Climate Change affects health through various pathways. However, adaptation policy in developing country health ministries is not widespread. This thesis applies an adaptation readiness (AR) framework to structure a review of the climate change and health literature with the aim of identifying key barriers facing health adaptation policy in developing countries. To compliment the literature review, and in order to understand which barriers are most salient for public health, this thesis similarly applies the AR framework to the development and analysis of semi-structured interviews with World Health Organization professionals. While there is no clear consensus as to what are the most important barriers to adaptation in the literature, interviewees argue that funding and leadership challenges are the most significant barriers to adaptation. This thesis argues that overcoming these barriers can be thought of more broadly as a need to help health ministers become more coordinated with national adaptation processes like the National Adaptation Programmes of Action (NAPAs). Contrary to the literature, a lack of usable science was not identified as a barrier to adaptation by interviewees. The findings of this thesis suggest a focusing of the health adaptation research and planning agenda in developing countries towards assisting the health sector with funding and leadership challenges in order to forward health adaptation policy.