



Clean Air Resources
Newcastle Health
Professionals
Clean Air Day
15/6/23

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What is Clean Air Day?



- June 15th, 2023: the UK's biggest air pollution campaign
- Helps to drive a positive shift in public knowledge and action.
- Mobilises action to reduce air pollution – trigger moment to trial behaviours
- Increases public backing for air pollution measures

#cleanairday

cleanairday.org.uk

Air Pollution Resources for Healthcare Professionals

Our Clean Air
Champions!

National Primary
Care Project - 2022



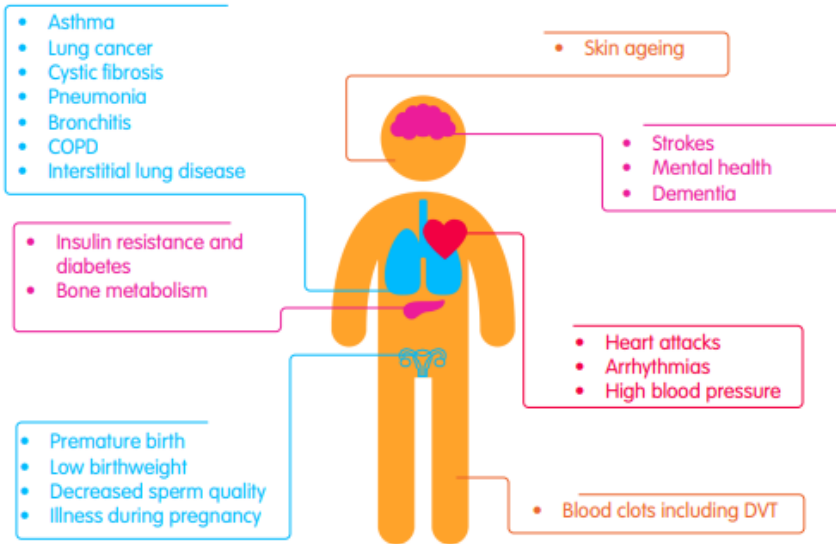
Air Pollution Primary Care Protocol

Key messages

Air pollution seriously impacts our health
There are things we can all do to reduce air pollution
There are things we can do to reduce our exposure to air pollution

Inform patients how air pollution impacts the body

Air pollution can cause or worsen many health conditions. *It also significantly reduces respiratory and neurological development in children.*



i For in-depth learning on how air pollution impacts the body and the many positive steps we can all take to reduce our contributions and exposure, healthcare professionals can visit the [Action for Clean Air site](#).

You will find high-quality, free resources including teaching videos, lectures, slides leaflets and posters. Use these resources to teach your colleagues and spread the word!

Provide air pollution information throughout the patient pathway



Pre-consultation

- Practice website
- Practice phone systems
- Text messaging
- Practice social media pages
- Appointment reminders
- On prescription requests
- Waiting room posters/screens/notice boards
- Patient registration forms
- Invitation letter to routine/regular reviews

Consultation

- Integrating air pollution advice into the conversation
- Incorporate achievable goals into the management plan
- Encourage positive steps as part of lifestyle advice
- Give an air pollution information leaflet
- Signposting to resources or websites



Post-consultation

- Send the patient information via email or text
- Posters in pharmacies
- Training link workers
- Social prescription

i The **'Clean Air Hub'** is an information centre for patients and the general public. Healthcare professionals can direct their patients there to learn more about air pollution after the consultation.

Words and phrases to use during a consultation

We'll need to run some tests to investigate your cough. Meanwhile, can we look at these actions to reduce your exposure to air pollution? It may be contributing to your symptoms.

During your pregnancy we'll want to make sure you and the growing baby are as healthy as possible. Can I point you in the direction of this website for advice on how to improve the air quality at home? Air pollution is known to be harmful to you and your baby.

Many things increase your risk of heart disease including smoking, blood pressure, diet and genetics, but one thing people don't often consider is air pollution. I'd like to suggest some things to reduce your risks.

Have you considered what the air pollution is like in your area? That could be contributing to your breathing problems. Please take this leaflet about how to reduce your exposure.



TIPS

- Include positive steps that patients can do to help their condition and reduce exposure.
- Parents can be more open to changing habits and behaviours that benefit their children. Your consultations can inspire changes that improve air quality and protect their health.
- Having a bike or other fitness gear in your consultation room can prompt great conversations around exercise, sustainability and air pollution.

Unfortunately, many common things in the home produce air pollution, impacting our health. This includes cleaning products, fumes from cooking or woodburning stoves. Making what changes you can from this leaflet may help with your child's asthma symptoms.

Can I ask how you get the kids to school in the morning? It's really hard when we're all so busy, but one thing that is great for air quality where your kids spend so much time is reducing the number of cars nearby. Some families choose to park a bit further away and walk the last 15 minutes of the journey. I've heard of schools really improving the air quality by making some changes like this.

We're beginning to realise how important air quality and air pollution is for health. Here's some tips on how to reduce the risks for your health and your family's health.

Running and exercising is great for improving your health. Exercising in a green space, away from busy roads reduces your risks from air pollution.

During Consultation



History

Integrating into conversation



Management plan

Specific, achievable goals



Lifestyle advice

Work through a leaflet together

If walking for exercise, try a green space



Closing Statements

Signposting



SIGN UP



Home

CAPIT

Business

Health

Schools

Campaigns

News & Stories

Training videos

Air pollution and health



Talking to patients about air pollution



Impacts of air pollution on patients



Downloadable resources

We've made a set of downloadable resources for you that you can use with your colleagues and with your patients.

Leaflets



Posters



Reports and presentations



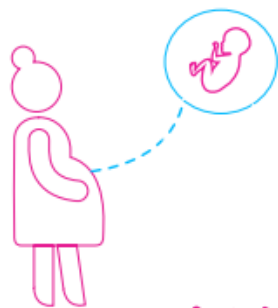
Clean Air graphics



Air Pollution & Health

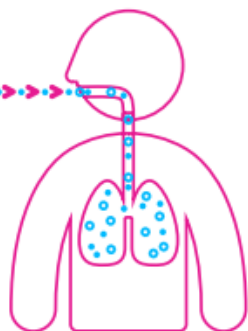
How does air pollution damage my health?

- Air pollution is generally invisible but affects our health from before birth through to old age. It enters our lungs when we breathe and gets into our blood, leading to effects throughout the body. There is no safe level of air pollution and there are many causes, inside and outside the home.



- We are all affected by air pollution whether we live in the town or countryside. It is generally worse near main roads because of traffic.

- Air pollution enters your bloodstream via your lungs. It causes and worsens heart and lung diseases and is linked to higher blood pressure and strokes. Long term exposure can increase your risk of lung cancer.



- High air pollution is linked to many issues with pregnancy, including low birth weight, premature birth and pregnancy loss.

- Air pollution makes people more likely to suffer infections like bacterial pneumonia and possibly COVID 19. It is associated with mental health issues, memory loss and dementia.



But there are things we can all do to help

Find health expert approved guidance with simple steps that you can take to tackle air pollution and protect your health at

cleanairhub.org.uk

Simple steps can have a big impact on the air you and your family breathe

Make travel choices for cleaner air



Use people power – Walk, scoot or cycle to work or school whenever you can.



Discover the side streets – Use quieter streets when you're walking or on a bike to avoid the higher levels of air pollution on main roads.



Don't idle – If you have to drive, turn off the engine when you are not moving and it is safe to do so. Consider switching to an electric vehicle. Air quality can be worse inside the vehicle than outside.

Make cleaner air decisions in the home



Use fragrance-free, milder cleaning products and avoid plug-in fragrances.



When decorating, choose safer paints and varnishes labelled 'low VOC' (volatile organic compounds).



Ask people not to smoke in your home.



Reduce home burning as much as possible (e.g. log burners, coal fires or candles).



Ventilate your home - Open windows and use extractor fans when cooking or using cleaning products, but close windows near busy roads during rush hours.

Air Pollution and Children

Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

1. Discover the side streets



Use quieter roads and paths to keep away from heavy polluting traffic.

2. Leave the car behind



Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.

3. Turn the engine off



If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.

4. Check the pollution forecast



Check air pollution levels in your local area at uk-air.defra.gov.uk - this site provides hourly measurements and forecasts. Remember that air pollution increases significantly near busy roads, especially during rush hour.

5. Keep the air clean inside too



Use fragrance free and low-chemical cleaning products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

You can learn more about air pollution and find some simple ways to tackle it and protect your health at cleanairhub.org.uk

My air pollution plan:

Choose the actions that you and your family are going to do, when you can, to protect your health from air pollution:

Please tick all that apply

We will walk, cycle or scoot to school



We will use quieter routes to avoid roads with heavy traffic

We will turn the engine off when the car is stationary and it is safe

We will leave the car at home whenever we can



I will use my inhaler as recommended by my GP or asthma nurse

I will treat air pollution the same way I treat other asthma triggers

We will buy fragrance-free, milder cleaning products and avoid plug-in fragrances

When decorating, we will choose paints and varnishes labelled "low VOC"

We will ask people not to smoke in our home



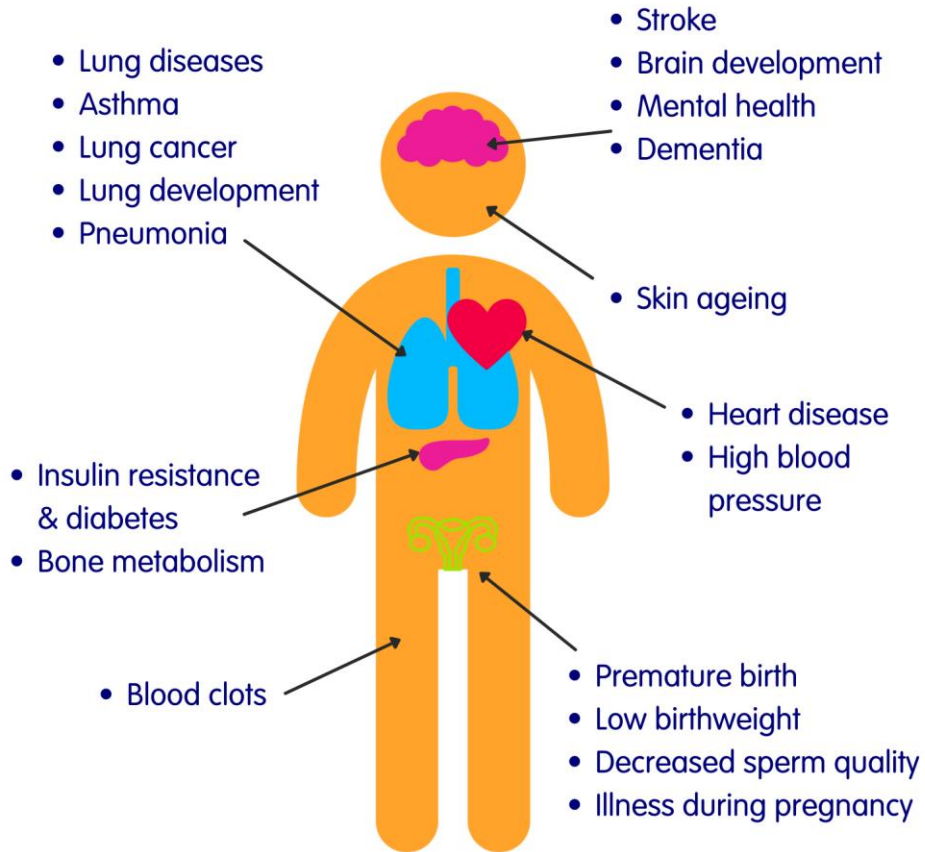
We will avoid home burning as much as possible (e.g. log burners, coal fires or candles)

We will turn on the extractor fan when cooking



We will open a window when cooking and cleaning

How air pollution impacts the body



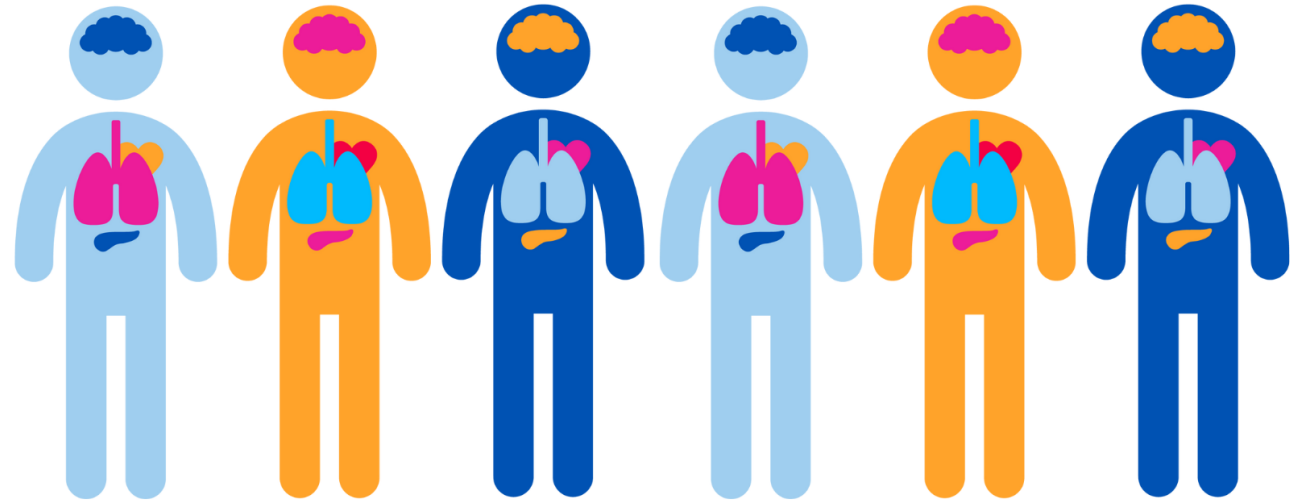
cleanairhub.org.uk



Department
for Environment
Food & Rural Affairs



Air pollution impacts us all



cleanairhub.org.uk



Department
for Environment
Food & Rural Affairs

Topline Messages for Patients

Air Pollution seriously impacts your health



There are things we can do to reduce it



There are things we can do to reduce exposure

Air Pollution Resources for Patients



Clean Air Hub



We've collected everything you need to know about air pollution in one place

www.cleanairhub.org.uk

addresspollution.org



Get a free Air Quality report for your address

Enter postcode here

PROVIDING THE PUBLIC WITH THE
MOST ACCURATE AIR POLLUTION DATA AVAILABLE

VERSION 3.0 - UPDATED APRIL 2022

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[Terms of Service](#)

How to be a Clean Air Champion: 1



Leaflets and materials
available



Speak with your first
patients



What words and
phrases work for you?



Be creative!
Make it personal



Develop your routine

How to be a Clean Air Champion: 2



Introduce into your consultations



Share with practice colleagues



Speak at local education meeting(s)



Speak at a regional meeting!



Write to local and national representatives

What can you do today?

- **ASK** your local councillor to support solutions that make it easier for you to breathe cleaner air (using our easy link and template www.cleanairhub.org.uk/take-action)
- **SHARE** your support by: 1) sharing this councillor letter link to encourage your family, friends and community to also speak up, and 2) using #cleanairday to share why you want cleaner air for all.

Let's not miss this chance for change.

#cleanairday

