

# AIR QUALITY IN THE BAY AREA

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# Most Significant Issues

**Motor Vehicle Exhaust Emissions** are the most significant source of air pollution.

**Ground-level ozone** emitted by cars, power plants, refineries, and other sources that have a chemical reaction when exposed to sunlight.

**Dioxins** from substances such as wood smoke wreck havoc on air quality.

**Deforestation** is often cited as one of the major causes of the enhanced greenhouse effect.

**Health effects** include increased respiratory disease, lung damage and breathing problems, cancer, and mortality.

# UL (Experience)

## I feel...

- it is harder to breathe deeply around busy highways.
- disgusted by the odor coming from refineries, and feel as if I must flee from my own health.
- like the air I breathe is poisoning me.
- feel nauseous if I am around a factory emitting pollution.
- guilt that I'm causing pollution in my daily hurry.

# Actionable Suggestions

## I can...

- feel energized regardless of air quality through meditation and “clean air” visualizations.
- focus on creating an indoor environment that is free, as much as possible, of toxins and chemicals.
- practice shorter inhales and lengthy exhales when passing chemical exhausts.



# Actionable Suggestions

I can...

- start walking, biking or carpooling, which are slower, but more fulfilling in other ways.
- plan trips to less polluted areas for a more healthy internal and external environment.
- counteract the harmful effects of air pollution entering my body with nurturing and healthy foods.
- **SLLLLLOOOOWWW DOWN...**



# UR (Behaviors)

**Children** living near busy streets are 6-8 times likely to develop cancer.

**The body** can absorb toxic substances from the air through the skin.

**People** can die from breathing in car exhaust and the soot in diesel exhaust has been linked to cancer.

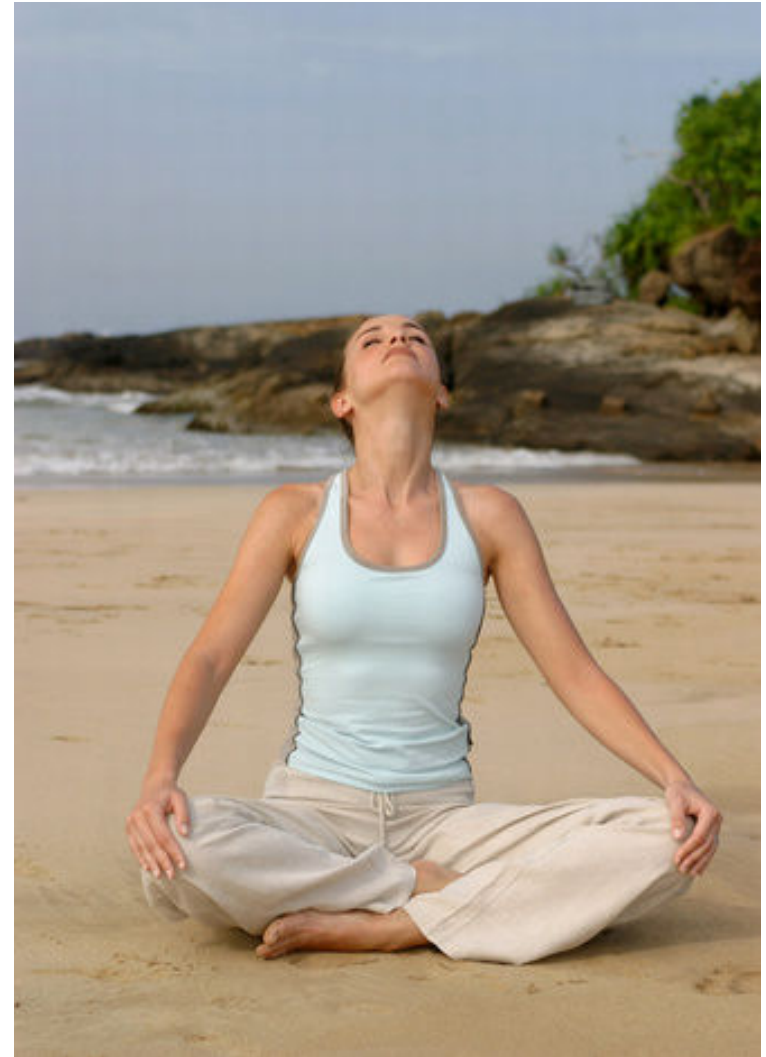
**The respiratory and circulatory system**, and all other systems, are affected by air pollutants via the cells, organs, and blood.

**People** who live in homes near the West Oakland Port are exposed while indoors five times the diesel level as compared to those outside in other parts of Oakland.

# Actionable Suggestions

I can...

- Spend time surrounded by natural environments.
- Take part in planned body detoxes to balance the effects of the air quality.
- Drive less: If you leave your car at home just one day a week, you prevent 55lbs. of pollution being emitted into the air every year.
- Drive smart: accelerate gradually, use cruise control on highways, keep tires properly inflated, fuel car at night and don't top off fuel at the gas pump to prevent spills.



# LL (Culture)

## We as a community...

- are collectively unaware or unconcerned with our actions that pollute the air.
- are dependent on cars for convenience and material well-being.
- over consume products produced in pollutant-causing factories.
- value convenience above all else, even at the expense of air quality.

# Actionable Suggestions

## We can...

- utilize carpooling programs and public transportation.
- allow employees to work from home entirely or few days a week.
- offer incentives to employees when they use zero-emission transportation to work.
- promote programs, such as California Air Toxics Program, to raise awareness of toxic exposures and how to prevent them.
- have designated days to allow more time to get to work for bike riding or to use for public transportation.



# LR (Society)

**People** around the world are effected by the pollution that is created in the air that hovers our country.

**Ecosystems** affect the health of our entire population when they are polluted.

**The environment** is affected by car pollution, a study by John Hopkins's Foundation found a link between traffic and curbside cancer causing pollutants.

**Global warming** continues to rise, which has been linked to natural disasters such as hurricanes, tsunamis, flash floods, and seasonal weather changes.

# Actionable Suggestions

**State officials** should invest in public transportation systems that will reduce driving.

**Government** should implement incentives for cleaner car purchasing.

**National and global** decision makers should ban home maintenance tools and products that cause air pollutants.

**Education programs** implemented into schools on air pollution and solutions.

**National regulations** should be improved to reduce emissions from factories.

**Government** requirement on pollutant-creating companies to plant trees to offset carbon emissions.



# Air Quality Resources

## **Air Resource Board**

**California Air Toxics Program**

[www.arb.ca.gov/toxics/toxics.htm](http://www.arb.ca.gov/toxics/toxics.htm)

**Frequently Asked Questions**

[www.arb.ca.gov/aqd/aqfaq/](http://www.arb.ca.gov/aqd/aqfaq/)

**Air Quality Index Overview**

[www.arb.ca.gov/html/aqi.htm](http://www.arb.ca.gov/html/aqi.htm)

**Fifty Things You Can Do**

[www.arb.ca.gov/html/brochure/50things.htm](http://www.arb.ca.gov/html/brochure/50things.htm)

## **Sierra Club**

**Highway Health Hazards**

[www.sierraclub.org/sprawl/report04\\_highwayhealth/report.pdf](http://www.sierraclub.org/sprawl/report04_highwayhealth/report.pdf)


## **Spare The Air**

**Things to do to Spare The Air**

[www.sparetheair.com/take\\_action.cfm?pageClass=print](http://www.sparetheair.com/take_action.cfm?pageClass=print)

**What Your Home Can do to Help**

[www.sparetheair.com/assets/brochure\\_43007.pdf](http://www.sparetheair.com/assets/brochure_43007.pdf)

A bright blue sky with scattered white clouds. Bare tree branches are visible in the foreground, particularly on the right side. A black rectangular box is centered in the middle of the image, containing white text.

Clean air is pure joy.  
Thank you!