

# AIR QUALITY & YOUR HEALTH

Why you should care about clean air.

PRESENTED BY SAN LUIS OBISPO COUNTY AIR POLLUTION CONTROL DISTRICT

The average adult breathes over **3,000 gallons of air every day.** - EPA



## AIR POLLUTION

What in the world is pollution, anyway?

Air pollution is used to describe undesirable amounts of particles or gaseous materials in the Earth's atmosphere. It can be human-made or can occur naturally.

- CALIFORNIA AIR RESOURCES BOARD

### Pollution Ingredients

#### PARTICULATE MATTER

A fancy word to describe a mixture of pollutants suspended as tiny particles in the air.



#### OZONE

We're talking about the bad kind here. It forms near the ground when pollutants are released and react chemically in sunlight.

#### CARBON DIOXIDE

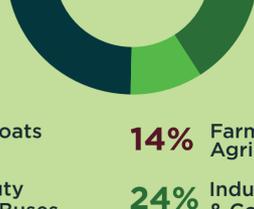
The primary greenhouse gas emitted through human activities.



"Mobile sources contribute approximately **52% of the emissions we produce in San Luis Obispo County.**"

- SLO COUNTY APCD

### Culprits of Air Pollution in SLO County



12% Planes, Boats & Trains

18% Heavy Duty Trucks & Buses

22% Light Duty Passenger Vehicles

14% Farming, Food & Agricultural Production

24% Industrial & Commercial

10% Household Products & Wood Burning

- 2011 OZONE PRECURSOR EMISSION INVENTORY

## YOUR HEALTH

Our local air quality changes like the weather, and affects how you live and breathe.

It primarily affects the lungs, heart & respiratory system.

#### IT CAN:

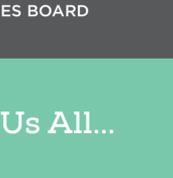
- Irritate the respiratory system
- Reduce lung function
- Inflammation and damage lung cells
- Make the lungs more susceptible to infection
- Aggravate asthma
- Aggravate other chronic lung diseases
- Cause permanent lung damage
- Trigger heart attacks, stroke and irregular heart rhythms

- U.S. ENVIRONMENTAL PROTECTION AGENCY

### Asthma is on the Rise Worldwide



In the US, asthma has increased by more than **75%** since 1980.



**11.9%** of Californians have asthma, while the national average is **10.1%**

- CALIFORNIA AIR RESOURCES BOARD

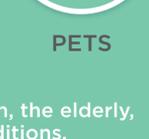
### Pollution Affects Us All...



PEOPLE



PLANTS



PETS

... but the most vulnerable are the children, the elderly, and those with lung and heart conditions.

## CHECK THE DAILY AIR QUALITY INDEX

The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is, and alerts you to potential health effects of exposure.

Hit the Outdoors or Not? It's Easy to Tell



☆ Quick Tip: Very sensitive to pollution? Limit time outside.

☆ Quick Tip: If your AQI is in the red or orange, avoid strenuous activities outdoors. Go to the movies or stay inside & play a board game!

How does air quality measure up around SLO County?

NORTH COUNTY **83% Good Days**

NORTH COAST & SLO **96% Good Days**

EAST COUNTY **81% Good Days**

SOUTH COUNTY **53% Good Days**

BASED ON 2013 AIR QUALITY DATA

## YOU CAN HELP CLEAN OUR AIR



Tell your friends & family to travel car-free.

Visit [SLOCARFREE.ORG](http://SLOCARFREE.ORG) for bike paths & bus routes in SLO County & pledge to travel car-free!

Walk, bike, bus or roll to work or school.

Try out transit or one of SLO County's many bike paths



Use alternative fueled vehicles

Visit [C-5.ORG](http://C-5.ORG) to see all alternative-fuel vehicle options.

Reduce food miles by shopping at local farmers' markets.

Visit [CENTRALCOASTGROWN.ORG](http://CENTRALCOASTGROWN.ORG) for times & locations.



Turn off those lights.

An easy but effective way to reduce your footprint.

### Protect Your Health Each Day

- Go to [SLOCleanAir.com](http://SLOCleanAir.com) and click on Today's Air Quality
- Call 805-781-4390 to hear the daily air quality index for your city
- Follow @SLOCleanAir on Twitter
- Plan your activities accordingly



[www.SLOCleanAir.org](http://www.SLOCleanAir.org)  
(805) 781-5912