

How The Weather Impacts Our Health

Meadow's Weather/Hurricane Analysis: November 2023 Report
Roy Wysnewski

Rainfall & Temperature Data:

Rainfall for month:	0.86 in.	Rainfall
year-to-date:	28.10 in.	
23 yr. monthly rainfall average:	1.94 in.	
Average high temperature:	82.1 F (normal: 80.0 F)	
Above normal temperature days:	22	
Record high temperature days:	8	

Weather and Health: The weather impacts our health in different ways, leading to both positive and negative results.

Living in Florida with its 'fair-weather' sunshine in abundance year-round, residents receive lots of vitamin D that is so important to good health. Sunshine also lends itself to a more positive/optimistic attitude – a healthy attribute!

On the negative side, temperature plus moisture (heat) represents an increasing danger to our health, particularly during our warm summer months. With atmospheric temperatures on the rise in our area by about 0.14 degrees Fahrenheit each year since 2000, there is an increasing threat that over-exposure to sunshine will cause our body core temperatures to rise, leading to heat stress illness, including heat cramps, heat exhaustion, and heat stroke – which can be lethal! Also, breathing in increasingly hot, humid air can exacerbate respiratory conditions like asthma and COPD and strain the heart.

Temperature Analysis: Following a record-warm summer, it should not be surprising to learn that November 2023 was another record-setting month. The average monthly high temperature exceeded normal by two degrees F. Other statistics for the month include twenty-two above-normal temperature days and eight record high-temperature days.

Rainfall Analysis: The extreme drought in coastal southwest Florida persists!

Once again monthly rainfall was well below normal – 0.86 inches compared to a normal of 1.94 inches. Unless there is record rainfall in December, history will show that 2023 was the driest year over the past 129 years!

Monthly temperature and rainfall data are presented in the graph.

2023 Hurricane Season Summary: A highly unusual hurricane season concluded on November 30th. Despite a strong hurricane-shredding El Nino event in place after mid-June, and pre-season forecasts calling for a near-normal hurricane season, 20 named storms formed. This number ties 1933 for the 4th highest on record!

Seven storms were hurricanes and three – Franklin, Idalia and Lee – became major hurricanes with Franklin reaching maximum sustained winds of 150 mph!

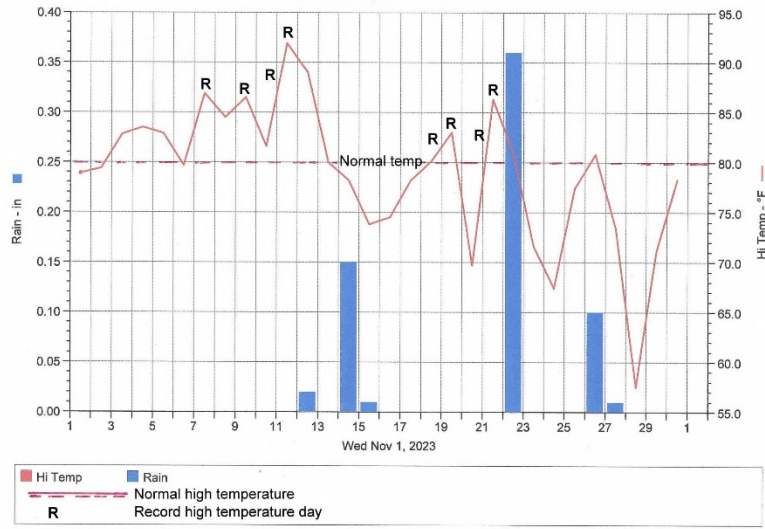
Hurricane Lee was the only Category 5 hurricane.

Only one hurricane, Idalia, had an impact on southwest Florida this season. On August 30th, it grazed the Sarasota coastline as it moved north in the Gulf of Mexico, about 150 miles offshore. Storm surge led to minor damage on the shoreline. On a positive note, the hurricane gave Meadows residents 5.5 inches of badly-needed rain.

Send comments and questions about this month's report to: roywys9@gmail.com.

Meadows Rainfall and High Temperatures

November 2023



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