

AIR POLLUTION & CARDIOVASCULAR DISEASE

Air pollution is the **world's largest single environmental health risk**

7 MILLION PEOPLE



50%



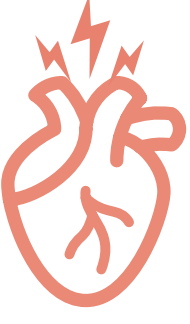
die every year because of air pollution



die from heart disease and stroke

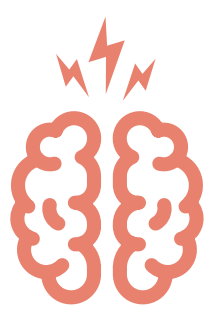


According to the World Health Organization, **air pollution** is responsible for

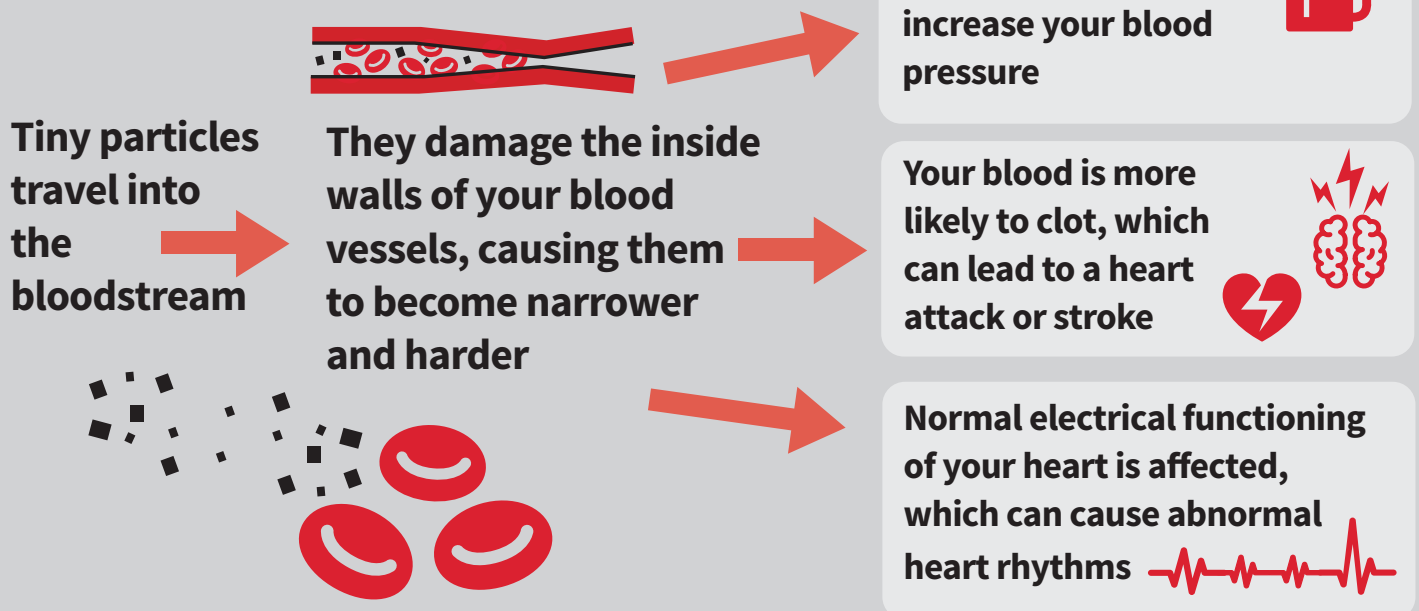


25%
OF ALL DEATHS FROM HEART DISEASE

24%
OF ALL DEATHS FROM STROKE



HOW DOES AIR POLLUTION AFFECT YOUR HEART?



If you already have heart disease, even short-term exposure to air pollution increases your risk of heart attack and stroke.

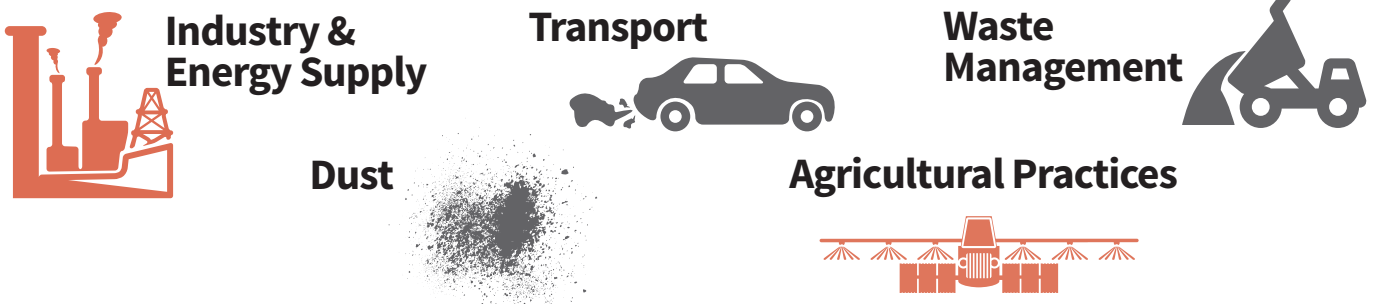
OUTDOOR AIR POLLUTION



9 IN 10 PEOPLE

live in places where air quality levels exceed recommended limits

Sources of outdoor air pollution



INDOOR AIR POLLUTION



3 BILLION PEOPLE cook using polluting open fires or stoves fuelled by kerosene and solid fuels

In poorly ventilated dwellings, indoor smoke can be

100 X HIGHER than acceptable levels

3.8 MILLION people die every year from illnesses attributable to household air pollution

45% of these deaths are due to heart disease or stroke

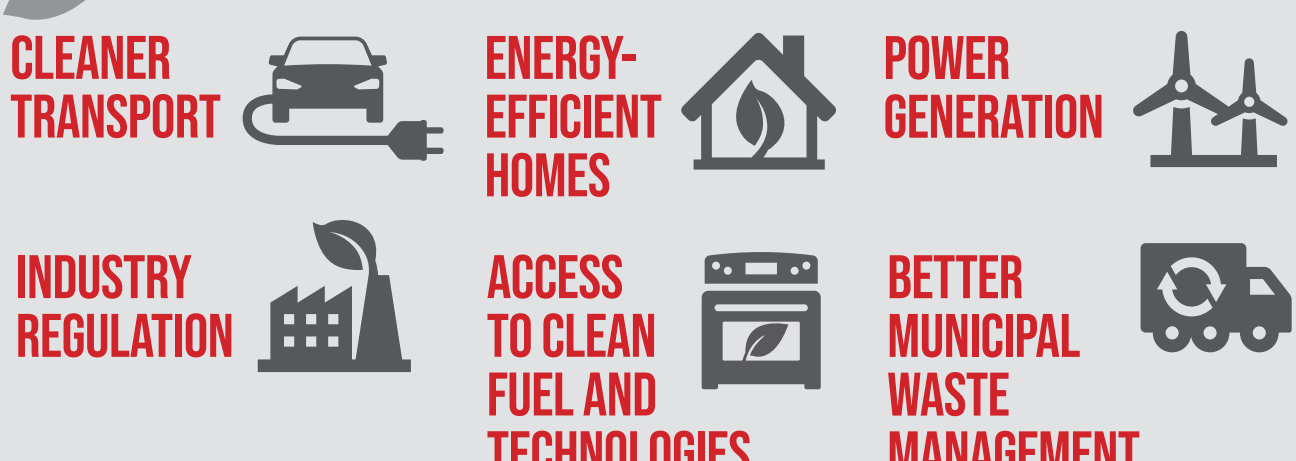
People living in **low- and middle-income countries** are disproportionately affected by both indoor and outdoor air pollution.

WHAT CAN YOU DO TO REDUCE YOUR RISK?

Walk or cycle instead of driving (but avoid busy roads)	Eat plenty of fruit and vegetables	Exercise regularly
Monitor air pollution levels	Avoid highly polluted areas	If you have an existing heart condition, talk to your doctor



Policies and investments supporting



can effectively reduce key sources of air pollution

Sources: World Health Organization; IHME, Global Burden of Disease; British Heart Foundation