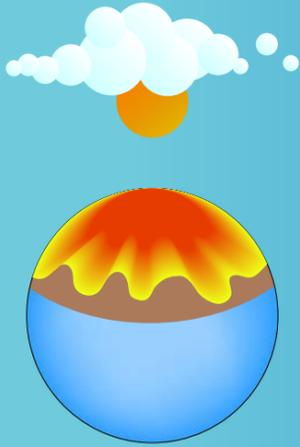


El Niño's Hidden Health Impact

How the Weather Event Slows Progress in Life Expectancy in the U.S.



El Niño is more than a weather event. It can affect people's health across the United States.

A study by the Society of Actuaries Research Institute found that El Niño can slow progress in how long people live. The effects can last for years, even after El Niño ends. Older adults are hit the hardest.

Looking at data from 1983 to 2023, the study found that during El Niño and for up to five years afterward, death rates stopped improving as quickly for some causes. The biggest slowdowns were seen in:



Heart and circulatory diseases

4.8% slower improvement



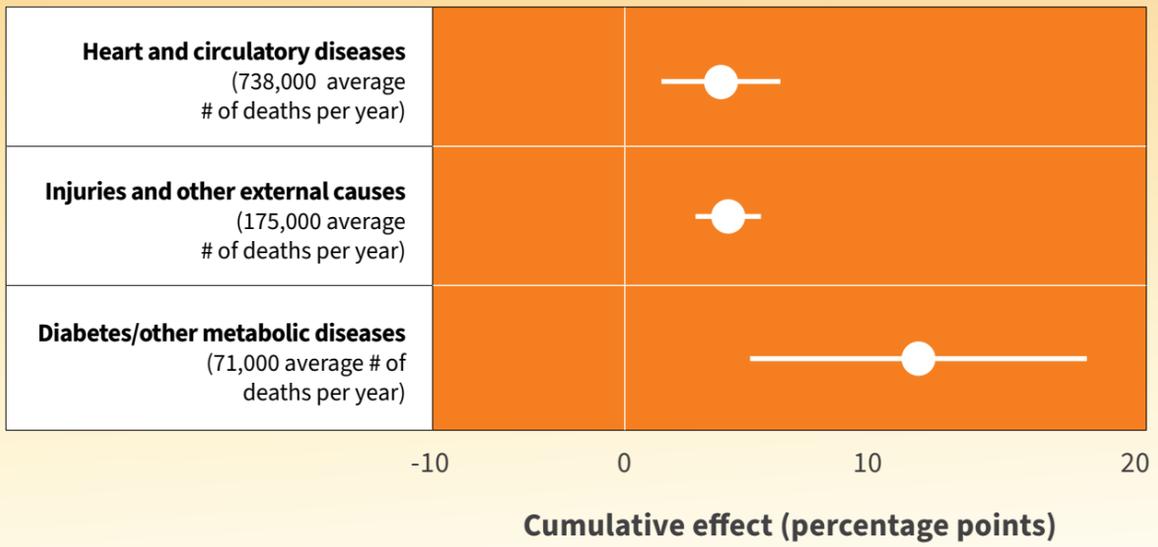
Injuries and other external causes

5% slower improvement



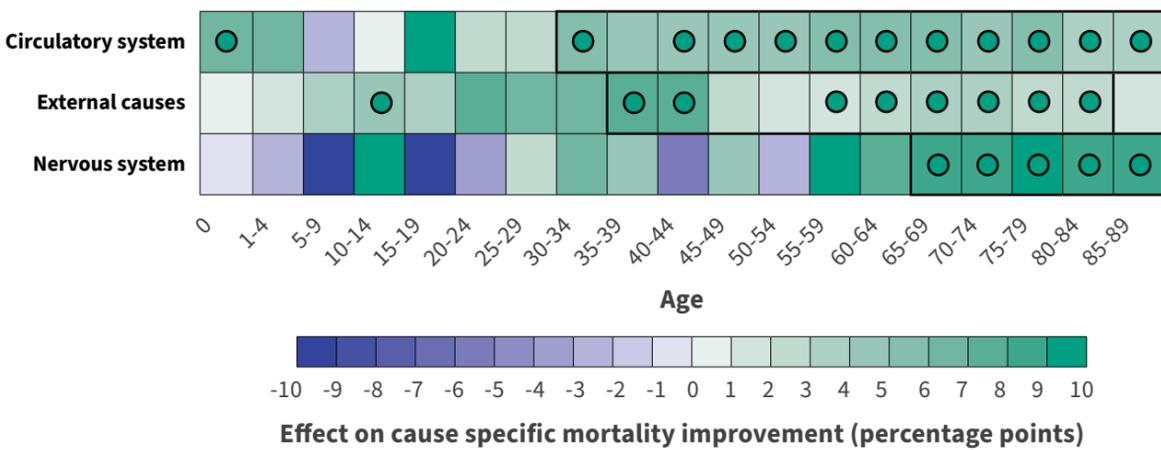
Diabetes and other metabolic diseases

11.5% slower improvement



Middle-aged and older adults carry most of the long-term burden in worsening death rate improvements due to El Niño.

5-Year Cumulative Effect of El Niño



Green squares show that death rates are not improving as quickly as before. Black circles show results that are statistically significant, meaning the change is unlikely to be due to chance. Positive numbers mean death rates are still getting better, but not as fast as they would have without El Niño. The larger the number, the more the improvement has slowed down.