

Clean Air Day Newsletter

Clean Air Day, the UK's largest campaign on air pollution is on **Thursday 16 June 2022**.



Air pollution is the biggest environmental threat to our health, no matter who you are or where you live. Around 36,000 deaths happen due to air pollution in the UK every year. The World Health Organisation and the UK Government recognise that air pollution is the largest environmental health risk we face today. It can harm every organ in your body and can shorten our lives, contribute towards chronic illness and put us more at risk from COVID-19.

When we breathe polluted air, it can inflame the lining of our lungs and move into our bloodstream ending up in the heart and brain, causing lung disease, heart disease, dementia and strokes. It even contributes to mental health issues.

This Clean Air Day there are simple steps we can all take to cut down on the pollution we cause and use our voices to fight for a cleaner air future. This year we're focusing on walking, which has positive benefits for your health and the planet.

We are encouraging people to do three key things around this theme:

This Clean Air Day take steps towards cleaner air by informing your patients:

- **Talk** to your patients about the health harms of air pollution (more information found in the [Clean Air Hub](#)).
- **Walk**: encourage colleagues, visitors and patients to walk those short distance trips and leave the car at home, where they can.
- **Ask** local and national decision makers for what would make it easier for you and your patients to walk more and have clean air in your community.

To learn more about air pollution - visit and share the CleanAirHub.org.uk with everything you need to know about air pollution in one place.

To share your experiences – let others know what you are doing to tackle air pollution and help inspire others at [@CleanAirDayUK](#) and use [#cleanairday](#) in any social media posts.

Visit [Clean Air Day | Resources \(actionforcleanair.org.uk\)](https://actionforcleanair.org.uk) for more resources

