



**Mothers
& Others**
FOR CLEAN AIR

A PROGRAM OF

AMERICAN LUNG ASSOCIATION®
OF THE SOUTHEAST, INC.

How Does Air Pollution Affect Our Health?

We breathe in about 50 lbs of air each day. If something is in the air, it's going to be in our bodies as well. Air pollution harms many of the major systems of the body. It has been linked to the development and worsening of a growing number of health problems including those listed below.

Pregnancy & Birth

- Low birth weight
- Preterm birth
- Birth defects
- Infant mortality

Whole Body

- Obesity
- Diabetes
- Premature death



Brain

- Alzheimer's
- Attention deficit hyperactivity disorder
- Autism
- Cognitive impairment
- Depression

Heart

- Inflammation
- Abnormal heart rhythms
- Atherosclerosis
- Heart attack
- Heart failure
- Stroke

Lungs

- Asthma attacks
- Respiratory infections
- Bronchitis
- COPD flare-ups
- Reduced lung function
- Lung cancer

Reduce your risk by using the Air Quality Index , available at www.airnow.gov, to plan outdoor activities. For more information, including a complete list of references, visit mocleanair.org.