



Air Pollution and Health Webinar

Enhancing Health Practitioners' Knowledge

Guest Speakers: Dr Mark Ashworth, Dr Josephine Sauvage

Air Quality Officers (City of London Corporation & London Borough of Hackney)

In December 2020, a Coroner ruled that a London child, Ella Adoo Kissi-Debrah, had died of asthma, with exposure to excessive air pollution being a contributory factor.

This is the first time that air pollution has been explicitly linked to a named individual's death.

The Coroner provided a Prevention of Future Deaths Report,
which identified 3 matters of concern:

- The discrepancy between current national targets for particulate matter and those recommended by the World Health Organisation
- The lack of public awareness about air pollution
- Insufficient communication by clinicians to patients about the risks of air pollution

Webinar Outcomes

To enhance practitioners baseline knowledge on the topic of air pollution

How air pollution impacts on health

Signpost practitioners to resources to inform patients on how to reduce exposure



CALL OUT TO ALL HEALTH PRACTITIONERS

28th October 2021, 13:00-14:00



[Register Here](#)

Air Pollution and Health

Reducing personal exposure: Outside the home

- Where possible use active travel to commute- by walking and cycling
- Try to avoid hotspots like busy roads
- When outdoors, where possible, walk at least a 1m from the curb. It has been quoted that a 30% reduction to exposure can occur by walking on the building side of the pavement vs road side
- When waiting to cross the road stand back from the kerb
- Enable access to air quality alerts: Airtext, CityAir App, LondonAir app
- Harmful gases from exhausts pass straight through car air filters and accumulate in car cabins, which sometimes can make it more harmful to be inside a car than on the street! Set your air to recirculate when in tunnels or traffic to avoid the worst exposure

Resources:

Air quality alerts: <https://www.airtext.info/>

The CityAir app - the healthiest way around London: https://play.google.com/store/apps/details?id=uk.ac.kcl.erg.cityair&hl=en_GB&gl=US

Current pollution levels across London: <https://www.londonair.org.uk/LondonAir/Default.aspx>

Air Pollution Guide: <https://www.londonair.org.uk/LondonAir/Guide/home.aspx>

Health matters: air pollution: <https://www.gov.uk/government/publications/health-matters-air-pollution/health-matters-air-pollution>

Reducing personal exposure: Inside the home

Keep homes ventilated - use extractor fans in bathrooms and kitchens, or open windows (if possible and safe) when:

- using cookers, especially gas cookers
- using open solid-fuel fires or freestanding gas heaters
- using candles
- using cleaning products, household sprays or aerosols and paints

The main pollutant emitted by burning solid fuels like wood is ultra-fine particulate matter, also known as PM_{2.5}. Studies have shown that children growing up exposed to PM_{2.5} are more likely to have reduced lung function and can develop asthma. Current evidence suggests there is no safe level of PM_{2.5}.

Health Impacts:

The level of harm that an individual is exposed to by air pollutants will depend on many factors. This includes the dose, duration, how an individual comes into contact with the pollutant, in addition to many other factors such as age, lifestyle and current health.

Health impacts from short term exposure, can present in the form of coughing and wheezing, asthma exacerbation and, over longer years of exposure, can lead to reduced life expectancy, due to cardiovascular/respiratory diseases, and as well as other illnesses.



FOR MORE INFORMATION OR ADVICE CONTACT US AT

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