LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE
In collaboration with Wellcome

A decade tracking progress on health and climate change

TRINIDAD AND TOBAGO

LANCET COUNTDOWN ON HEALTH AND CLIMATE CHANGE
DATA SHEET 2026

Health and Climate Change in Trinidad and Tobago

The Lancet Countdown on Health and Climate Change tracks the connections between health and climate change. In its tenth iteration, the 2026 Global Report shows that the health impacts of climate change have escalated, and frequently accelerated, in the decade since the Paris Agreement came into force.

This document draws on findings from the 2026 Lancet Countdown Global Report to present key insights for Trinidad and Tobago.

Increasing exposure to extreme heat is placing vulnerable populations in Trinidad and Tobago at greater risk of heat-related illness, while limiting safe physical activity and reducing labour capacity, with consequences for health and livelihoods.

Rising coastal sea temperatures and expanding environmental suitability for Vibrio transmission pose growing risks to coastal health, marine food security and livelihoods in Trinidad and Tobago.

Wildfire-smoke-associated mortality has increased in Trinidad and Tobago, contributing to a substantial health burden, while extreme drought has become less widespread.

Fossil fuel dependence contributes to harmful air pollution and associated health risks in Trinidad and Tobago. Expanding household and road transport electrification powered by renewable electricity can improve air quality, protect health and lower greenhouse gas emissions.

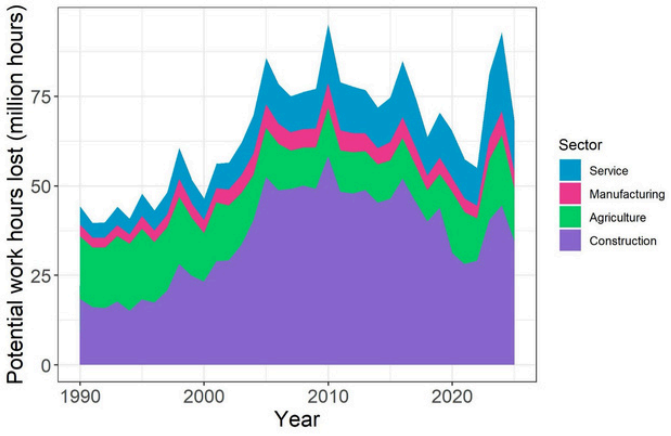
Heat and Health

Exposure to high temperatures increases the risk of heat-related illness and mortality. Vulnerable groups, including older adults, young children, pregnant women and those with pre-existing conditions, face the greatest risks. Heat can also limit safe physical activity and reduce people's capacity to work, with consequences for livelihoods.

All heatwave days experienced by people in Trinidad and Tobago were directly attributable to climate change in 2025.
Children under one year of age and adults over 65 in Trinidad and Tobago experienced an average of approximately 17 and 18 heatwave days annually, respectively, between 2021 and 2025. This represents around 15–16 additional days per year compared with 1986–2005, increases of approximately nine- and tenfold, respectively. (Indicator 1.1.1)

People in Trinidad and Tobago were exposed to approximately 3,480 hours annually in which heat posed a moderate or higher risk of heat stress during moderate outdoor physical activity (e.g., brisk walking) between 2016 and 2025, approximately 278 hours more than the annual average in the 1990s. (Indicator 1.1.2)

Annual potential work hours lost, disaggregated by economic sector. Trinidad and Tobago, 1990-2025.



Heat exposure caused an average annual loss of approximately 71.5 million potential labour hours in Trinidad and Tobago between 2016 and 2025, 55% higher than the annual average in the 1990s. Construction accounted for 55% of these losses, followed by services and agriculture at approximately 20% and 19%, respectively. (Indicator 1.1.3)

Heat-related labour capacity reduction in Trinidad and Tobago caused an estimated potential earnings loss of US$399 million in 2025. Construction accounted for 52% of these losses, followed by services at 23% and agriculture at 17%. (Indicator 4.1.3)

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Vibrio and Coastal Change

Rising coastal sea surface temperatures can affect marine ecosystems and fisheries, with implications for food security and livelihoods. Warming coastal waters can also increase environmental suitability for *Vibrio* bacteria, posing risks of infections associated with exposure to coastal waters and contaminated seafood. In Trinidad and Tobago, coastal waters have warmed substantially, alongside an expansion in coastline suitable for *Vibrio* transmission.

The length of Trinidad and Tobago's coastline with conditions suitable for *Vibrio* transmission increased by 89% compared with 1982–1991, reaching approximately 302 km in 2025. Estimated vibriosis cases reached 610 in 2025, a 21% increase compared with the historical baseline. (Indicator 1.3.6)

Coastal sea surface temperatures around Trinidad and Tobago were 0.8°C higher between 2023 and 2025 than in 1981–2010. Warming coastal waters can affect marine ecosystems and fish stocks, with implications for marine food security and livelihoods. (Indicator 1.4.1)

Wildfire Smoke and Drought

Wildfire smoke contributes to harmful air pollution, increasing the risk of respiratory and cardiovascular diseases and premature mortality. Drought can threaten water availability, food security and livelihoods, with consequences for health and wellbeing. In Trinidad and Tobago, wildfire-smoke-associated mortality has increased, while the extent of land experiencing extreme drought has declined substantially.

Wildfire smoke was associated with an annual average of approximately 134 deaths in Trinidad and Tobago between 2021 and 2025, a 68% increase compared with 2003–2012. (Indicator 1.2.1)

An average of 1.8% of Trinidad and Tobago's land area experienced at least one month of extreme drought annually between 2021 and 2025, compared with 31% in 1981–1990. (Indicator 1.2.2)

Energy Transition and Health

Fossil fuel combustion contributes to harmful air pollution, increasing the risk of respiratory and cardiovascular diseases and premature mortality. According to the World Health Organization (WHO), Trinidad and Tobago's annual mean concentration of fine particulate matter ($PM_{2.5}$) was 10 μg/m^3, twice the WHO annual guideline of 5 μg/m^3. Expanding household and road transport electrification powered by renewable electricity can improve air quality, protect health and lower greenhouse gas emissions.

In 2023, electricity accounted for 52.5% of household energy use in Trinidad and Tobago. (Indicator 3.1.2)

In 2023, no electricity use was recorded in Trinidad and Tobago's road transport sector. (Indicator 3.1.3)

The carbon intensity of Trinidad and Tobago's energy system was 22.5 tonnes of CO_2 per terajoule in 2023, an 11.6% decrease compared with 2016. Further expansion of renewable electricity can support reductions in fossil fuel combustion and its associated health impacts. (Indicator 3.1.1)

In 2024, fossil fuel subsidies in Trinidad and Tobago exceeded revenues from carbon pricing, resulting in a net fossil fuel subsidy of approximately US$678 million. Continued financial support for fossil fuels can sustain reliance on polluting energy sources, limiting opportunities to reduce harmful air pollution and protect health. (Indicator 4.3.2)

Romanello M, Walawender M, Israelsson J et al. The 2026 report of the Lancet Countdown on health and climate change: A decade of escalating health harms and a decisive moment for all. The Lancet 2026; published online October 2026. https://doi.org/10.1016/S0140-6736(26)01779-4
World Health Organization. Health and environment scorecard: Trinidad and Tobago. Geneva: World Health Organization; 2025.