

Welcome to Youth Rising!

Let's Be the Spark  that turns **Heat** into **Health** and **Hope**!



Janavi Wagle

Youth Rising Ambassador Lead

Brookfield East High School '27

Planning to study Psychology and Public Health after high school

Brookfield, Wisconsin

Youth Rising



We are the future—and this crisis will shape our future.



Heat stress and health are becoming serious issues on our warming Earth.



GHAR's Youth Rising Program empowers youth to become part of the solution.



You can become a Youth Champion in your school and community!





Dr. Shailendra Sharma, MD

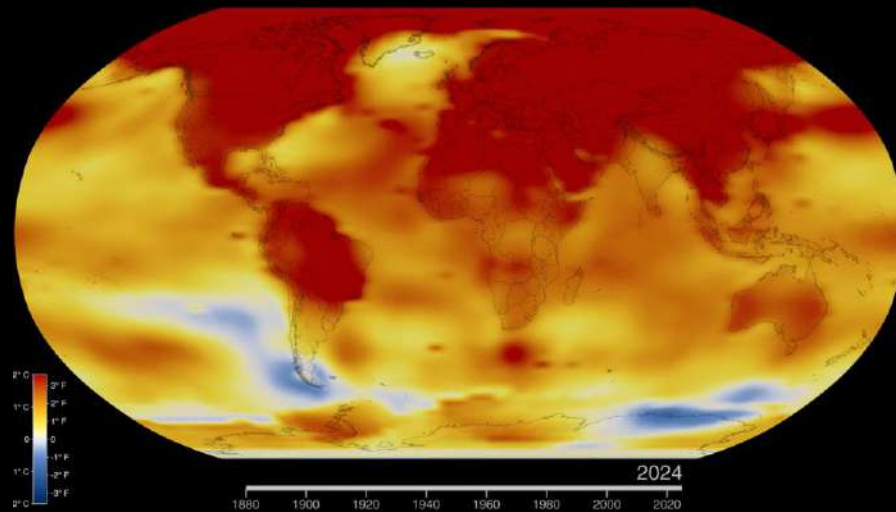
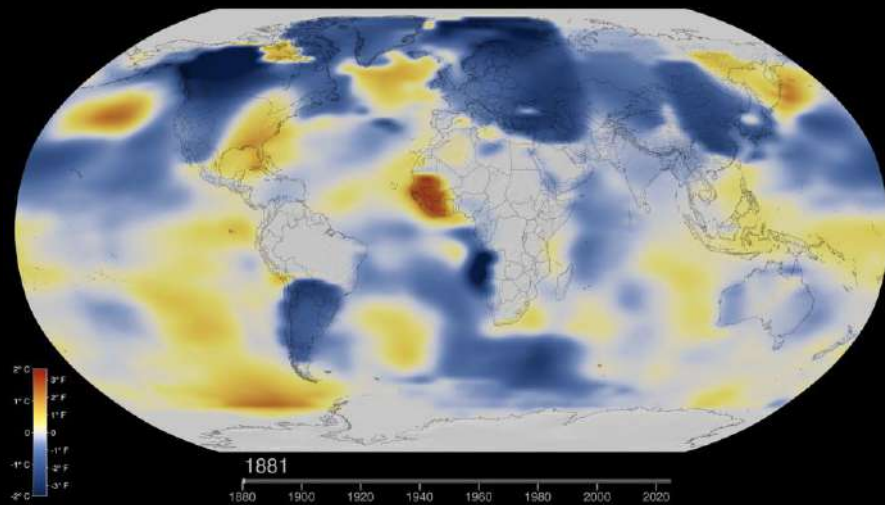
GHAR Co-founder and President

**Clinical Associate Professor of Medicine,
University of Michigan Health- Sparrow**



Everyday, 4-5 Coffins still arrive at Tribhuvan Intl Airport, Kathmandu

HEAT

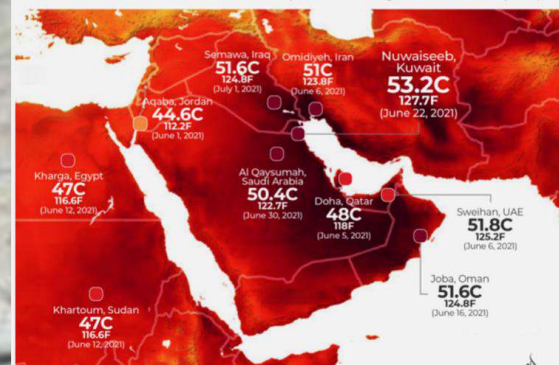


- DIRTY
- DANGEROUS
- DIFFICULT
- DEHYDRATING

WEATHER

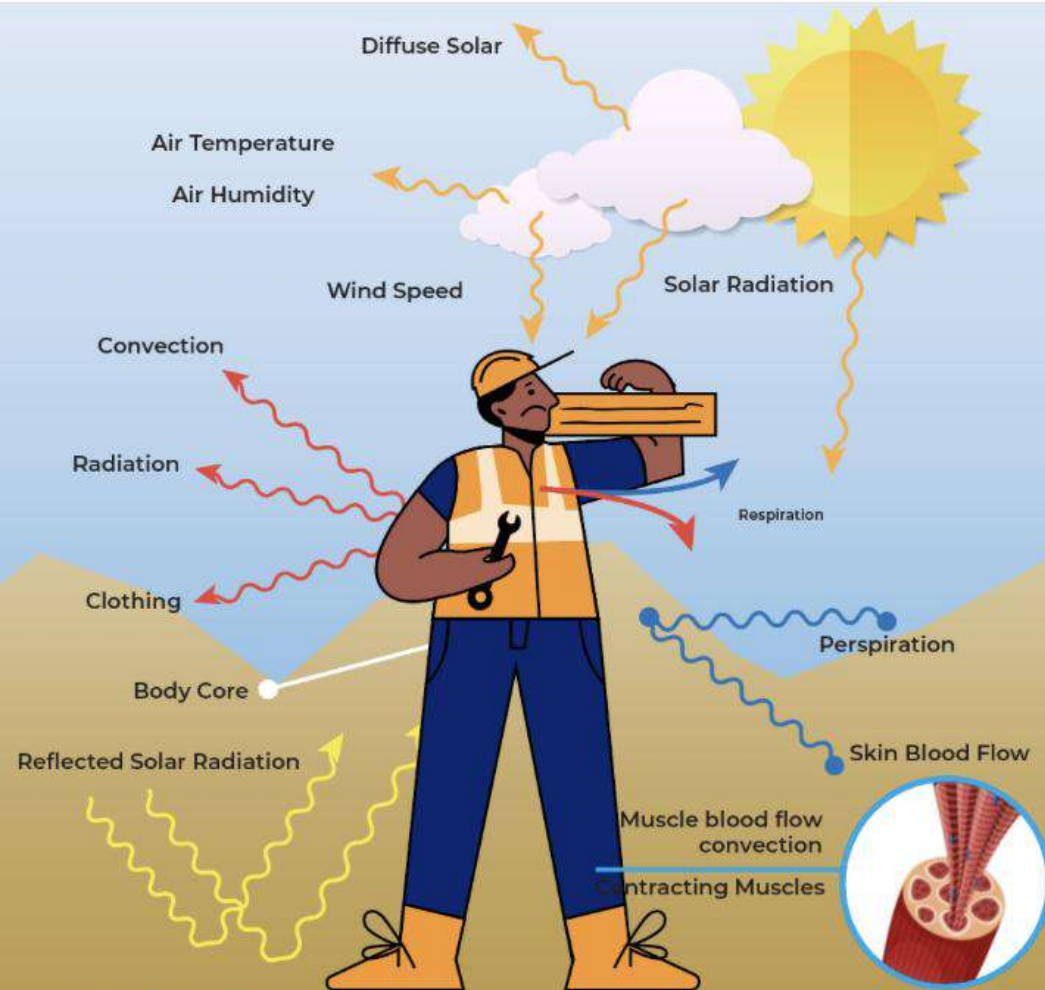
53.2C in Kuwait - the highest in 2021

On June 22, the Kuwaiti city of Nuwaiseeb recorded the highest temperature in the world so far this year. Several other countries in the Middle East recorded temperatures higher than 50C (112F).



Temperatures may vary according to local sources
Sources: NASA Earth Observatory, OMICET, local news | July 1, 2021

HEALTH

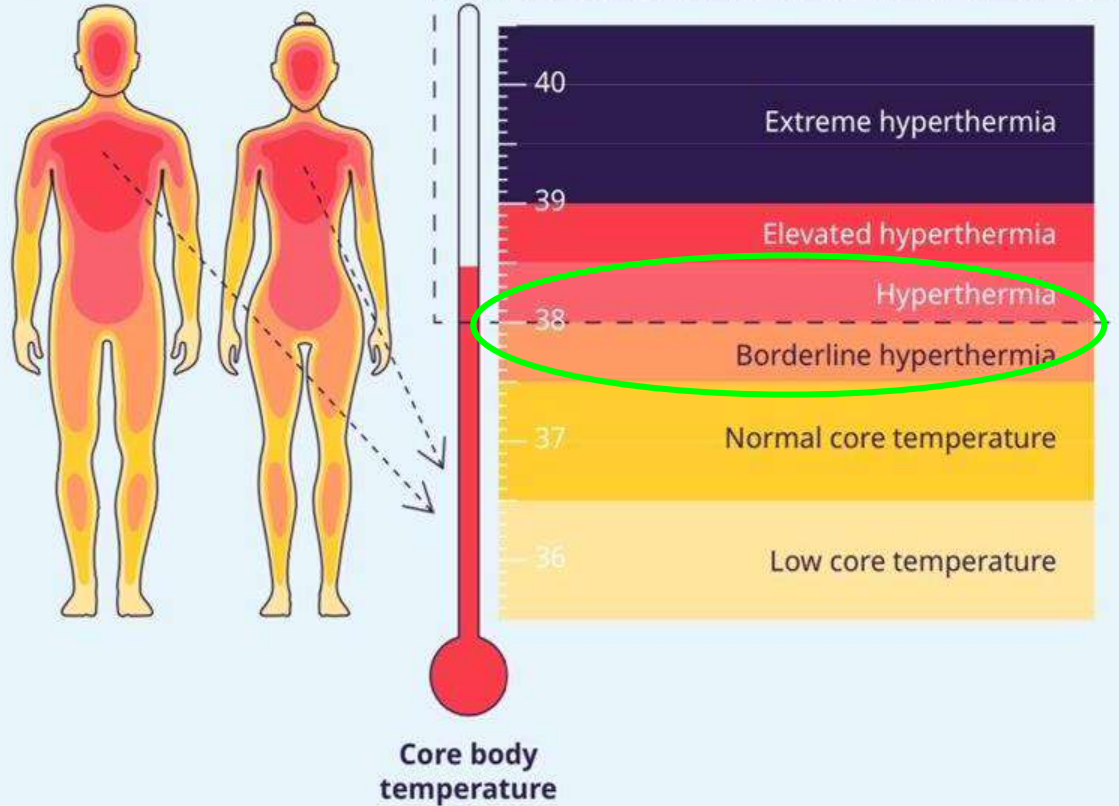


Heat Stress is a Complex Phenomenon

AKI: Acute Kidney Injury
CKD: Chronic Kidney Disease

Workplace heat stress leads to hyperthermia

increasing risk for heat-related illnesses



Safety threshold

In a group of people working in same conditions with average core body temperature of 38°C, the likelihood of any individual reaching

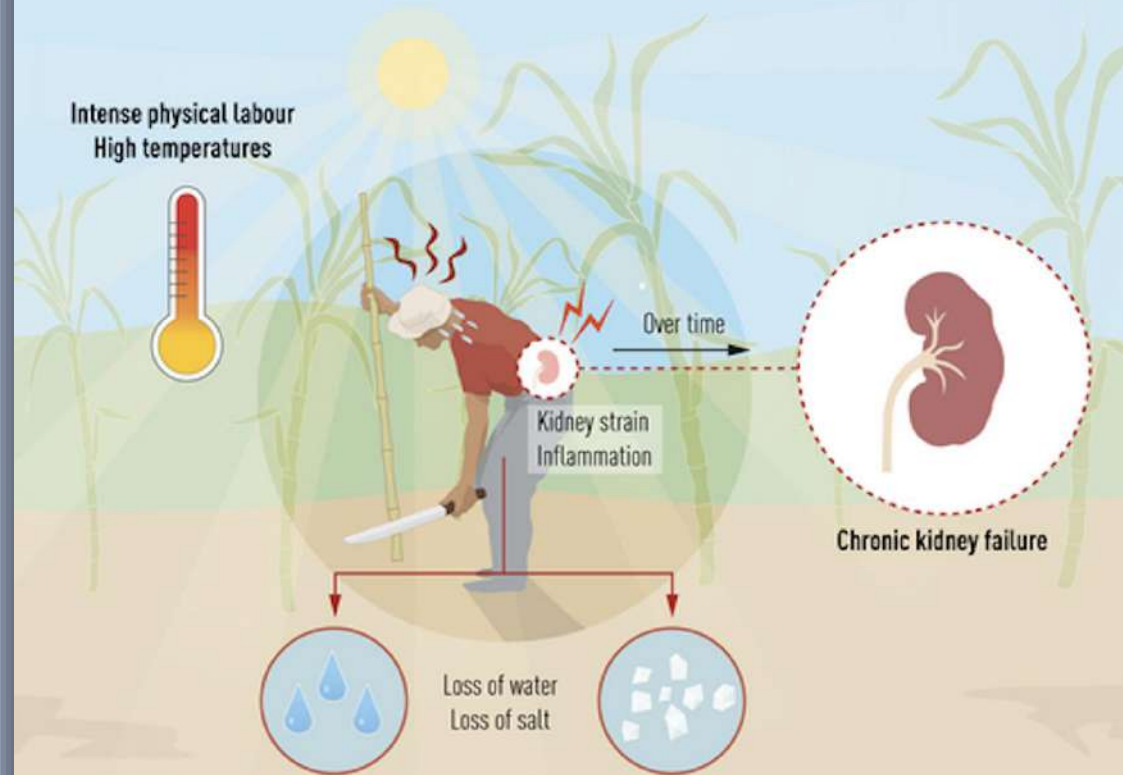
- ▶ core body temperature of 39.2°C: < 1 in 10 thousand workers
- ▶ core body temperature of 42.0°C: < 1 in 10 million workers

Impact of excessive heat on core body temperature

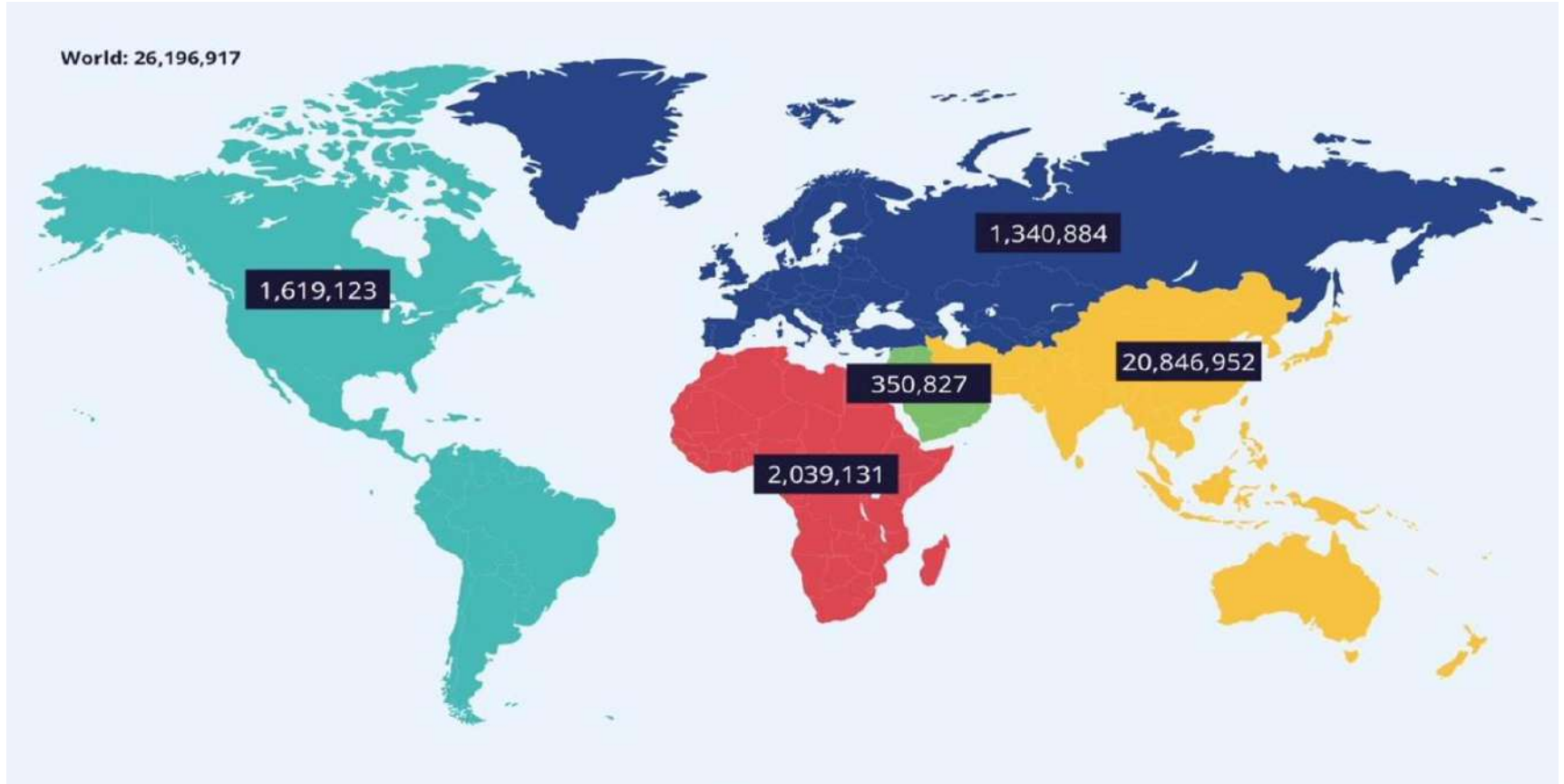
- *Dehydration**
- *Inflammation**
- *Repeated insults**

Heat-Induced Kidney Disease: Understanding the Impact

Elinder C-G



Prevalence of heat related kidney disease is on the rise



Alarming Rise of Heat-Related Kidney Disease in Nepal



Hidden Health Cost for Nepali Migrants

Revealed: 6,500 migrant workers have died in Qatar since World Cup awarded

Guardian analysis indicates shocking figure over the past decade likely to be an underestimate

● What we know about the human cost of the 2022 World Cup



GROW LIGHTS SPEED GRASS GROWTH AT LUSAIL STADIUM, HOST OF THE 2022 WORLD CUP FINALS.

ED KASHI—VII FOR TIME

Thousands of Migrant Workers Died in Qatar's Extreme Heat. The World Cup Forced a Reckoning

Preparation for the World Cup has brought global attention to the deadly perils of

ASIA

The world's torrid future is etched in the crippled kidneys of Nepali workers

One-third of transplant patients at a center near Kathmandu have been young men who worked abroad in extreme heat



By Gerry Shih

January 6, 2023 at 2:00 a.m. EST



**GHAR & #AfaiNayak Campaign
began after learning about high
rates of renal failure among
migrant workers**



**The
Washington
Post**



**Almost a third of dialysis patients
are returnee migrant workers**



**Majority worked long hours in
outdoors**



**One-third of kidney transplant
patients are migrant returnees
without diabetes or hypertension**



HOPE

Rest- Shade-Hydration- Sanitation



Scheduled
breaks



Portable shade tents



Clean water and
hydration beverages



Good hygiene
and sanitation

In preventing dangerous and unsafe heat exposure and development of kidney disease

Listen to Your Body's Bathroom Signals

Are you hydrated?

Urine color chart

1		Congratulations!
2		If your urine matches colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine is below the RED line, you are DEHYDRATED!
5		You are at risk for cramping, heart attack, anxiety attack, heat illness and more.
6		You need to drink more water now!
7		If your urine is this color, you must drink water immediately or die a slow, painful death.
8		Seek medical attention immediately

Climate and Health Curriculum in Schools

