

Air Pollution

The Impacts to Your Health



Air pollution affects everyone

Air Pollution can impact people at all stages of life, from conception to old age and can drastically reduce life expectancy. Long-term exposure to man-made air pollution in the **UK** leads to more than **28,000 deaths**, annually.¹

Air pollutants affect the:

Nervous System²

- Dementia
- Cognitive impairment
- Alzheimer's

Circulatory System³

- Heart failure
- Heart attacks
- Cardiovascular disease
- Stroke

Respiratory System⁴

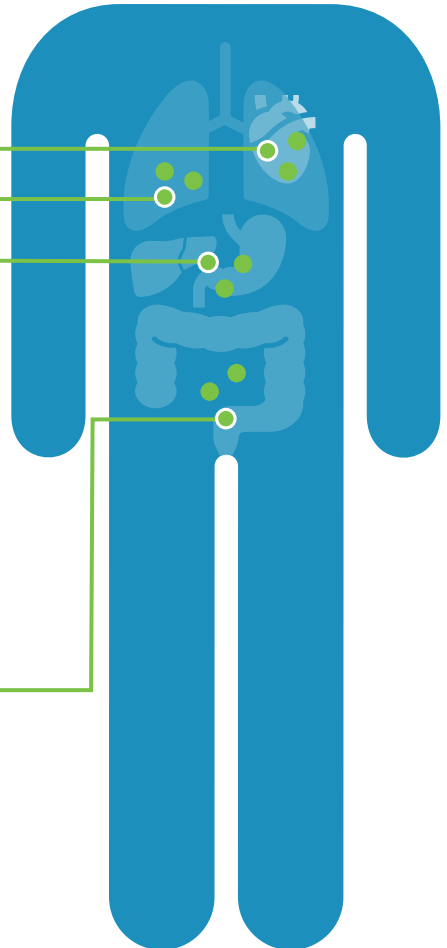
- Increased risk of asthma and asthma attacks
- Lung cancer
- Chronic obstructive pulmonary disease
- Development problems in children
- Pneumonia

Metabolism⁴

- Insulin resistance and diabetes
- Bone metabolism

Reproductive System^{3,5}

- Premature births
- Decrease sperm quality
- Illness during pregnancy



Your health is important!

Air pollution affects everyone, but certain people are more vulnerable to health impacts¹:



Young Children

- Asthma
- Slower development of lung function
- Development problems
- Wheezing and coughing
- Start of atherosclerosis



Pregnant Women

- Low birth weight
- Risk of premature birth
- Preeclampsia
- Higher infant mortality



People Aged 65+

- Asthma
- Accelerated decline in lung function
- Lung cancer
- Diabetes
- Dementia
- Heart attacks, heart failure and strokes



People with Respiratory Conditions

- Aggravates pre-existing conditions such as asthma, chronic obstructive pulmonary disease and lung cancer

1. Associations of long-term average concentrations of nitrogen dioxide with mortality. Retrieved from https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/734799/COMEAP_NO2_Report.pdf. **2.** Holgate, S. T. (2017). 'Every breath we take: the lifelong impact of air pollution'—a call for action. *Clinical Medicine*, 17(1), 8. **3.** Brook, R. D., Rajagopalan, S., Pope III, C. A., Brook, J. R., Bhatnagar, A., Diez-Roux, A. V., ... & Kaufman, J. D. (2010). Particulate matter pollution and cardiovascular disease: an update to the scientific statement from the American Heart Association. *Circulation*, 121(21), 2331-2378. **4.** Holmes, D. (2016). Air pollution linked to insulin resistance. *Nature Reviews Endocrinology*, 12(12), 688-688. **5.** Zhang, J., Cai, Z., Yang, B., & Li, H. (2019). Association between outdoor air pollution and semen quality: protocol for an updated systematic review and meta-analysis. *Medicine*, 98(20). **6.** Health matters: Air pollution. GOV.UK. (n.d.). <https://www.gov.uk/government/publications/health-matters-air-pollution/health-matters-air-pollution>



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