

The impacts of air pollution on physical and mental health

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Health burden

- Urgent public health emergency¹
- Greatest environmental risk to public health in the UK²
- Mortality burden of long-term exposure to outdoor air pollution in England in 2019 estimated to be equivalent to 26,000 to 38,000 deaths a year³



Physical health (morbidity)



Before birth		<ul style="list-style-type: none"> *Low birth weight^{1,2} *Premature birth^{1,2} *Pregnancy loss^{1,2} *Impacts on foetal lung development³
Childhood		<ul style="list-style-type: none"> Suppression of lung growth⁴ New-onset asthma⁴ New-onset wheeze⁴ Bronchitis/problematic respiratory symptoms⁴ *Insulin resistance⁴ *Decreased brain development⁴ *Increased risk of ADHD⁴ *Cardiovascular impacts²
Adulthood		<ul style="list-style-type: none"> Irritation of the eyes, nose and throat³ Development of cardiovascular disease (stroke, heart attack, heart rhythm problems, heart failure)² Worsening of heart conditions² Breathing problems³ (asthma, reduced lung function, COPD) Lung cancer^{2,3} *Dementia and cognitive decline³ *Parkinson's disease³ *Impacts on the reproductive system³ *Metabolic effects e.g., type 2 diabetes³

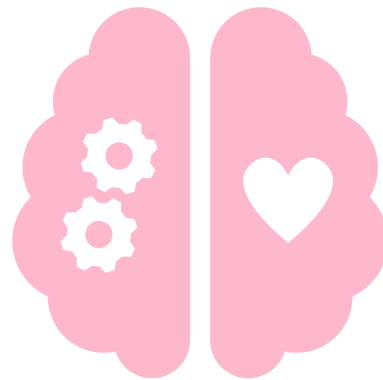
Ella Adoo-Kissi-Debrah



“Ella's mother was not given information by health professionals about the health risks of air pollution and its potential to exacerbate asthma”⁵

Mental health

- *Increased risk of developing anxiety and depression⁶
- *Increase in anxiety and depression symptoms⁷
- *Changes in brain structure and function, including in the regions linked to mental health⁷



Health inequalities

- Children
- Pregnant women
- Those with cardiovascular and/or respiratory conditions
- Communities living in poor air quality
- Low income communities²



Thank you!

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**Clean up our air to look
after your mind this
#CleanAirDay**

People who breathe polluted air
are more likely to develop mental
health and brain conditions.



References

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Clean up our air to look after your mind this #CleanAirDay

People who breathe polluted air are more likely to develop mental health and brain conditions.



It's #CleanAirDay!

