

JUNE 19, 2025

CLEAN AIR DAY

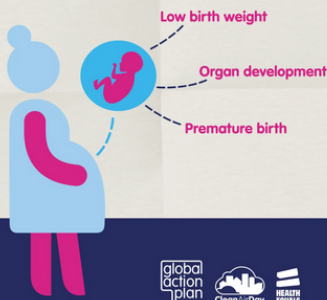


# NEWSLETTER

## Air Pollution Affects Your Health From Before Your First Breath Until Your Last



### The health impacts of air pollution on unborn children



Air pollution harms our health at every stage of life, from birth right through to old age. It can lead to conditions like asthma, heart and lung disease, diabetes and strokes.

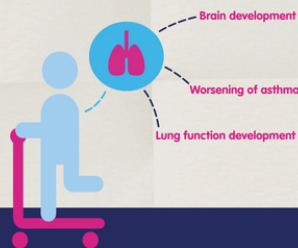
While everyone is affected, some people are more at risk. Those living in more deprived areas or from minority ethnic communities often face higher levels of air pollution. Children, older people, and those with health problems are especially vulnerable.

### The impacts of air pollution on adults

- Brain health**  
Dementia, anxiety & depression
- Heart health**  
High blood pressure, strokes & heart attacks
- Lung health**  
Asthma, COPD & lung cancer



### The health impacts of air pollution on children



By cleaning up our air, we can enjoy better health now and protect future generations.

Three quarters of people in the UK agree that reducing air pollution should be a priority. Will you join them?

This Clean Air Day, ask your MP to support strong air quality laws based on World Health Organization targets, so we can all breathe cleaner, healthier air.

### Long-term exposure to air pollution can lower your life expectancy.



Auntie Duck says, "Make your voice heard, write to your MP": <https://www.cleanairhub.org.uk/clean-air-day>.

Access Global Action Plan's resources here: <https://www.actionforcleanair.org.uk/campaigns/clean-air-day>