

THE IMPACT OF THE JULY 2007 HEAT WAVE ON DAILY MORTALITY IN BELGRADE, SERBIA

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SUMMARY

Objective: Mortality has been shown to increase with heat waves. Serbia experienced the hottest heat wave in July 2007. In this study, we examined patterns of non-traumatic excess mortality in Belgrade during this event.

Methods: The numbers of deaths observed during the 9-day heat wave were compared to those expected on the basis of mortality rates reported for the previous eight years and two following years. Excess mortality was analyzed by age, gender and cause of death.

Results: There was a total of 167 excess deaths (38%) between 16 and 24 July. People aged 75 years and older accounted for 151 (90%) of all excess deaths. An increase of mortality among elderly was 76% in comparison to the baseline mortality. Excess female mortality was over two times higher than excess male mortality (54% : 23%). The biggest increase in mortality was from diabetes mellitus (286%), chronic kidney disease (200%), respiratory system diseases (73%), and nervous system diseases (67%). Cardiovascular and malignant neoplasms mortality accounted for the highest absolute numbers of excess deaths (77 and 49, respectively). There was no decrease in mortality in the 60-day period after the heat wave.

Conclusions: There are several causes of an increase in heat-related mortality. The most vulnerable population group is the elderly females.

Key words: climate change, heat wave, temperature, mortality, vulnerable populations

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INTRODUCTION

The increasing instability of the global climate system is expected to increase average summer temperatures and the frequency and intensity of hot days, particularly in the northern latitudes (1, 2).

Heat-waves constitute a great health risk and they are associated with significant excess morbidity and mortality (3–11). Cardiovascular and respiratory diseases were reported as the most common causes of death (12–16).

Risk factors for heat-related death include older age, pre-existing diseases, living alone, living on the top floor, lack of air-conditioning, and being overweight (17–18). Populations in regions where extremely hot weather is relatively infrequent are most vulnerable to heat waves due to a lack of behavioural adaptations (3). Heat waves could reveal or aggravate several adverse drug reactions in the elderly using diuretics, serotonic antidepressants, angiotensin converting inhibitors, proton pump inhibitors, non-dopaminergic antiparkinsonians or antiepileptics, and beta-blockers (19).

Some earlier studies have supported the hypotheses that high temperatures result only in the forward displacement of deaths (20, 21). This term denotes a temporal shift in the rate of mortality by bringing forward the deaths of those who would have died in the short term anyway.

In Serbia, the warmest heat wave was experienced between 16 and 24 July 2007. Almost on the whole territory of the country,

maximum daily temperatures exceeded 35°C during nine consecutive days. Temperature records were broken in all districts (22). The District of Smederevska Palanka and Podunavlje District recorded the Serbia's highest ever temperature of 44.9°C on 24 July.

While there has been research examining the association between low outdoor temperatures and mortality in Serbia, this study is the first one that examines the influence of high outdoor temperatures on adverse health effects (23).

The aim of this article was to examine the patterns of non-traumatic excess mortality in Belgrade during the July 2007 heat wave, by age, gender and cause of death, and to define the threshold temperature above which the greatest changes in mortality occur.

MATERIALS AND METHODS

Study Area

Belgrade is the capital city of Serbia. The city has an urban area of 360 km², while together with its metropolitan area it covers 3,223 km², with a population of 1,639,121 inhabitants according to the 2011 census. It lies approximately 117 metres above sea level and is located at the confluence of the Danube and Sava rivers. The coordinates of Belgrade are 40°49'N 20°28'W. The climate is continental with the maximum temperatures observed during July or August and the highest precipitation during the summer

months. From 1991, the natural increase is negative and present population type is regressive.

Data Used

Daily meteorological data were obtained from the Republic Hydro-meteorological Institute for the period from 1961–2009. Daily mortality database was supplied by the Statistical Office of the Republic of Serbia for the period from 1999–2009.

Heat Wave Definition

There is no universally accepted definition of heat waves, but such extreme events associated with particularly hot sustained temperatures have been known to produce notable impacts on human mortality, regional economies, and ecosystems. A heat-wave can be defined based on an absolute or a relative threshold of weather variables or as a combination of both (2). The heat wave definition we adopted was based on the daily maximum temperature, after inspection of the relationship between maximum daily temperature and mortality in July 2007 in Belgrade (Fig. 1). In our definition, a heat wave is a period of at least 3 consecutive days in which the maximum temperature exceeds

35°C, which are the threshold criteria for releasing hot weather warnings in Serbia (24).

Analysis

Causes of death were analyzed according to the 10th revision of the International Classification of Diseases (ICD-10). We considered data on non-accidental mortality (ICD-10 codes A00-R99) by gender, causes of death, and age.

For heat-related deaths, hyperthermia (ICD-10 code T67), exposure to excessive natural heat (ICD-10 code X30), and deaths associated with excessive heat exposure due to weather conditions (ICD-10 code E900.0) or of unspecified origin (ICD-10 code E900.9) were analyzed.

Excess mortality was calculated as observed deaths minus the baseline expected mortality for 9-day heat wave period from 16 to 24 July 2007. Baseline values for each day were the averages of the same calendar dates in the previous eight years (1999 to 2006) and two following years (2008 and 2009).

To explore the possibility of heat-induced forward displacement of deaths we also calculated the differences between observed and expected number of deaths for 60 days following the heat wave, by 10-day lag periods.

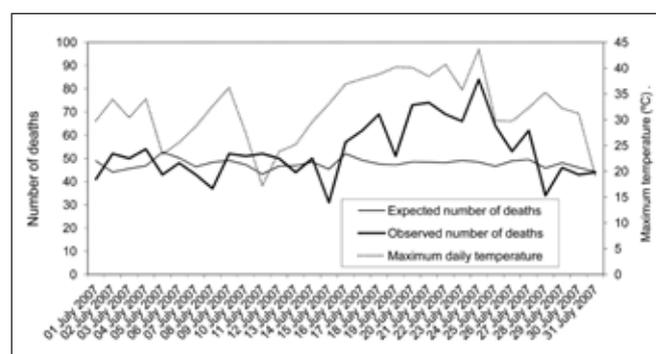


Fig. 1. Relationship between maximum daily temperature and mortality during July 2007 in Belgrade.

RESULTS

Record values of the maximum daily temperatures affected Belgrade between 16 and 24 July 2007 (Table 1). The absolute temperature record was reached on 24 July with a reading of 43.6°C, and the previous absolute maximum temperature record of 40.5°C dating back to 1888 was exceeded by 3.1°C. Daily maximum temperatures exceeded mean values from the climatological standard reference period 1961–1990 by 8.3°C to 15.5°C. Also, daily minimum and mean temperatures exceeded the 1961–1990 averages by 3.0°C to 10.1°C and 6.7°C to 13.1°C, respectively. In contrast, daily mean relative humidity levels during the July 2007 heat wave were lower than the 1961–1990 averages by 24% to 41%.

Table 1. Daily temperature and relative humidity values during July 2007 heat wave in Belgrade, compared with mean values from the 1961–1990 period

Calendar day	2007				1961–1990			
	Temperature (°C)			Mean relative humidity (%)	Temperature (°C)			Mean relative humidity (%)
	Maximum	Minimum	Mean		Maximum	Minimum	Mean	
16 July	36.9	19.5	29.1	38	28.0	16.5	22.1	62
17 July	37.9	21.4	30.5	32	27.8	16.8	22.3	65
18 July	38.8	22.5	31.0	37	27.9	17.0	22.2	63
19 July	40.2	23.9	32.8	28	28.0	16.8	22.1	64
20 July	40.1	25.8	33.5	25	27.5	17.0	22.1	62
21 July	38.4	26.0	31.9	38	27.9	16.4	21.7	63
22 July	40.7	26.3	34.6	23	26.6	16.2	21.5	64
23 July	35.8	22.3	28.9	40	27.5	16.5	22.2	64
24 July	43.6	26.9	33.5	25	28.1	17.1	22.4	62

Table 2. Number and rate (%) of all causes non-traumatic excess deaths among overall population and elderly, during the July 2007 heat wave in Belgrade per day

Calendar day of 2007	All ages				75 and over			
	Expected number of deaths	Observed number of deaths	Number of excess deaths	Rate (%) of excess deaths	Expected number of deaths	Observed number of deaths	Number of excess deaths	Rate (%) of excess deaths
16 July	52	57	5	10	22	29	7	32
17 July	49	62	13	27	22	30	8	38
18 July	48	69	21	44	22	42	20	90
19 July	47	51	4	9	20	29	9	48
20 July	49	73	24	49	22	42	20	88
21 July	48	74	26	54	22	40	18	84
22 July	48	69	21	44	21	45	24	114
23 July	49	66	17	35	25	39	14	59
24 July	48	84	36	75	24	54	30	124
Total	438	605	167	38	199	350	151	76

Table 2 shows the daily distributions of deaths attributed to the July 2007 heat wave in Belgrade. There was a total of 167 excess deaths (38% increase) between 16 and 24 July. For the hottest day of 24 July, 36 excess deaths were observed, 75% increase in comparison with the baseline expected mortality.

People aged 75 years and older accounted for 151 (90%) of all excess deaths. An increase in mortality among elderly was 76% in comparison with the baseline mortality, and for the day of 24 July it reached 124%.

Table 3 shows that during the July 2007 heat wave in Belgrade the biggest increase in mortality was related to diabetes mellitus (286%), chronic kidney disease (200%), respiratory system diseases (73%), and nervous system diseases (67%). Cardiovascular and malignant neoplasms mortality accounted for the highest absolute numbers of excess deaths (77 and 49, respectively).

During the heat wave excess mortality among females was over two times higher than among males (54% : 23%). Among females, the greatest increases in mortality were related to chronic kidney disease (200%), diabetes mellitus (175%), nervous system diseases (100%), and digestive system diseases (86%). Among males, mortality related to diabetes mellitus (433%), chronic kidney disease (200%) and respiratory system diseases (86%) showed the biggest increase.

There was only one case documented in the death certificate as heat-related death during the July 2007 heat wave in Belgrade. The deceased was 55 years old male with hyperthermia denoted as underlying cause of death and with exposure to excessive natural heat recorded as a contributing factor. There were no other cases with ICD-10 codes for hyperthermia, exposure to excessive natural heat or deaths associated with excessive heat exposure documented in the death certificate, neither as underlying cause of death nor as contributing factor.

There was not a significant subsequent drop below expected levels of mortality from all causes during the 60-day period after the July 2007 heat wave in Belgrade (Table 4). Differences between observed and expected number of deaths varied from +26 (6% increase) in Lag 0–10 to –17 (4% decrease) in Lag 41–50, and cumulative difference after 60 days was +36 (1% increase).

DISCUSSION

An extreme heat wave affected Serbia including Belgrade in July 2007 and it was accompanied by a significant short-term excess mortality. Increased mortality occurred on 16 July when the maximum daily temperature surpassed 35°C, it amounted to 167 excess deaths (38% increase comparing to expected deaths) for nine consecutive days of heat, with a progressive return to almost normal mortality as the maximum temperature dropped below 35°C on 25 July. Such relationship between maximum daily temperature and mortality during July 2007 in Belgrade supporting the evidence for acclimatization. Some studies reported that people who live in the cities where the temperatures are generally elevated in the summer were found to have higher threshold mortality temperatures than people who live in the cities with milder climates (25).

The heat effect on mortality was concentrated in people aged 75 years and older, and they accounted for 151 (90%) of all excess deaths. The elderly are especially vulnerable to extreme heat because their bodies are less able to effectively regulate temperature. Their risk is further heightened because the elderly often have diminished health and are more likely to live alone (15). They are more likely to have a combination of factors, including the effects of ageing, chronic medical conditions and disability, taking medication, and social factors.

The heat effect was more noticeable in females, resulting in mortality increases as large as 54% compared to 23% among males. The fact is that more women reached older ages and older people become more susceptible to death due to heat.

In line with many previous studies, we found that during the heat wave the greatest increase in mortality rates was related to diabetes mellitus, chronic kidney disease and to diseases of respiratory, nervous and digestive systems (12, 15, 16, 26). Cardiovascular and malignant neoplasms mortality accounted for the highest absolute numbers of excess deaths (4, 12).

People with diabetes are particularly vulnerable to heat because their bodies are less capable of adjusting to increases in temperature due to impairment of their autonomic control and

Table 3. Excess mortality and mean age of death during the 9-day July 2007 heat wave in Belgrade, by gender and cause of death

Cause of death (ICD-10 code)	Expected number of deaths	Observed number of deaths	Number of excess deaths	Rate (%) of excess deaths	Mean age of death \pm SD
Overall population	438	605	167	38	74,07\pm12,00
Neoplasms (C00-D48)	110	159	49	45	68,06 \pm 13,01
Endocrine diseases (E00-E90)	7	27	20	286	72,59 \pm 10,18
Diabetes mellitus (E10-E14)	7	27	20	286	72,59 \pm 10,18
Nervous system diseases (G00-G99)	6	10	4	67	70,60 \pm 11,30
Circulatory system diseases (I00-I99)	235	312	77	33	77,80 \pm 9,77
Respiratory system diseases (J00-J99)	11	19	8	73	78,74 \pm 5,42
Digestive system diseases (K00-K93)	17	23	6	35	65,43 \pm 13,47
Genitourinary system diseases (N00-N99)	6	16	10	167	73,69 \pm 10,87
Chronic kidney disease (N18)	4	12	8	200	74,92 \pm 9,00
Symptoms, signs and findings (R00-R99)	38	32	-6	-16	74,77 \pm 15,01
Other causes	8	7	-1	-12	75,00 \pm 5,23
Males	227	280	53	23	73,06\pm12,13
Neoplasms (C00-D48)	63	78	15	24	67,94 \pm 11,58
Endocrine diseases (E00-E90)	3	16	13	433	73,13 \pm 9,53
Diabetes mellitus (E10-E14)	3	16	13	433	73,13 \pm 9,53
Nervous system diseases (G00-G99)	3	4	1	33	74,25 \pm 2,87
Circulatory system diseases (I00-I99)	109	126	17	16	77,01 \pm 11,05
Respiratory system diseases (J00-J99)	7	13	6	86	78,77 \pm 5,77
Digestive system diseases (K00-K93)	10	10	0	0	63,00 \pm 11,06
Genitourinary system diseases (N00-N99)	4	9	5	125	71,11 \pm 13,60
Chronic kidney disease (N18)	2	6	4	200	74,33 \pm 12,86
Symptoms, signs and findings (R00-R99)	24	20	-4	-17	71,05 \pm 15,71
Other causes	4	4	0	0	77,00 \pm 5,75
Females	211	325	114	54	74,95\pm11,85
Neoplasms (C00-D48)	47	81	34	72	68,22 \pm 14,24
Endocrine diseases (E00-E90)	4	11	7	175	71,82 \pm 11,49
Diabetes mellitus (E10-E14)	4	11	7	175	71,82 \pm 11,49
Nervous system diseases (G00-G99)	3	6	3	100	68,17 \pm 14,39
Circulatory system diseases (I00-I99)	126	186	60	48	78,34 \pm 8,79
Respiratory system diseases (J00-J99)	4	6	2	50	78,67 \pm 5,09
Digestive system diseases (K00-K93)	7	13	6	86	67,31 \pm 15,23
Genitourinary system diseases (N00-N99)	2	7	5	250	77,00 \pm 5,07
Chronic kidney disease (N18)	2	6	4	200	75,50 \pm 3,45
Symptoms, signs and findings (R00-R99)	14	12	-2	-14	81,18 \pm 11,71
Other causes	4	3	-1	-25	75,00 \pm 3,66

endothelial function (28). Persons with kidney disease have a reduced ability to retain fluids and electrolytes. This can make dehydration and overheating happen more quickly. Moreover, when the body gets warm, it moves more blood to the skin in an attempt to reduce body temperature. This reduces both the blood flow and pressure in the kidneys making them more prone to overheating and less able to function (28). The mechanisms underlying the higher heat-mortality risk among those with nervous system diseases include impaired self-care, inadequate

medical care and physiologic vulnerability (29). Heat stress can lead to down-regulation of epithelial growth-factor signalling, intestinal epithelial injury, impairment of the intestinal epithelial barrier function, and increased mortality due to gastrointestinal hemorrhage (30). Cardiovascular and respiratory deaths can be triggered by heat when the thermoregulatory mechanisms of the body, such as increased respiratory and heart rate, increased surface blood circulation and sweat, put an additional stress on already ill heart and lungs (31).

Table 4. Differences between observed and expected number of all causes deaths in 60 days following the July 2007 heat wave in Belgrade, by 10-day lag

Lag (days)	Expected number of deaths	Observed number of deaths	Difference	Rate (%) of difference	Cumulative expected number of deaths	Cumulative observed number of deaths	Cumulative difference	Rate (%) of cumulative difference
0–10	471	497	26	6	471	497	26	6
11–20	471	470	-1	0	942	967	25	3
21–30	490	515	25	5	1432	1482	50	3
31–40	467	464	-3	-1	1899	1946	47	2
41–50	474	457	-17	-4	2373	2403	30	1
51–60	472	478	6	1	2845	2881	36	1

We did not observe a decrease in mortality in the 60-day period after the heat wave. This suggests that not only a pool of frail individuals was impacted by the exposure, but also that the heat waves is a real public health issue (25).

The association between high outdoor temperature exposure and mortality could be modified by increased summer-time oxidation smog as well as the indoor living conditions (27, 32–34). However, the influence of these two factors was not examined, which represents a limitation to this study.

CONCLUSION

The results of this study indicate increased health risks during the July 2007 heat wave in Belgrade. The most affected were the elderly, women, people with diabetes mellitus, chronic kidney disease, respiratory, nervous, digestive and cardiovascular systems diseases and malignant neoplasms. Mortality increased when the maximum daily temperature rose above 35°C. Heat-induced forward displacement of deaths was not confirmed. Heat waves have a significant burden on health, and as global warming continues, they are very likely to increase in frequency and intensity.

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