

HEALTHY AIR IS HEALTHCARE

2021



“We breathe about 15,000 times each day. If something is in the air, it’s going to be in our bodies. Air pollution is as bad for our bodies as smoking cigarettes. Air pollution from fossil fuels causes 13% of all deaths in the U.S. It has been linked to both the development and worsening of many health problems, including those listed below.”

How Does Air Pollution Affect our Health?



PREGNANCY & BIRTH

1

Low Birth Weight, Preterm Birth, Birth Defects, Infant Mortality, Cognitive and Growth Problems as Toddlers and Preschoolers



WHOLE BODY

2

Obesity, Diabetes, Premature Death, Inflammation, Cancer



HEART

3

Abnormal Heart Rhythms, Atherosclerosis, Heart Attacks, Heart Failure, High Blood Pressure



LUNGS

4

Asthma, Respiratory Infections, Bronchitis, COPD Flare-Ups, Damaged Lung Function, Lung Cancer, Damaged Lung Growth in Children and Teens



BRAIN

5

Dementia, ADHD, Autism, Cognitive Impairment, Depression

Because healthy air is healthcare, we need to act now to reduce air pollution. The solutions exist for local, state & federal governments as well as health facilities & schools: Clean Renewable Energy, Energy Efficiency, Clean Transportation, Sustainable School Siting.

Reduce your risk by using the **Air Quality Index**, available at www.airnow.gov. to plan outdoor activities. Reduce your risk inside by using our Healthy Indoor Breathing Toolkit, visit www.mothersandothersforcleanair.org

LEARN MORE & TAKE ACTION:
www.mothersandothersforcleanair.org