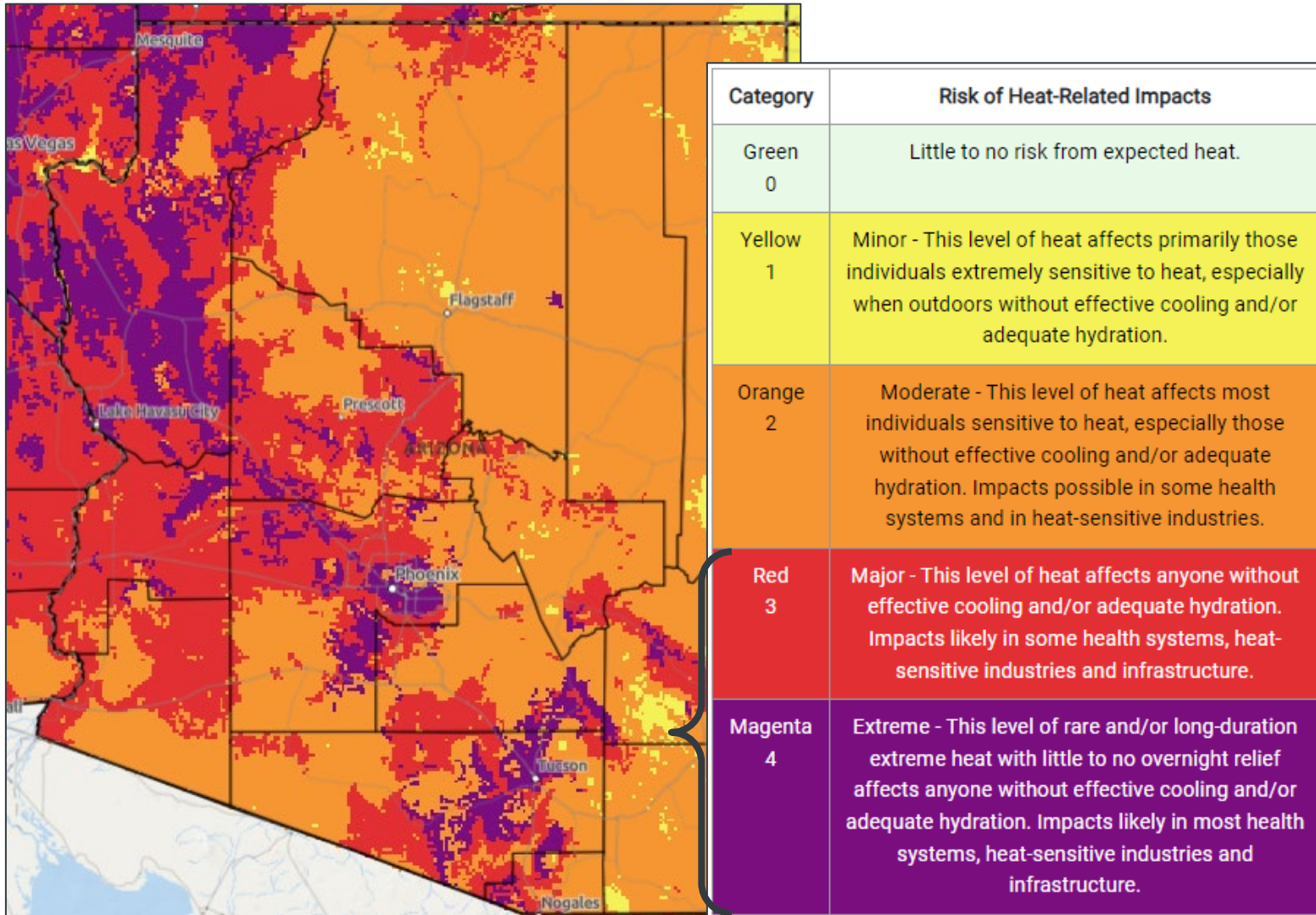
"Update local infrastructure... to withstand extreme heat."

- AC repair & replacement support
- Energy-efficient housing
- Shade & cooling infrastructure
- Reliable electricity & power systems



Heat Tools & Resources

NOAA/NWS HeatRisk



- How unusual the heat is for the time of the year
- The duration of the heat including both daytime and nighttime temperatures
- Temperatures that pose an elevated risk of heat-related impacts based on data from the CDC

*Driver for **Extreme Heat Watches & Warnings***



This website is no longer being maintained, and no new data will be added.

Hot days can affect anyone. If you are pregnant, are a child or teen with asthma, or have a heart condition or other chronic health conditions, heat can make your health worse.

Enter your zip code below to get the *HeatRisk* for this week and actions you can take to keep you and your family safe.



Get Your Local HeatRisk

85007: Maricopa County, AZ



Today's HeatRisk

Maricopa County, AZ



Minor

Tuesday, May 13, 2025

Source: [NOAA/NWS](#)

Today's HeatRisk is **Minor**.

Today is a good day to be outside for most people. People who are very [sensitive to heat](#) may have health impacts, especially if the air quality is poor.

Check the [air quality](#) in your area before heading out.



Actions you can take to protect your health

- Stay hydrated.
- Stay cool.

If you are very sensitive to heat, consider additional ways to stay cool. Work with your doctor to see if you need to take additional health actions.

Check the [air quality](#) in your area before heading out.

[Heat and Your Health](#)

HeatRisk Forecast

Maricopa County, AZ

Wednesday May 14	Thursday May 15	Friday May 16	Saturday May 17	Sunday May 18	Monday May 19
Minor	Minor	Minor	Minor	Minor	Minor

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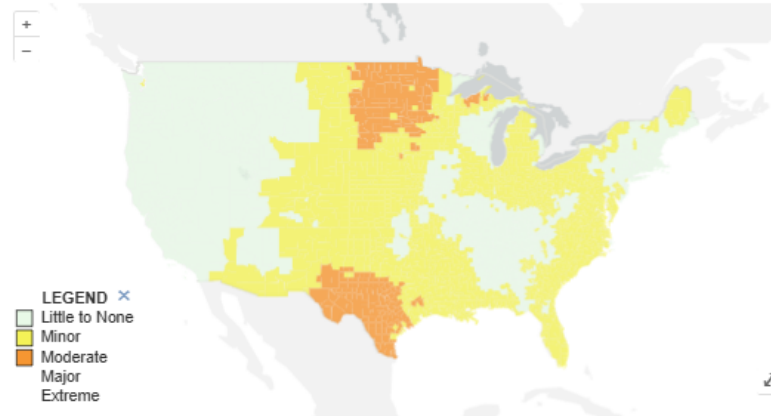
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Get Your Local HeatRisk

Enter Zip Code



Daily HeatRisk

Tuesday, May 13

HeatRisk Map

This map shows HeatRisk across the United States for Tuesday, May 13, 2025. Select a date from the dropdown menu to view daily HeatRisk across the United States for the week ahead.

You can view more local HeatRisk data on the Environmental Public Health Tracking Program's [Data Explorer](#).

HeatRisk is an experimental product and is not supported 24/7. Changes may occur without advance notice.

Source: [NOAA/NWS](#)

Health Info

Heat and health guidelines, recommendations, and resources

Healthcare Professionals

Heat and Your Health

Heat Warnings (www.weather.gov/safety/heat-ww)

EXTREME HEAT WATCH

An Extreme Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

Be Prepared.



weather.gov

EXTREME HEAT WARNING

An Extreme Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.

Take Action!





Home

Audiences

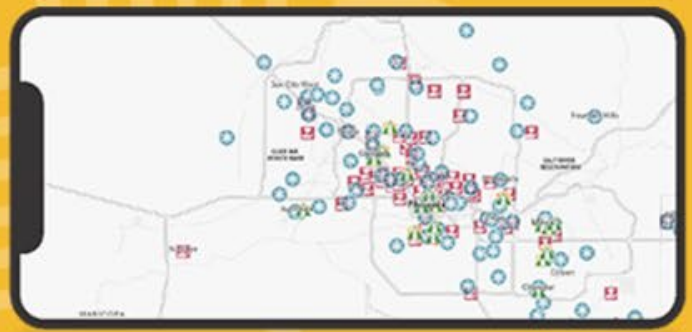
Topics

Divisions

Data Portal

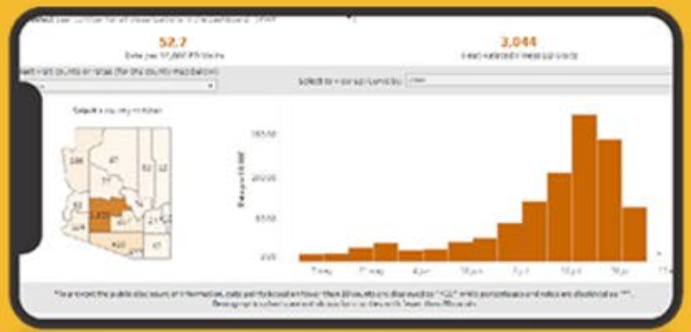
A-Z Index

SEARCH ENHANCED BY Google



Cooling Centers

Find cooling centers, hydration stations and collection/donation sites.



Heat-Related Illness Data

See trends in emergency department visits for heat-related illnesses in Arizona.

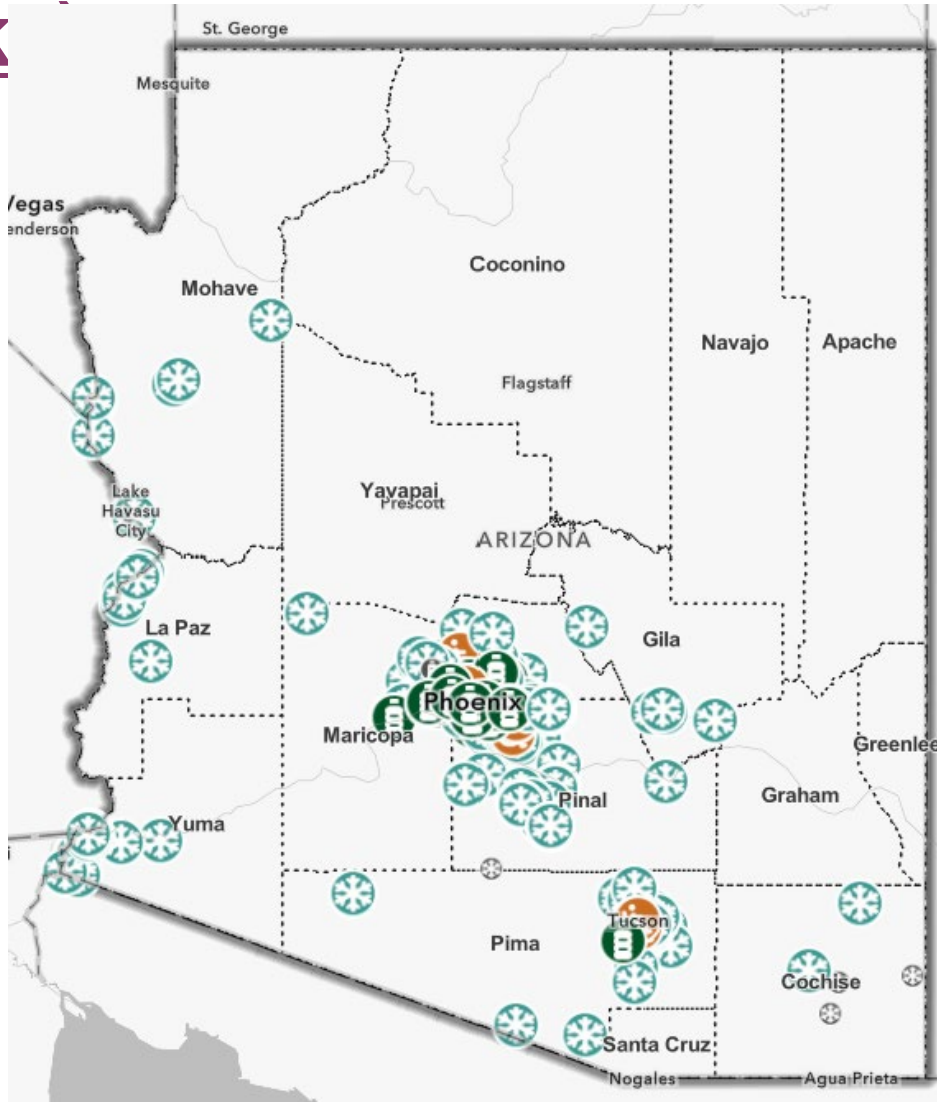


ADHS Extreme Heat Warnings

ADHS offers tips for avoiding heat-related illness and staying safe and cool during high temperatures.

Arizona Heat Relief Sites

([link](#))



Cooling Centers: Cooled indoor locations that provide refuge from the heat during the day. Drinking fountains or bottled water are available.



Hydration Stations: Locations where individuals can go to receive bottled water and other collected donated items. Can be indoors or outdoors.



Respite Centers: Indoor, air-conditioned locations that offer hydration and allow for uninterrupted rest, sitting, or lying down (depending on each facility) during hours of operation.



Donation Sites: Water bottles can be donated here for use at hydration and cooling locations. Some sites also accept other donations, such as cash; light colored, long-sleeved tee-shirts; socks; underwear; hats; lip balm; sun block; and pre-packaged snacks.

ADHS Heat Relief Site Map

- Identify if the location is open or closed



- Select your county
- Toggle based on the type of site, resources provided, and services provided

MARICOPA COUNTY LOCATIONS

HEAT RELIEF TYPE

- Cooling Centers
- Hydration Stations
- Respite Centers



RESOURCES

- ADA Accessible
- Pets Allowed
- Wheelchair Access

SERVICES

- Clothing
- Food
- Homelessness Services
- Hygiene Items
- Resource Referrals

Please call ahead to verify the provided information.

 OPEN  CLOSED

Map labels: Blythe, Yuma, San Luis Río Colorado

Avondale GIS, Esri

Iglesia Apostolica de la Comunidad - Open Now

Respite Center - Offering a place indoors to cool down and allows for uninterrupted rest.

Location open from 5/1/26 to 9/30/26. Call ahead to verify dates and hours. [408-762-9942](tel:408-762-9942)

Restrictions/Eligibility

Address

8724 N. 35th Ave. Phoenix AZ 85051

[Google Directions](#)

Regular Hours

Mon: 10:00 AM - 3:00 PM

Tues: 10:00 AM - 3:00 PM

Weds: 10:00 AM - 3:00 PM

Thurs: 10:00 AM - 3:00 PM

Fri: 10:00 AM - 3:00 PM

Sat: 10:00 AM - 3:00 PM

Sun: Closed

Holiday Hours

Memorial Day:

Juneteenth:

Independence Day:

Labor Day:

Pets Allowed: Yes

Wheelchair Access: Yes

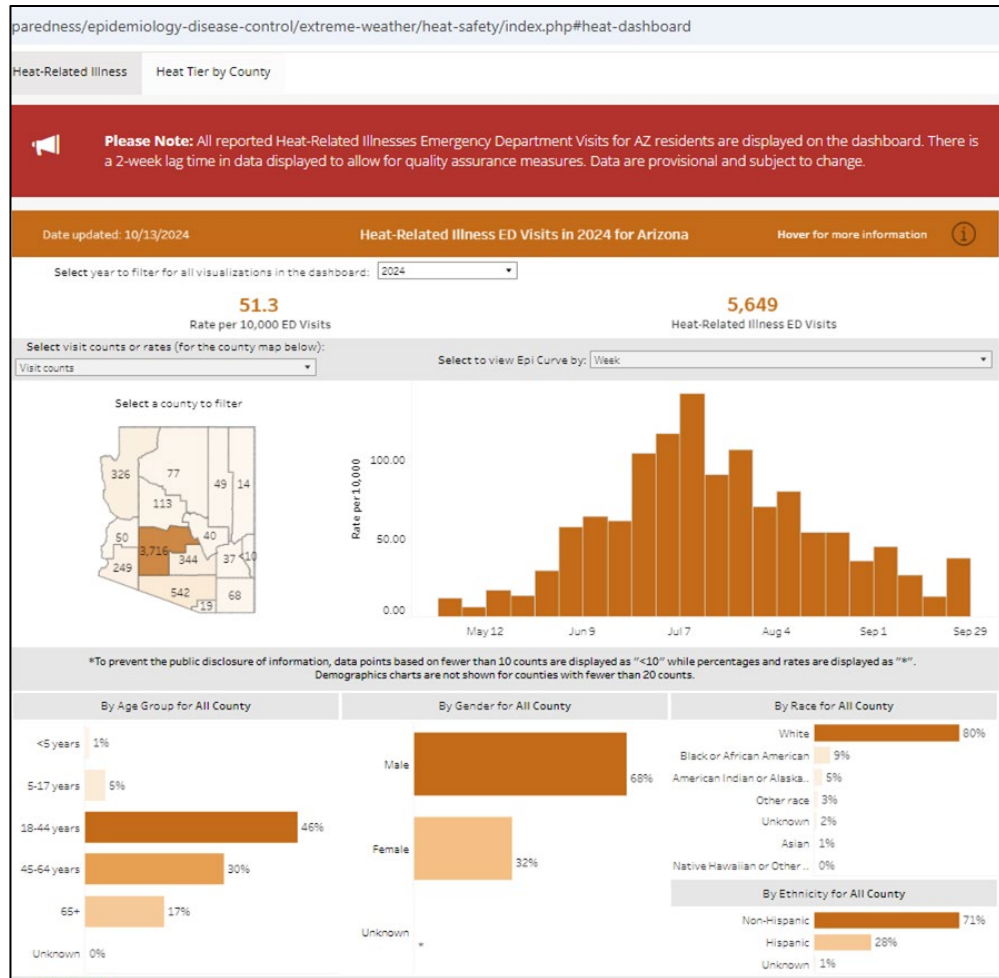
Additional Services: Homeless services, Food, Clothing, Hygiene items, Showers

Location provided by MAG. Learn more about MAG's [Heat Relief Network](#).

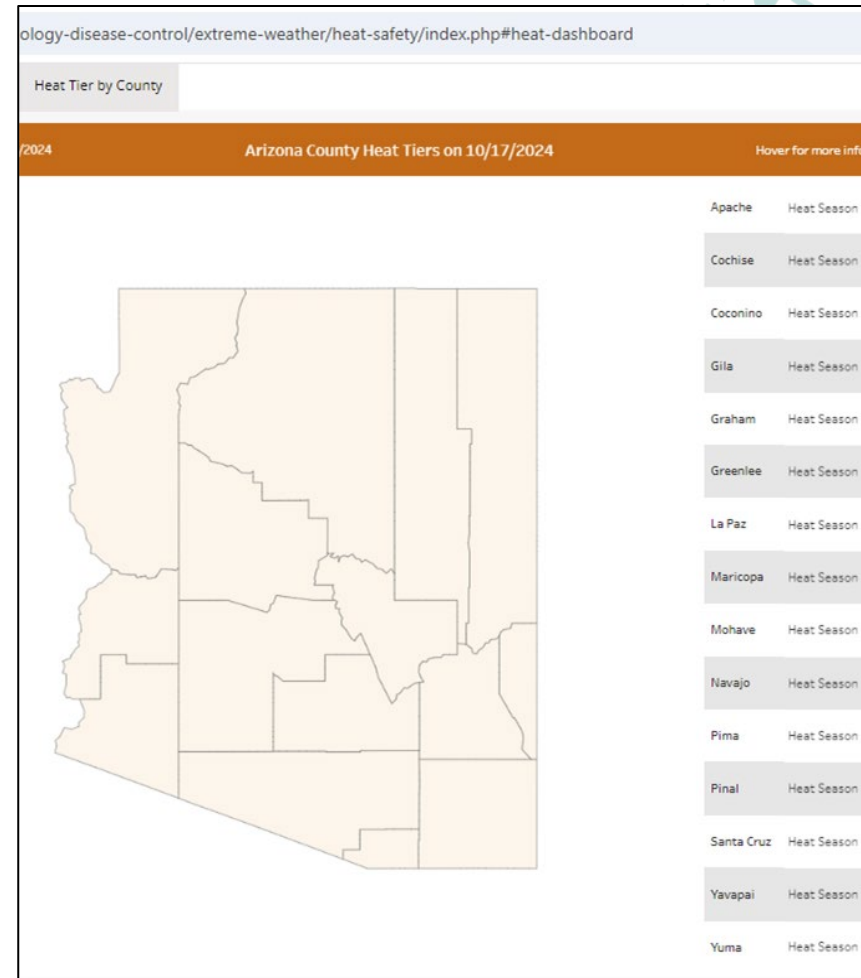
Site is active for the season.

Visit [azdhs.gov/heat](https://www.azdhs.gov/heat) to view the heat dashboards

Heat-related illnesses & deaths



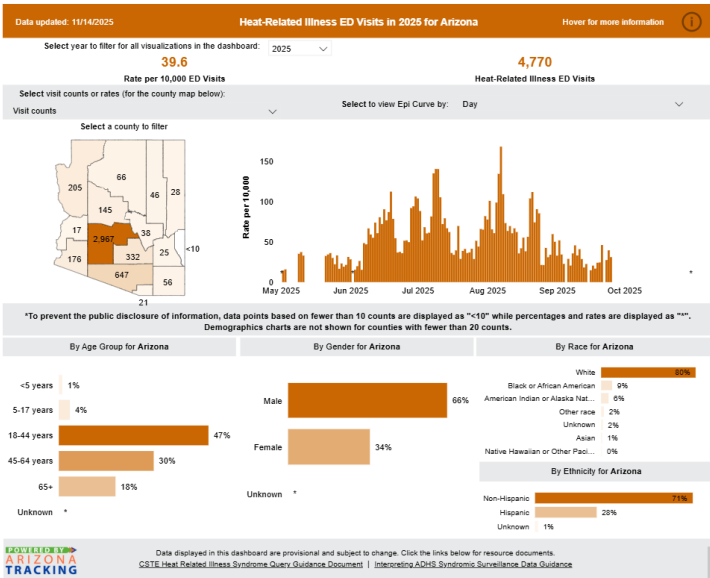
Heat Tiers by county



HeatRisk - helps the public & partners understand the risk on a particular day(s)

Heat Tiers - helps partners understand the burden on systems & resources

AZ Heat Tiers vs HeatRisk



Tier 0: Pre- & Post- Heat Season

October 1- April 30

Activities include:

- AZ Heat Planning Summit, Annual State Heat Workshop
- Heat Awareness Week and other educational campaigns and awareness
- Update heat resources, e.g. toolkits

Tier 1: Heat Season

May 1- September 30

Pre-posturing and providing life-saving assistance throughout the Arizona summer.

NWS Heat Risk 1 - 4.

Examples include:

- Opening heat relief centers (cooling centers, hydration stations, and respite centers)
- Heat Alerts
- Partner meetings
- Cooling center workgroups
- 211 assistance
- Social media campaigns
- Heat relief centers map
- Coordinate resources, e.g. Narcan, cooling towels, water
- Heat Illness Dashboard
- Free or reduced bus passes and/or rideshare vouchers (rural areas)

Tier 1A:

Cautionary Period

The NWS has issued an Excessive Heat Warning.

HeatRisk Values	Risk of Heat Effects	Level of Heat Concern
0	Little to None	Green
1	Minor	Yellow
2	Moderate	Orange
3	Major	Red
4	Extreme	Magenta

Generally, a Heat Watch is issued by the NWS when there is potential to reach a value of 3 or 4 in the next 2-7 days. **A Heat Warning is issued by the NWS when the heat risk value will reach 3 or 4 within the next 12-24 hours.** NWS Extreme Heat Warnings in the Southwest account for regional and temporal differences and incorporate health outcome data (deaths) as displayed in the **HeatRisk map**.

Activities include:

ADHS to provide real-time communications of cautionary periods to partners. Partners to plan to ramp up heat interventions, e.g. extended cooling center hours.

Tier 1C: Multiple Emergencies Occurring Simultaneously

Examples: Power Outages, Transportation Interruptions, Outbreaks, Healthcare System Overload, Extreme Weather (Monsoon, Floods, Air Quality, and Smoke).

Activities include:

- Enhanced communication, coordination, prioritization of resources, response, and public messaging
- Multiple agencies involved, including DEMA

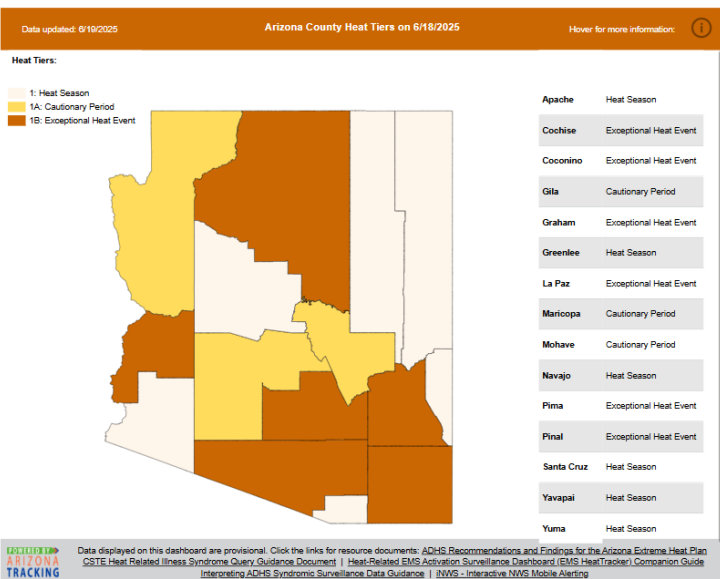
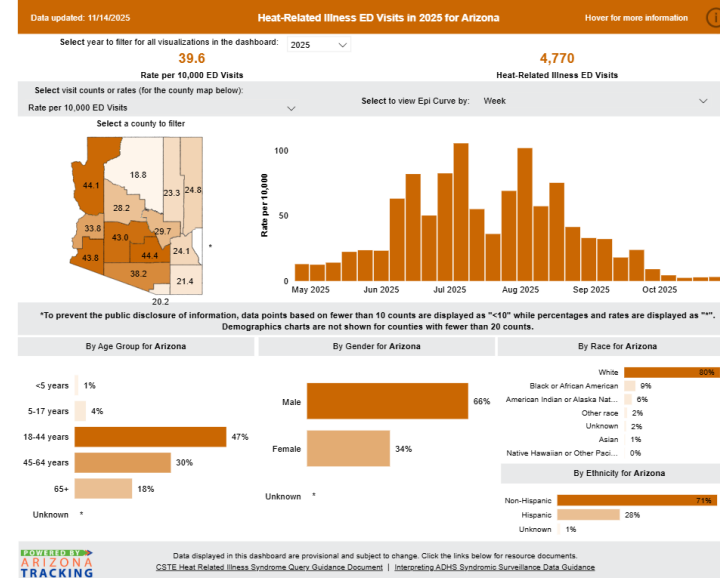
Tier 1D: Recovery

After heat emergency is rescinded

Evaluate Recovery Support Functions (RSF) needs outlined in the State Emergency Response and Recovery Plan (SERRP) which includes: infrastructure systems, economic recovery, natural and cultural resources, health and social services, community assistance, and housing.

Activities include:

- Coordinate with the community to address latent impacts post event.
- Multiple agencies involved, DEMA leads





Don't Overheat: Know Your Medications

Certain medications can increase a person's sensitivity to heat. Heat can intensify the side effects of certain medications by putting stress on the body's natural cooling processes.

Signs and symptoms of heat illness



Talk to your health care provider about how your medications may affect you and if you need to take extra precautions.

Prevent heat-related illness



2025

<p>Have questions or need support? ¿Tiene preguntas o necesita ayuda?</p>	<p>Arizona Poison & Drug Information Center 1 (800)-222-1222 Centro De Envenenamiento</p>	<p>AZ Opioid Assistance & Referral (OAR): azdhs.gov/oarline 1 (888)-688-4222 Asistencia y Referencia para Opioides de AZ (OAR)</p>	<p>Mental Health Crisis Line 988 Línea de Crisis de Salud Mental</p>
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Evite sobrecalentarse: Conozca sus medicinas

Ciertos medicamentos pueden aumentar la sensibilidad de una persona al calor. El calor puede intensificar los efectos secundarios de ciertos medicamentos al ejercer presión sobre los procesos naturales de enfriamiento del cuerpo.

Conozca los síntomas



Hable con su proveedor de atención médica sobre cómo sus medicamentos pueden afectarle y si necesita tomar precauciones adicionales.

Prevenga las enfermedades relacionadas con el calor



Heat and Medications Information Sheet for Health Care Providers

What is the concern?

Extreme heat temperatures may adversely impact patients on specific medications.

This document is intended to alert healthcare providers to the impact that ambient heat may have on patients taking certain medications and to provide recommendations.

What do I need to be aware of?



Heat-related illness can affect everyone - no matter how long someone has lived in Arizona, their age, gender, gender identity, or health issues.



Heat-related illness is a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope and heat stroke.



An individual's risk for heat-related illness is influenced by many factors including individual health, housing type, living conditions, and pre-existing conditions (to name a few).

Health care providers are recommended to consult the Heat and Medications websites provided by the [Centers for Disease Control and Prevent \(CDC\)](#), the [Arizona Department of Health Service \(ADHS\)](#), and the [Pima County Health Department \(PCHD\)](#) for more information.



Some factors that might increase a patient's risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use
- Certain prescription and non-prescription medications and polypharmacy

Source: CDC Extreme Heat and Your Health page

The following populations may be at an even higher risk for heat-related illness:

- Children
- Individuals 65+ years old
- Outdoor workers
- Pregnant people
- Individuals with disabilities
- Athletes
- Individuals without air conditioning
- Individuals who are living alone
- Residents of mobile homes
- Individuals with chronic health conditions
- Individuals with substance use disorder/opioid use disorder

Taking certain medications increases the risk of adverse health outcomes for patients.

When individuals are on these types of medications extra education and precautions are necessary. Some medications will interfere with thermoregulation or fluid balance while other medications can increase skin sensitivity to sun exposure.

Included is a consolidated list of medications that increase risks from extreme heat exposure. These include certain cardiovascular medications, anti-seizure medications, antibiotics, and other classes of medications.

THE HEAT RISK TODAY IS EXTREME

This is a multi-day EXTREME heat event that can lead to health impacts for everyone.

- ✓ Increase hydration and carry water with you and those in your care.
- ✓ Sign up for power outage notifications through your utility provider.
- ✓ Strongly consider cancelling activities to minimize the risk of heat illness.
- ✓ Share your location with family and friends when traveling.
- ✓ Stay in a cool place during the day and overnight. Overnight temperatures are expected to remain high.
- ✓ Check on family, friends, and neighbors, especially if they have chronic medical problems or live alone.

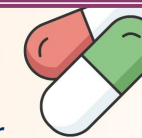


Visit us online for more info: azhealth.gov/heat
Or scan here.



Did you know?

Medications can increase your risk of heat-related illness



Stay cool

Stay hydrated

Ask a buddy to check on you

Talk to your clinician or pharmacist

If you have questions about your medication, talk to your clinician, pharmacist, or call the Arizona Poison and Drug Information Center at 1-800-222-1222



Heat relief site accessibility ([link](#))

Partnered with Arizona Statewide
Independent Living Council (AZ SILC)



Accessible Heat Relief Sites in Arizona: for People with Disabilities



The following proven practices can assist you in making heat relief sites accessible to people with diverse disabilities. We intend this guidance, which aligns with requirements in the *Americans with Disabilities Act* (ADA) and other state and federal civil rights laws, to be informative while respecting the sovereignty of the 22 Indigenous nations in Arizona that have their own laws.

Access to Heat Relief Sites

Use the [ADA Checklist for Existing Facilities](#) to assess site accessibility and identify possible solutions. Areas to prioritize at heat relief sites include:

- Adequate van-accessible parking
- Clear signage externally and internally, such as photos/graphics showing path to accessible entrances/exits, restrooms, etc.
- Accessible restrooms with turning radius for wheelchairs, roll-under sinks, grab bars, etc.
- Extra chairs and wheelchairs
- Private room/quiet space for individuals with sensory disabilities
- Sensory items to reduce anxiety, such as stress balls, disposable ear plugs
- Water bowls for service animals

Flexibility with Policies, Practices, and Procedures

Disabilities vary widely by individual so ensuring accessibility may require providing a reasonable modification of a policy, procedure, or practice. Flexibility and willingness to problem-solve barriers with disabled individuals is key to finding effective accessibility solutions.

Effective Communication

Ensure that communication with individuals with disabilities is as effective as with non-disabled people. Tools that can help:

- Distinct policy and procedures for arranging Sign Language and other interpreters as well as other auxiliary aids and services
- Fact sheets on services in Plain Language with simple diagrams/pictures, when possible, to foster understanding
- Information materials in e-text and prompt provision of other alternative formats such as Braille and large print (18+ point) upon request
- Communication Cards for individuals with intellectual/developmental disabilities (I/DD) and those with hearing disabilities
- Clear masks or face shields (when masks are necessary) to assist with communication access for individuals who rely on lip-reading
- More time to communicate (to explain services and procedures and for individuals to process and understand)

Resources

[Arizona Deaf and Hard of Hearing Resources](#)


[Web Accessibility Guidelines \(WCAG\)](#)



 [Arizona Department of Health Services](#)

 azheat@azdhs.gov



 [Arizona Statewide Independent Living Council](#)

 operations@azsilc.org

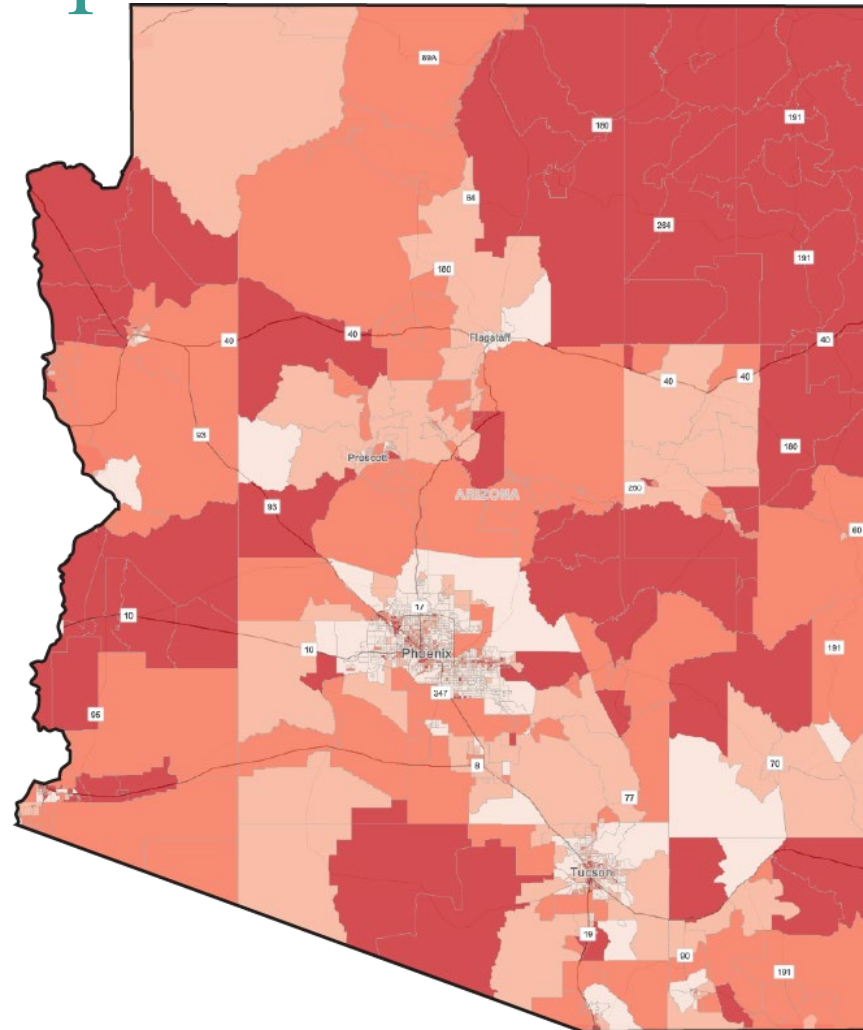
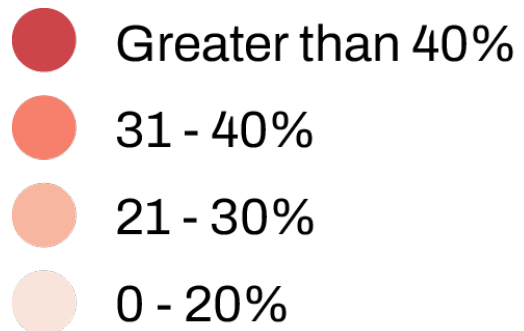
Thank you to the ADHS Community Advisory Board on Accessibility and Inclusion for collaborating to develop this document.

Social Vulnerability Index (SVI)

interactive map

Theme 5, Arizona Specific Factors

★ Heat Vulnerability



Heat
Vulnerability
is high in
rural &
urban areas

The map shows the percentage of population estimated to have 3 or more heat vulnerability factors.

<https://storymaps.arcgis.com/stories/4d003f3686be44cfb846ba5362d133bb>

Heat Vulnerability (Source: Arizona Department of Health Services)



Civic Roundtable



Search for anything...



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AI Answers

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ADMIN

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CRM

SPACES

[TEST] ADHS
Extreme Heat...

2025 County
Heat...

AZ Heat Task
Force Central

Extreme Heat
Preparedness...

Government
Heat Relief

Help center

Contact support

Home

Recent discussions

MK

Megan Kepler

Heat Relief Network - Maricopa County · 14 hours ago

Water Pickup Address???

Hello. We submitted an order for water pickup last week. We will be picking up tomorrow at 11am. Does anyone have the address for the water pickup site? I did not receive the address, only the appt...

3 0

BC

Betsy Camara

Pima County Heat Network · 20 hours ago

Upcoming Trainings by MRCSA!

MRCSA offers two important training opportunities on Saturday, May 16. Both sessions at the Abrams Public Health Center 3950 S. Country Club Road Click this link for Run, Hide, Fight - scheduled from...

0 1

TF

Tom Frieders

Extreme Heat Preparedness Network · 1 day ago

Heat Awareness Week (May 4-8, 2026)

The annual Arizona Heat Awareness Week is almost here! It will kick off next Monday, May 4th and runs through Friday, May 8th. A newsletter containing all of the information is attached here. This vital...

0 2

Recent resources

Upcoming events

Apr 29

Event

Wed, Apr 29, 10:00 AM – 12:00 PM

Community Overdose Prevention, Recognition, & Response Training |...

Extreme Heat Preparedness Network

Apr 29

Event

Wed, Apr 29, 11:55 PM – Thu, Apr 30, 12:00 AM

106th Annual American Meteorological Society (AMS) Meeting_Deadline to...

Extreme Heat Preparedness Network

Apr 30

Event

Thu, Apr 30, 9:00 – 10:00 AM

Grid-System Strategies for Resilient Cooling | National Institute of Buildin...

Extreme Heat Preparedness Network

Apr 30

Event

Thu, Apr 30, 9:00 – 10:00 AM

Grid-System Strategies for Resilient Cooling | NIBS & FAS

Extreme Heat Preparedness Network



Civic Roundtable

 roundtable

Search for anything...

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 [TEST] ADHS Extreme Heat...

 2025 County Heat...

 AZ Heat Task Force Central

 Extreme Heat Preparedness...

 Government Heat Relief

 Help center

 Contact support

Home

Recent discussions

MK

Megan Kepler

Heat Relief Network - Maricopa County · 1

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3 0

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Pima County Heat Network · 20 hours ago

Upcoming Trainings by MRCSA!

MRCSA offers two important training opportunities at the Pima County Public Health Center 3950 S. Country Club

0 1

Tom Frieders

Extreme Heat Preparedness Network · 1 day ago

Heat Awareness Week (May 4-8, 2026)

The annual Arizona Heat Awareness Week runs from Thursday through Friday, May 8th. A newsletter containing information about the week will be sent to members of the network.

0 2

Recent resources



Extreme Heat Preparedness Network

Last activity: 3 days ago

The Arizona Heat Preparedness Network was formed by ADHS to carry out the implementation of the Governor's Extreme Heat Preparedness Plan. The network consists of many members and organization...



Hosted by: Arizona Department of Health Services

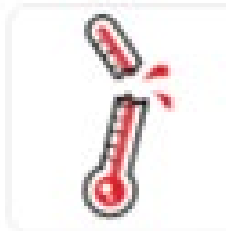


Heat Relief Network - Maricopa County

Last activity: 2 weeks ago



Hosted by: Arizona Department of Health Services



Pima County Heat Network

Last activity: 4 hours ago



Hosted by: Arizona Department of Health Services

Heat.AZ.gov



**ARIZONA
EXTREME**
HEAT  PREPAREDNESS

Welcome to Arizona's Central Heat Resource Hub

Extreme heat is a serious and growing threat in Arizona—and we're here to help you stay safe, informed, and connected.

Phoenix



6/11/2025 9:00:09 AM

93°F

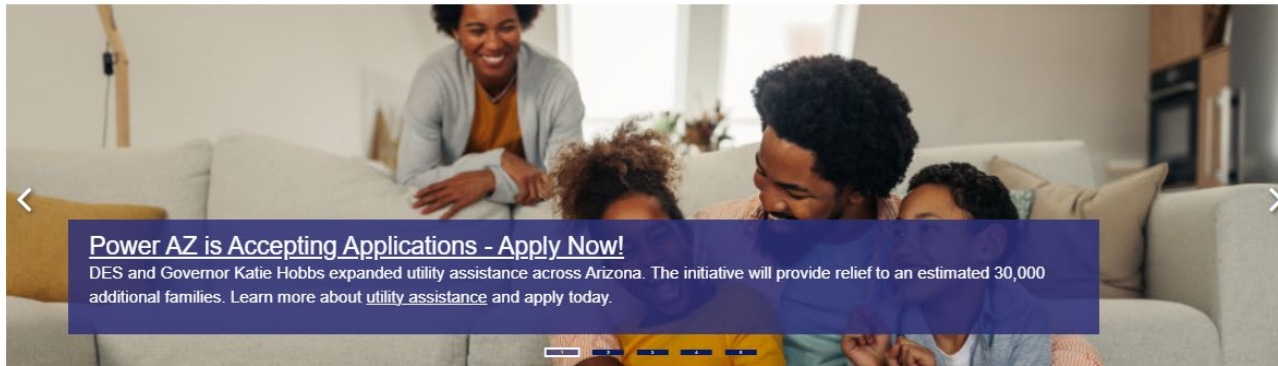
Clouds

Wind	6 mph
Hum	22%

PowerAZ - A to Z Arizona

- ★ Replaces the previous LIHEAP portal
- ★ Single login for multiple programs
- ★ Find resources, apply for programs, and manage your services on demand

des.az.gov



https://adesclientportal.my.site.com/Arizona/s/landing-page?language=en_US

Child and family

Get money for your family, Child Care Assistance, child support services, and more...

[View more >](#)



Food

Get money to buy food and find food services near you

[View more >](#)



Healthcare and disabilities

Sign up for healthcare coverage and find services for people with disabilities and their families

[View more >](#)



Aging

Find services for older adults, adults with disabilities, and their families

[View more >](#)



Housing and energy

Get help with housing and heating and cooling bills

[View more >](#)



Employment

Get unemployment benefits and help finding a new job

[View more >](#)



AZ Department of Economic Security

des.az.gov/services

- ★ Basic Needs
- ★ Child & Family
- ★ Disabilities
- ★ Older Adults
- ★ Employment

Basic Needs

- Adult Protective Services
- Food Assistance
- Medical Assistance
- Shelter and Housing
- Domestic Violence Services
- Homeless Services
- Short-Term Crisis Services
- Utility Assistance
- Refugee Resettlement
- State Assistance

Child & Family

- Cash Assistance
- Child Support
- Child Care
- Short Term Crisis Services
- Community Resources

Employment

- Unemployment Benefits
- Job Seekers
- Apprenticeship Program
- Foreign Labor Certification Program
- Migrant and Seasonal Farmworkers
- Working with a Disability
- Trade Adjustment Assistance Program
- Veterans
- Workforce Innovation and Opportunity Act (WIOA)

Older Adults

- Adult Protective Services
- Home and Community Based Services
- Healthy Living
- Medicare Assistance
- Legal Services Assistance
- Family Caregiver Support
- Senior Community Service Employment Program
- Long-Term Care Ombudsman
- Aging Publications
- Community Action Agencies
- Aging and Disability Resource Consortium ^{SP}

Disabilities

- Developmental Disabilities
- Early Intervention Program (Developmental Disabilities - Infants & Toddlers)
- Achieving a Better Life Experience
- Independent Living for the Blind & Employment

Employers

- Unemployment Taxes
- ARIZONA@WORK
- Registered Apprenticeship Program
- Child Support Rules & Regulations
- Tax and Wage Reporting
- State Information Data Exchange System
- Employer Handbook on Unemployment Insurance Tax
- Employer Handbook on Unemployment Insurance Benefit Claims
- Unemployment Insurance Tax Appeals Board Decisions
- Foreign Labor Certification Program
- Work Opportunity Tax Credit Program
- Federal Bonding Program

Wildfire

- ★ Represents all community action agencies across Arizona. They are the statewide voice for local agencies and low-income citizens, and the primary source for advocacy, education, technical assistance, news, and networking for community action in Arizona.

wildfireaz.org/find-help/community-action-agencies



www. **ArizonaSelfHelp**.org
A project by **wildfire**
Igniting Community Action to End Poverty in Arizona

Home About Prescreener Programs All Contacts What to Bring

Welcome to Arizona Self Help

[View in English](#) [Ver en español](#)

What Arizona Self Help can do:

It can be tough to get the help your family needs. **Arizona Self Help** is a free and easy way to find out if your family can get help from 40 different health and human services programs. This website provides **convenient, one-stop** access to:

- [Program list/descriptions](#)
- [Contact information](#)
- [List of items you may need to bring to an eligibility interview](#)
- [Program applications](#)

Try this website to find out if your family might qualify for helpful benefits. **Arizona Self Help does not ask who you are and we do not share your information with anyone.** Arizona Self Help is a project by Arizona Community Action Association and is not affiliated with any state agency.

[Resume A Saved Session](#) [Start Here](#) ▶

[Privacy Policy](#)

wildfire
Igniting Community Action to End Poverty in Arizona

community action agencies are located throughout arizona.

Community Action Agencies or Programs are administered through counties, cities, councils of government, and private non-profit organizations. Community Action Programs and Agencies throughout Arizona provide a variety of services, which may include:

- Emergency Financial Assistance
- Utility Assistance
- Utility and Telephone Discount Programs
- Rental/Mortgage Assistance
- Housing Repair, Rehabilitation and Weatherization
- Food Boxes and Other Food and Nutrition Programs
- Case Management
- Advocacy and Referrals
- Child Care / Head Start
- Housing and Homeless Assistance

211arizona.org

- ★ Dial 211 anywhere in AZ
- ★ Free call center to help connect people with resources
- ★ 9am to 7pm, 7 days a week
- ★ English & Spanish


211
Arizona

Find Help ▾ Providers ▾ 2-1-1 Dashboard Contact Us


EN ES 2-1-1

Help is Just a Contact Away


Call, search, email - you choose what works best for you.
When you call, a live voice is on the other end - ready to help.


Call
Call 2-1-1

Dial 2-1-1 within Arizona
Dial 877-211-8661 from anywhere
Arizona Relay callers, dial 7-1-1 or 800-367-8939 and ask for 877-211-8661.


Online
Search Resources

Search for Resources


Email
Email 211 Arizona

Connect with Our Team

What is 211 Arizona?

The 211 Arizona Information and Referral Services program was founded in 1964 as Community Information and Referral Services and incorporated as a private, nonprofit 501(c)(3) organization in 1979. Solari acquired the program in 2017.

211 Arizona Information and Referral Service operates 9 a.m. to 7 p.m. daily. 211 Arizona Information and Referral Service live-operator service is available in English and Spanish and assistance is available in other languages via real-time interpreter services.

211 Arizona operators will help individuals and families find resources that are available to them locally, throughout the state, and provide connections to critical services that can improve – and save – lives, including:

- Supplemental Food and Nutrition Programs
- Shelter and Housing Options
- Utilities Assistance

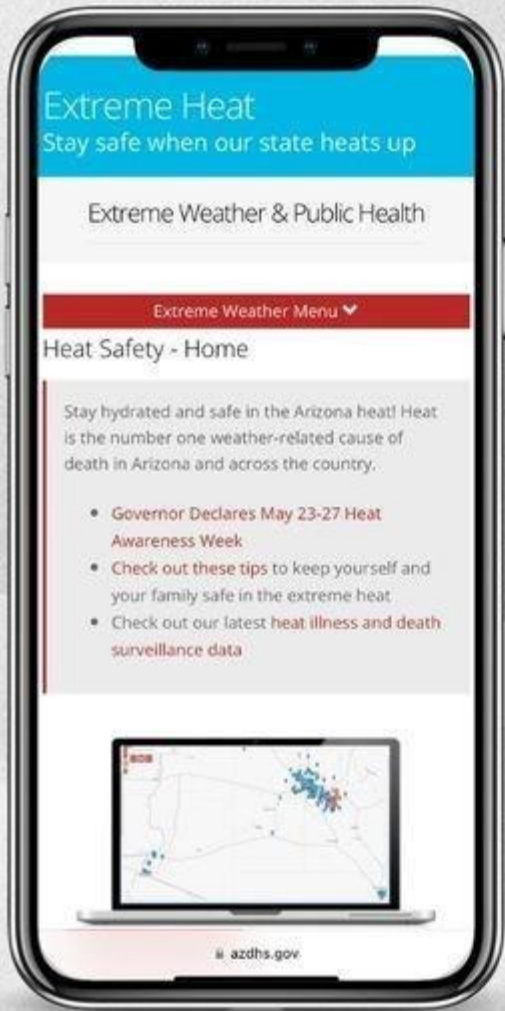
Extreme Heat Preparedness Network



Scan to join!

Want to stay “heat” connected?

Email us: azheat@azdhs.gov



Sign up for heat alerts!



azhealth.gov/heat



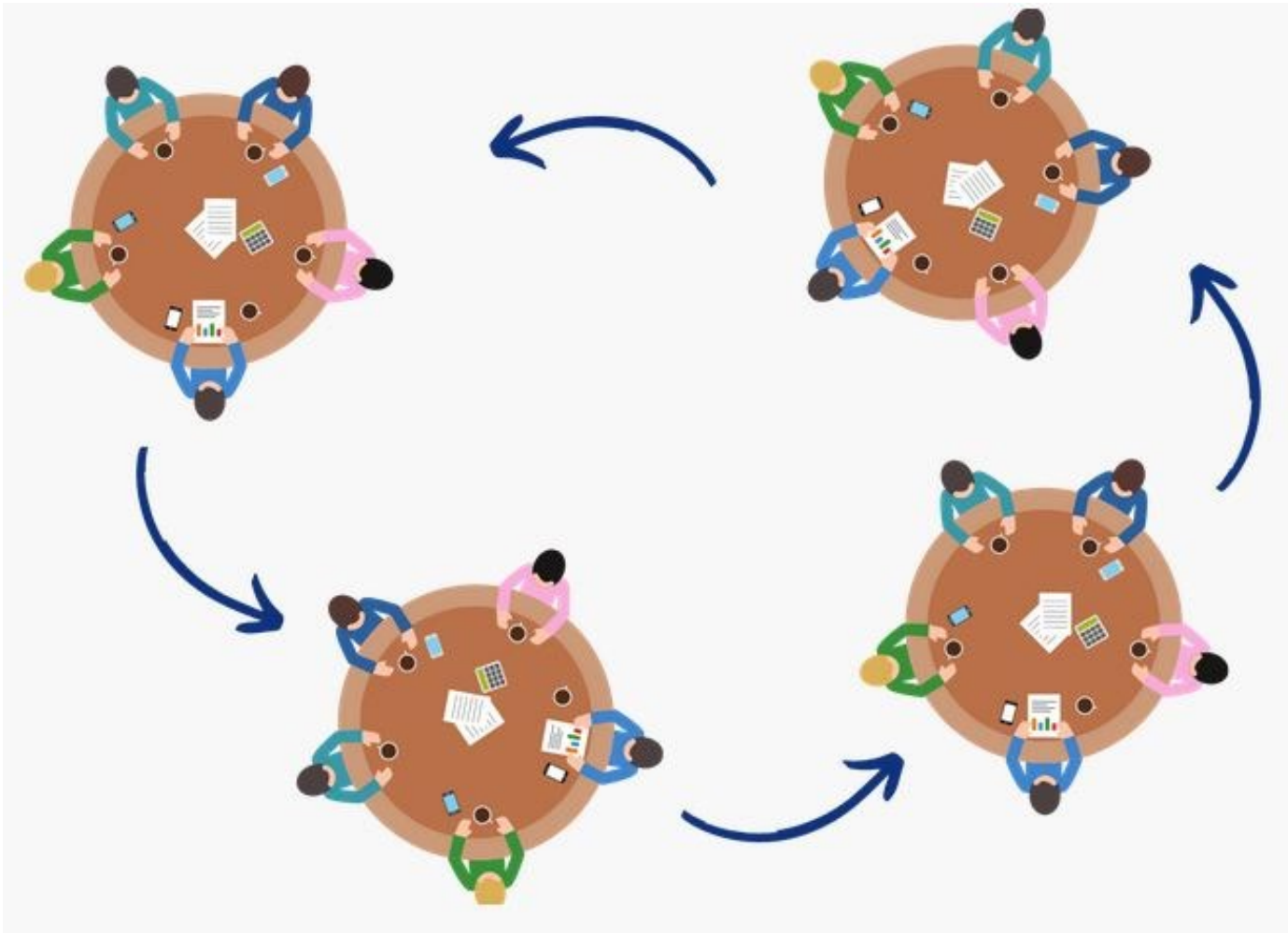
ARIZONA DEPARTMENT
OF HEALTH SERVICES

- ❖ General public
- ❖ Schools

<https://public.govdelivery.com/accounts/AZDHS/signup/37495>

Links and Tools

- ★ [Heat Mitigation Tool Kit for Long Term Care](#)
- ★ [Extreme Heat Toolkit for Health Clinics](#)
- ★ [Heat and medications information for individuals \(Eng/Spn\)](#)
- ★ [Heat and medications information sheet for health care providers](#)
- ★ [Population specific toolkits](#)
- ★ [Accessible Heat Relief Sites in Arizona: for People with Disabilities](#)
- ★ [Look before you lock](#)
- ★ [Stages of heat illness](#)
- ★ [Sunscreen selection tips](#)
- ★ [Symptoms of heat illness](#)
- ★ [Urine chart guide to hydration](#)
- ★ [Community Profiles](#)



World Cafe

Directions

At Each Table

How participants and facilitators will work during each round

1 1. Add to the shared table sheet



Write ideas, examples, and notes on the shared poster paper at your table.

2 2. Capture your top 1–2 ideas



Before rotating, copy your 1–2 most relevant ideas onto your own roadmap.

Table facilitator role



Introduce the task, welcome the group, and briefly summarize what the prior group discussed.



Goal: Build on each group's ideas as conversations move from table to table.

Table-1: Challenge (Rural communities often have limited funding and limited workforce capacity and resources)

“Since 2020, more than 115 rural hospitals have closed or eliminated labor and delivery units, with more closures anticipated in 2025 than in the previous year due to financial constrain.”¹

Discussion Question:

1. How can you leverage existing infrastructure and relationships to build heat awareness?
 2. How could you piggyback heat preparedness onto existing community touchpoints?
(e.g., WIC appointments, senior meal programs, chronic disease case management)
-

Table-2 : Lack of early warning systems that impede timely notification of heat alerts.

Early warning is only effective if people receive and understand the alert: in 2025, ADHS had 46,600 heat-alert subscribers less than 1% of Arizona's population while many rural and tribal communities also face broadband and communication-access gaps.^{2,3}

Discussion Question:

1. Who in your community doesn't receive/act on heat alerts and why?
 2. What infrastructure could you "activate" within 24-48 hours of a forecast?
-

Table-3 : There is no time to develop a heat action plan when heat season is upon us

“In rural Arizona, there is little time to build a heat action plan once heat season begins: Arizona is one of the hottest places on earth from May through September, with about 4,298 heat-related emergency room visits each year.”⁴

Discussion Question:

1. Identify one intervention you could implement this season and one systemic change to pursue for next year.
 1. What does success look like for this season’s intervention?

Table-4 : Integrating heat risk assessment into patient care and identifying longer-term prevention solutions

“Heat risk should be assessed during routine care, not only during emergencies: CDC recommends that clinicians assess heat-related risk factors, review medications, and help patients create a Heat Action Plan before hot days.”⁵

Discussion Question:

1. What are strategies or solutions that would be on your “wishlist” for longer-term heat risk prevention?
-

Acknowledgements

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We also want to acknowledge people who contributed to designing, facilitating, and guiding this project including Paloma Beamer, Jennifer Botsford, Karina Duenas, Kacey Ernst, Miles Fule, Darien Fuller, Gerilene Haskon, Joseph Hoover, Ann Garn, Nathan Lothrop, Imran Mithu, Cheryl Valdez.

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 - <https://www.census.gov/library/stories/2024/06/broadband-access-tribal-areas.html>
 - <https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/extreme-weather/pubs/heat-related-illness-emergency-department-and-inpatient-admissions-in-arizona-by-year-2020-2024.pdf?v=20250305>
 - <https://www.cdc.gov/heat-health/hcp/clinical-overview/index.html>
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Thank you!

