

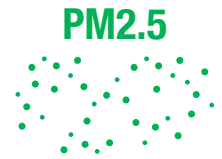
HEALTHY AIR.

HEALTHY BRAIN.

Approximately 46% of Americans live in places with unhealthy ozone or particle pollution levels.¹



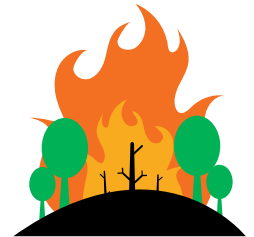
Particulate Matter (PM) is a mixture of solid particles and liquid droplets found in the air that can be inhaled and cause serious health problems. PM in the air that is less than 2.5 micrometers poses the greatest health risk.²



PM is the main cause of haze in parts of the United States.²



PM sources include car exhaust, gas-powered garden and lawn equipment, smoke, pollen, road dust, wildfires, and some factory emissions.³



In 2020, the use of gas-powered lawn and garden equipment across the U.S. released more than 400,000 tons of two chemical components of ground-level ozone and nearly 22,000 tons of PM2.5.⁴



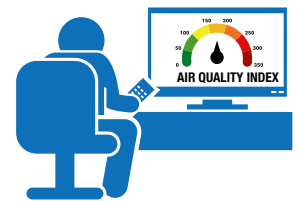
High PM2.5 levels may cause brain shrinkage, harm brain tissue, block blood flow in the brain, and even kill brain cells, which can lead to problems with memory and thinking.⁵



Some communities, including those with lower incomes, are more likely to be exposed to unhealthy air and have higher rates of people with one or more chronic conditions (e.g., asthma, diabetes, heart disease). This makes them more vulnerable to air pollution.^{1,6}



Individuals can protect themselves and others from harmful PM levels by checking the Air Quality Index reported on TV and newspapers. It translates air quality data into numbers and colors to help people understand when to take action to protect their health.²



References

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- ⁴ Dutzik, T., et al. (2023). Lawn Care Goes Electric: Why it's time to switch to a new generation of clean, quiet electric lawn equipment. United States Public Interest Research Group. <https://pirg.org/colorado/foundation/resources/lawn-care-goes-electric/>
- ⁵ Chandra, M., et al. (2022). Air Pollution and Cognitive Impairment across the Life Course in Humans: A Systematic Review with Specific Focus on Income Level of Study Area. International journal of environmental research and public health, 19(3), 1405. <https://doi.org/10.3390/ijerph19031405>. <https://pubmed.ncbi.nlm.nih.gov/35162428/>
- ⁶ Livingston, Gill et al. Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission. The Lancet, Volume 404, Issue 10452, 572 – 628. [https://doi.org/10.1016/S0140-6736\(24\)01296-0](https://doi.org/10.1016/S0140-6736(24)01296-0)

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