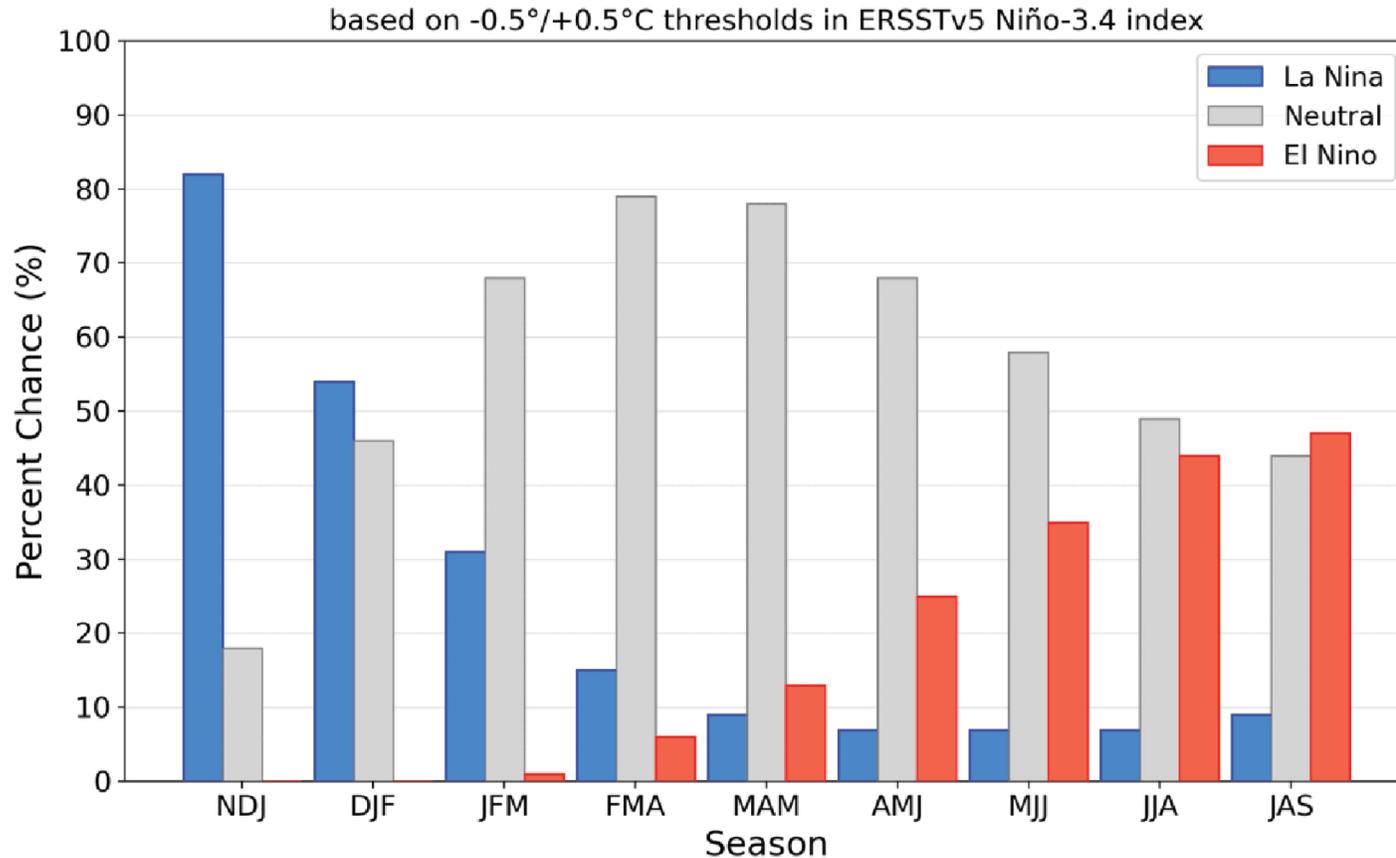


La Niña

Official NOAA CPC ENSO Probabilities (issued December 2025)



- La Niña favored over the next 1-2 months, with a transition to ENSO-neutral most likely in Jan-Mar
- La Niña conditions
 - **Sea surface temperatures** in the tropical Pacific are *cooler than normal* by 0.5°C or more
 - There is an **atmospheric response** in the tropical Pacific that can affect the continental US, mostly in winter

Figure 7. Official ENSO probabilities for the Niño 3.4 sea surface temperature index (5°N - 5°S , 120°W - 170°W). Figure updated 11 December 2025.