

# Air Pollution Hurts Our Children

- **Increases** instances of asthma and other respiratory diseases in children
- **Increases** absences from school
- Slows growth in lung function, leading to reduced lung capacity in children which may be **permanent**

## PM2.5 health effects

- Activity is limited on certain days
- Work loss days

## Ozone health effects

- Activity is limited on certain days
- Irritation of nose, throat and chest

## Toxics effects

- Lung cancer
- Neurological and reproductive disorders

## Related impacts of air pollutants

- School absences
- Hospital admissions
- Economic loss

# Air Quality Impacts Life Expectancy

According to the California Air Resources Board, approximately 5,000 premature deaths annually in Southern California are due to air pollution. However, studies have also shown that sustained reductions in exposure to air pollution can increase overall life expectancy.



**SOUTH COAST  
AIR QUALITY MANAGEMENT DISTRICT**  
21865 Copley Dr.  
Diamond Bar, CA 91765  
[www.aqmd.gov](http://www.aqmd.gov)  
[www.cleanairconnections.org](http://www.cleanairconnections.org)  
*Cleaning the air that we breathe...™*

The SCAQMD is the air pollution control agency for all of Orange county and the urban portions of Los Angeles, Riverside and San Bernardino counties. This area of 10,743 square miles is home to nearly 17 million people – approximately 42% of the population of the whole state of California, and more than the population of 46 states. **It is the second most populated urban area in the United States and one of the smoggiest.**

We believe that all residents have a right to live and work in an environment of clean air and we are committed to undertaking all necessary steps to protect the health of our residents from air pollution while being sensitive to the impacts of our actions on communities and businesses.

To learn what you can do to reduce harmful air pollution, go to [www.cleanairconnections.org](http://www.cleanairconnections.org). For further information, please contact SCAQMD at 1-800-4-CLN-AIR (1-800-425-6247).



AQMD On The Air interviews with experts on the health impacts of air pollution: [www.aqmd.gov/pubinfo/video/onthear-archiv/archive-main.htm](http://www.aqmd.gov/pubinfo/video/onthear-archiv/archive-main.htm)



# The Health Effects of Air Pollution



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Air pollution is a significant health threat in many regions of the country, including the Southern California region served by the South Coast Air Quality Management District (SCAQMD) – which covers all of Orange county and the urban portions of Los Angeles, Riverside and San Bernardino counties.

During the 1940s and 1950s, there were periodic episodes of thick air pollution in Southern California that left people’s eyes and throats stinging from the polluted air. Over the past five decades much has been done to reduce the thick haze of smog in the Southland, but we still have the most unhealthy air in the nation.

Even at today’s dramatically reduced levels, recent studies have documented serious adverse health effects from our region’s major pollutants: ground-level ozone, fine particulate matter (PM2.5), and toxic air pollutants.

Hundreds of peer-reviewed studies since 1997 have linked increased particle pollution to adverse effects including respiratory ailments, strokes, heart disease, and premature death.

More than 165 million people in the U.S. live in areas with PM2.5 at unhealthy levels. The U.S. EPA estimates that this fine particle pollution reduces the lifespan of 20,000 people and hospitalizes many more in the U.S. each year.



# How Air Pollution Affects the Entire Body

The effects of air pollution on the human body have been studied for several decades. Ground-level ozone, fine particulate matter (PM2.5) and toxic air pollutants have been found to adversely affect the human body in numerous ways.

**Aggravates respiratory disease (Ozone, PM2.5)**

**Increased bronchitis (Ozone, PM2.5)**

**Linked to increased cancer risk (PM2.5, Toxics)**

**Chest discomfort, throat irritation, increased effort to take a deep breath (Ozone)**

**Reduces lung growth in children (PM2.5)**

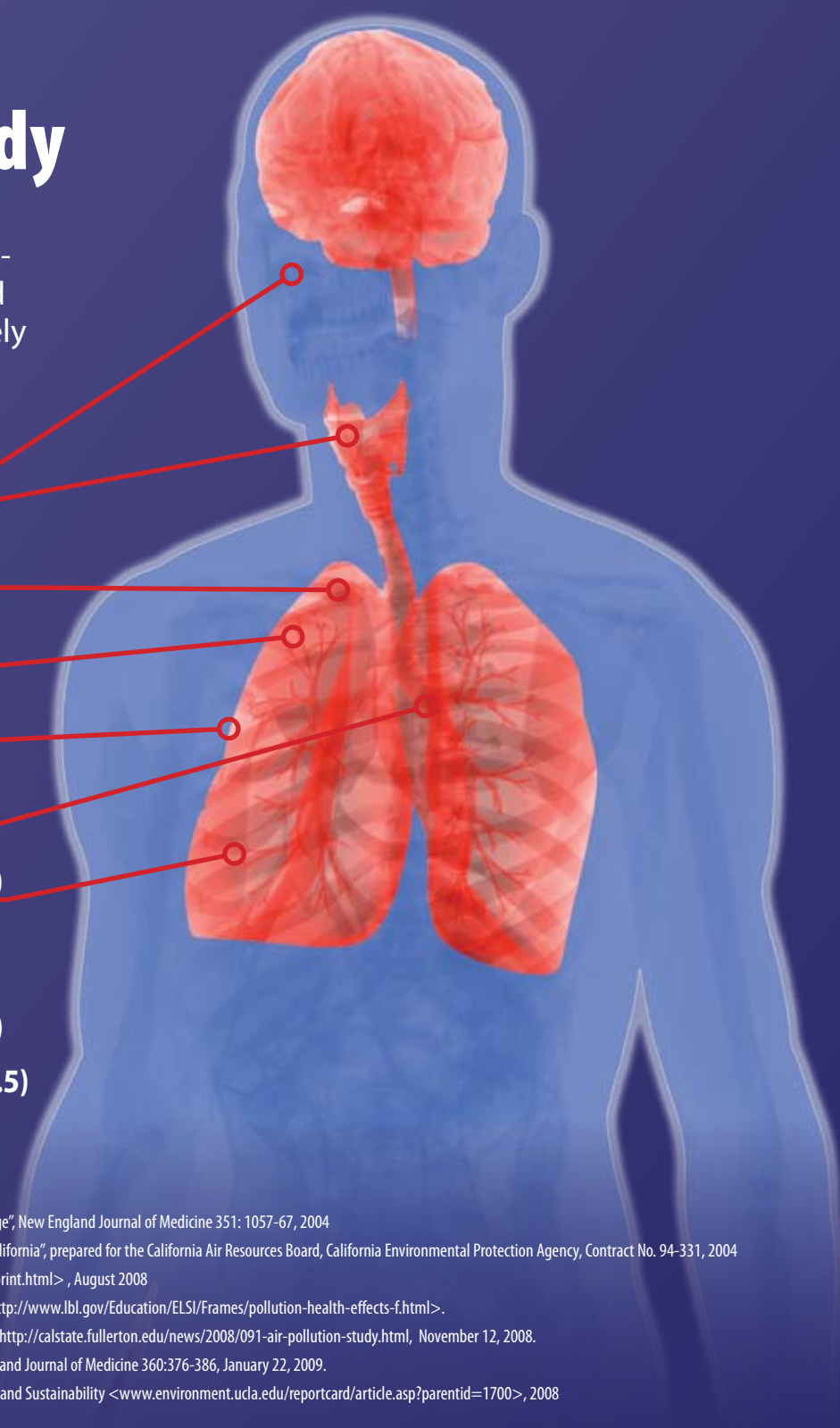
**Contributes to heart disease and heart attacks (PM2.5)**

**Aggravates asthma symptoms – (Ozone, PM2.5)**

**Reduces resistance to infections & increases fatigue (Ozone)**

**Contributes to premature death (Ozone, PM2.5)**

**Linked to lower birth weight in newborns (PM2.5)**



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