

A stylized illustration of a city skyline with smokestacks emitting pollution. The scene is set against a light beige background. In the foreground, there are rolling hills in shades of light orange and brown. The city skyline consists of several buildings of varying heights and widths, some with grid-like patterns representing windows. Two prominent smokestacks are shown, one on the left and one on the right, both emitting thick, dark brown plumes of smoke that rise into the air. A large, semi-circular shape with diagonal hatching is positioned at the top center, resembling a sun or a moon. The overall style is minimalist and graphic.

Los Angeles: Air Pollution & Health

Bruins Public Health - Maria Bajenov & Erin Cole

TYPES OF AIR POLLUTANTS

ROADWAYS

Heavy metals from
tires and braking,
particulate matter
(carbon)

Emissions

INDUSTRIAL

Polycyclic aromatic
hydrocarbons,
including
carcinogens

LANDFILLS TOXIC WASTE

Emissions

INDOOR

Gas from stoves
or heaters

Secondhand
smoke

Dust

HISTORY OF AIR POLLUTION

Early 1900s

Smog becomes
a concern

1947

Air Pollution
Control District
established

1970

Clean Air Act -
Regulations for
Air Pollution

1975

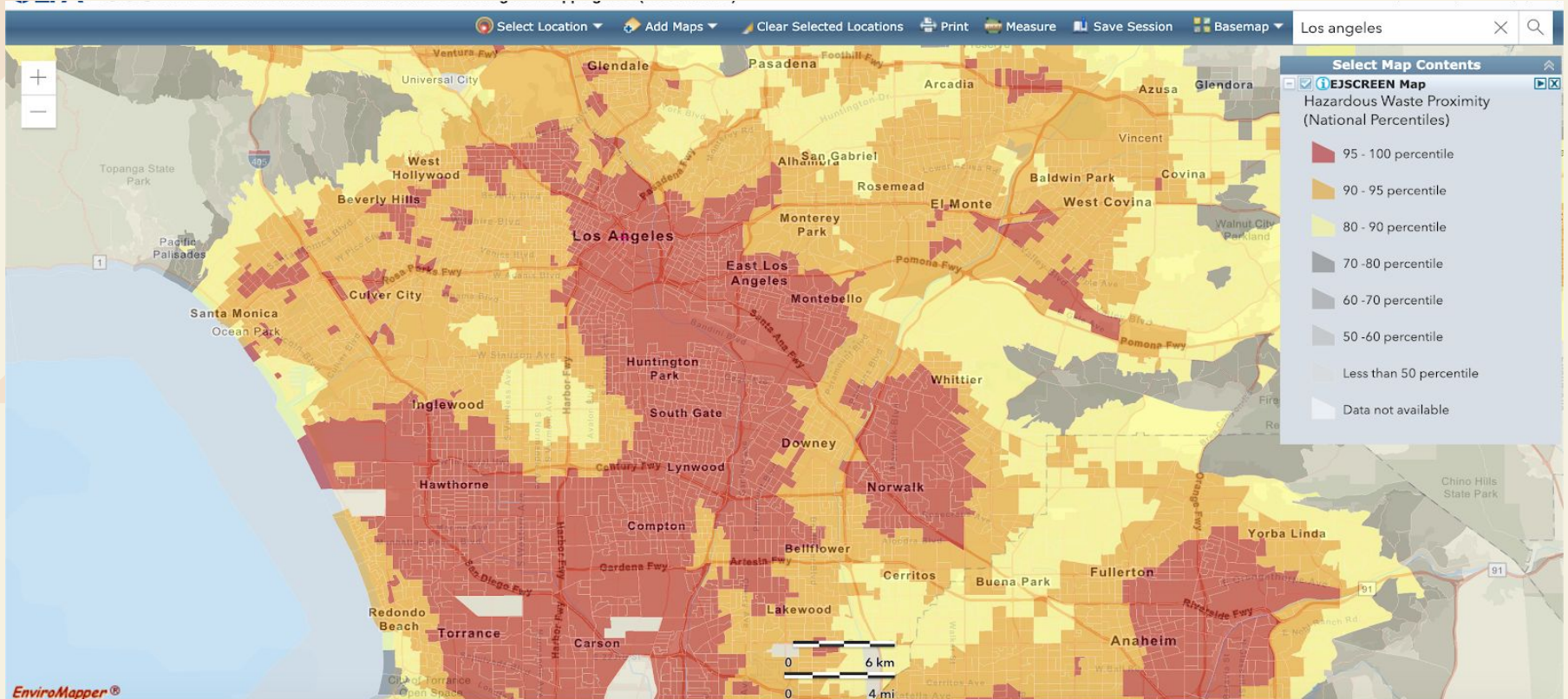
Cars require
Catalytic
Converters, smog
tests

1990

Clean Air Act
amended

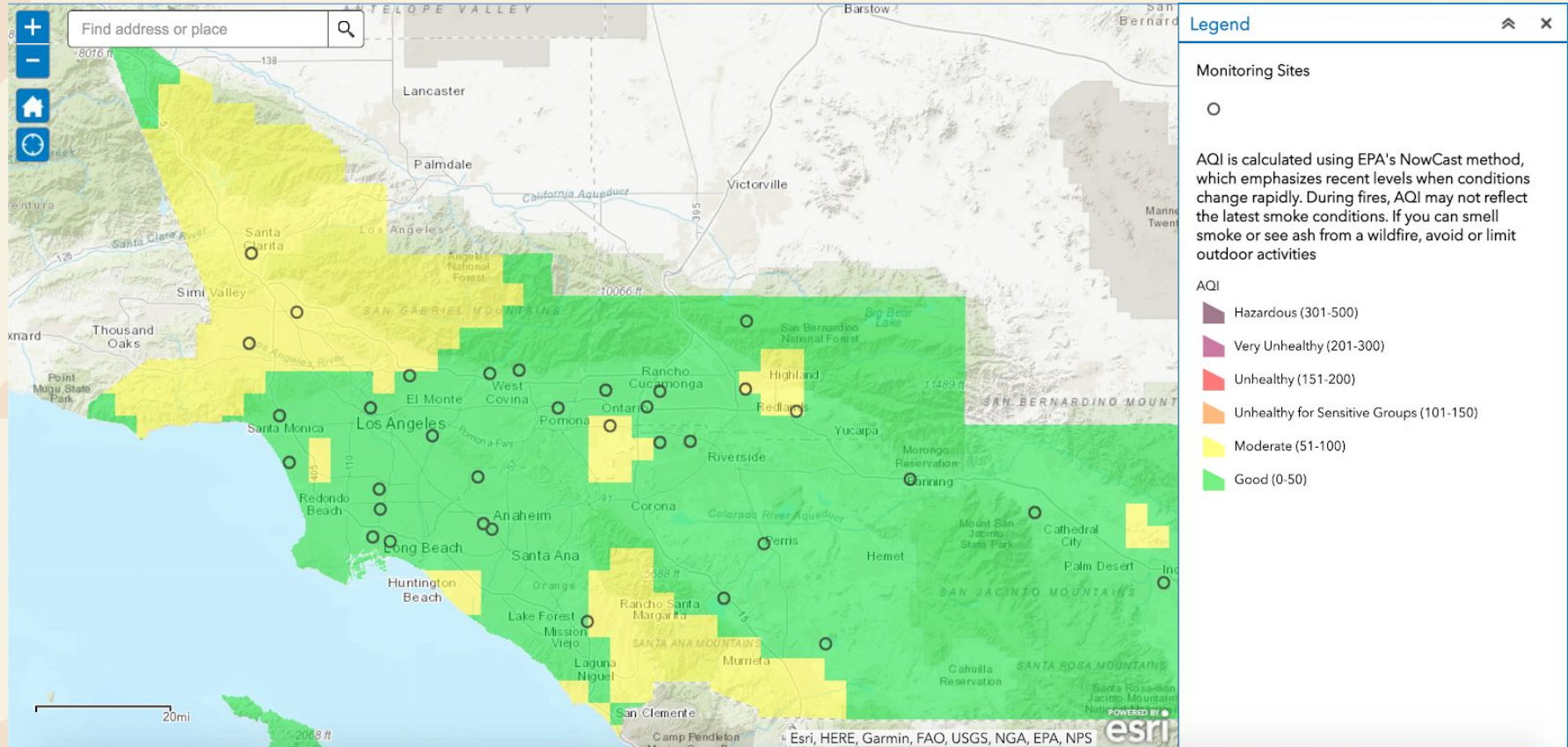


HAZARDOUS WASTE PROXIMITY



SOURCE: <https://ejscreen.epa.gov/mapper/>

CONDITIONS FOR INCREASED EXPOSURE: LOCATION



IMPACTS ON HEALTH

- **Mental Health** - Depression
- **Child Development**
 - Low birth weight
 - Stunted lung development
- **Cancer** - Lung cancer
- **Dementia** - Alzheimer's
- **Cardiovascular Disease** - Heart attack
- **Respiratory Disease** - Asthma



HOW TO REDUCE EXPOSURE

DRIVING

- Replace AC filters
- Close your windows & use air conditioning/ recirculate air

EXERCISE

- Don't exercise near major roads
- Check air quality
- Exercise indoors when air quality is bad

COOKING

- Proper ventilation in cooking area

CLEANING

- Clean all indoor surfaces
- Wipe screens on doors/windows
- Replace filter in AC unit

HOW TO CHECK AIR QUALITY

WEBSITES

- [AirNow.gov](https://www.airnow.gov)
- [epa.gov/outdoor-air-quality-data](https://www.epa.gov/outdoor-air-quality-data)

APPS

- Air Visual
- Sh**t! I Smoke

AIR QUALITY MEASURED BY AIR QUALITY INDEX AND FAILS INTO 6 CATEGORIES

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.



WHAT CAN BE DONE?

- ADVOCATE FOR AIR POLLUTION TO BE ADDRESSED IN YOUR COMMUNITY THROUGH POLICY
 - CONSTRUCT RESIDENCES FURTHER FROM ROADS
- ADDRESS MINORITY COMMUNITIES DISPROPORTIONATELY AFFECTED BY AIR POLLUTION
- SUPPORT FURTHER RESEARCH INTO THE SOURCES OF AIR POLLUTION AND HOW TO ADDRESS THEM

A GREAT RESOURCE: <https://www.airnow.gov/>



THANKS!

Do you have any questions?

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