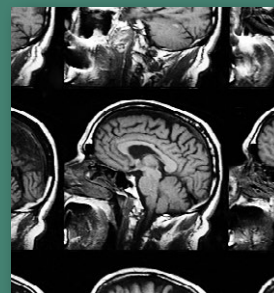
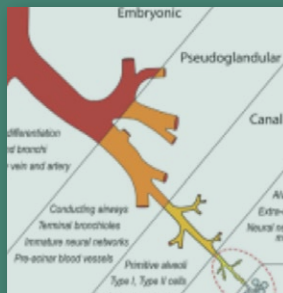
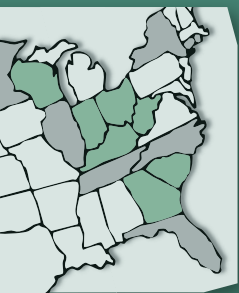


A Story of Health





Primary Development Organizations

The Agency for Toxic Substances and Disease Registry (ATSDR), the Center for Integrative Research on Childhood Leukemia and the Environment (CIRCLE) at the University of California, Berkeley, Commonweal, the Office of Environmental Health Hazard Assessment, California Environmental Protection Agency (OEHHA), the Science and Environmental Health Network (SEHN), and the Western States Pediatric Environmental Health Specialty Unit (WSPEHSU) teamed up to leverage our combined resources to develop and produce *A Story of Health*.

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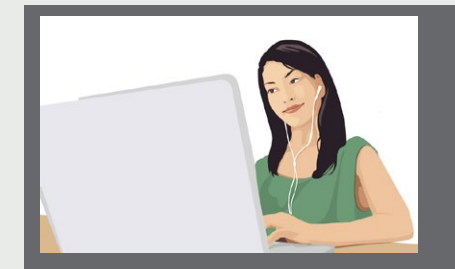
2. The findings and conclusions in this report are those of the author(s) and do not necessarily represent the official position of the organizations listed (above) as funders.

3. The ATSDR, US EPA, NIEHS, and Cal EPA/OEHHA do not endorse the purchase of any commercial products or services mentioned in this publication.

HELP PAGE How to Navigate Our eBook

THE INDIVIDUAL STORIES OF HEALTH in this eBook are written to address many audiences. For example, some sections are more technical than others – you can skip sections if you wish.

(Note: underlined words or phrases link to online information, prompt down-loads or navigate to a related page.)



Each of the eBook stories is embedded with a wide range of resources. These help further explain possible environmental and/or genetic “risk factors” – (contributors to the development of a disease, or factors that might make a disease worse) – and how these factors interact.

We also provide links for additional resources, including actions you can take to prevent disease, and “tools you can use.”



RESOURCES INCLUDE videos, slides with audio commentary, tables, charts, and graphics. Some ‘pop-up’ in the story, and some connect online. Through these links, you can choose to dig deeper and learn more. Refer to the icons (above) for guidance.

REFERENCES AND CITATIONS: Certain references are cited in the text where we believe they are most warranted. Full references by topic can be found at the end of each story.

Getting Started

Our eBook Navigation: Click on selections in the bar at the top of each page to move between stories, navigate back to this ‘Help Page’, and to find out more in the References section.

If you lose your place, use the ‘Go Back’ selection in the navigation bar to return to your previous screen.

Adobe Acrobat Tools

This interactive pdf document is best viewed on a laptop or desktop, downloaded and opened in a current version of **Adobe Acrobat Reader**. Refer to the top Adobe menu bar for features including:

Magnify - If you want to enlarge a diagram or some text, click (+) button.



Move through pages - You can use the up and down arrows to move through pages.

You can also move through pages using the scroll up and down feature to the right of your screen.

Note: Navigation features may not work properly using other pdf reader platforms.

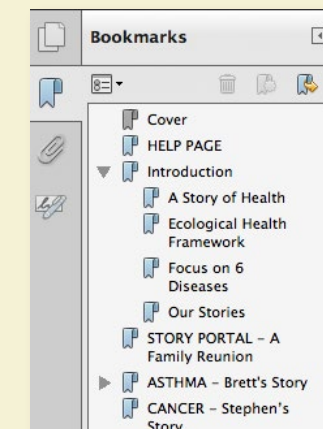


Table of Contents

Use the sidebar **Bookmark Tools** as a table of contents to skip to a section of interest, find your place, or return to this Help page.

Icons

Click on icons that appear throughout the stories for pop-ups, videos, and links to more information as described.



key concept



watch a video



additional resources, tools



technical details for health professionals



skip this section



definition

Skip this section - If you wish to skip a technical section, choose the “Skip this section” arrow and you will jump to the page after the technical sections ends.

You can skip this section and continue to the Story of Health introduction.



INTRODUCTION

This is a story about health.

It is a story of how our own health is intimately connected with the health of our families, friends and communities.

It is a story about how human health is interdependent with our surroundings.

Our overall story is told through the personal stories of a number of fictional people of various ages attending a family reunion.

These individual stories highlight the many ways our health is influenced by the complex environments where we live, eat, work, play, volunteer, gather and socialize.



INTRODUCTION

Our stories explore how many aspects of our lives, and what we are exposed to in our environments, influence health across the lifespan—from the beginning of fetal development to elder years—and how they can promote health and resilience, or disease and disability.

Important determinants of health come from the natural, built, chemical, food, economic, and social environments.

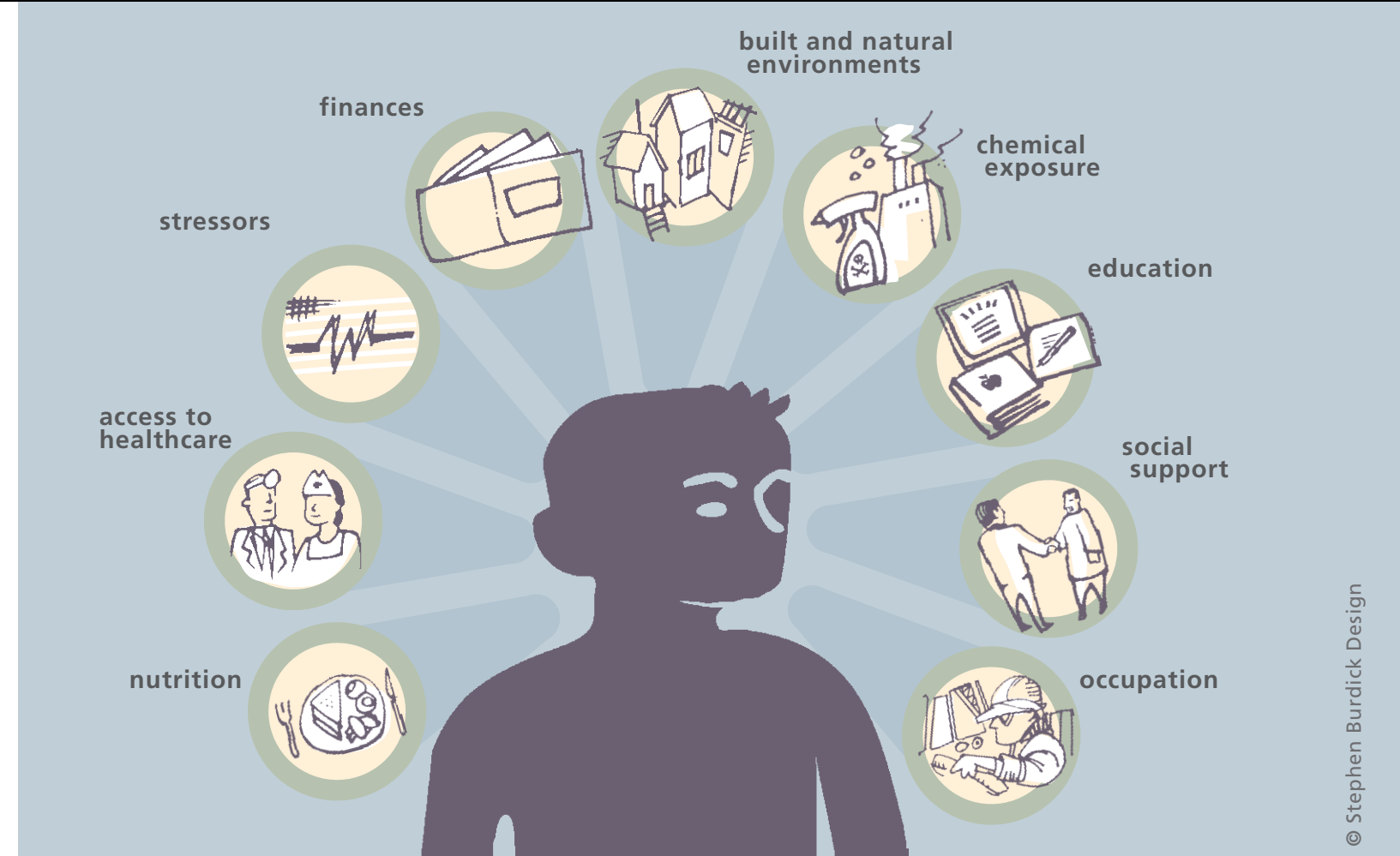
These environments are further expressed through such things as education, housing, nutrition, access to health care, social supports and more.

Many of them interact to create the conditions for health and wellness, or vulnerability to disease.



Watch: Pediatrician Larry Rosen addresses the environment and family health. (2 min.)

Lawrence D. Rosen MD is an integrative pediatrician and founder of the Whole Child Center.



Complex interactions occur among many variables and across individual, community, and societal levels.

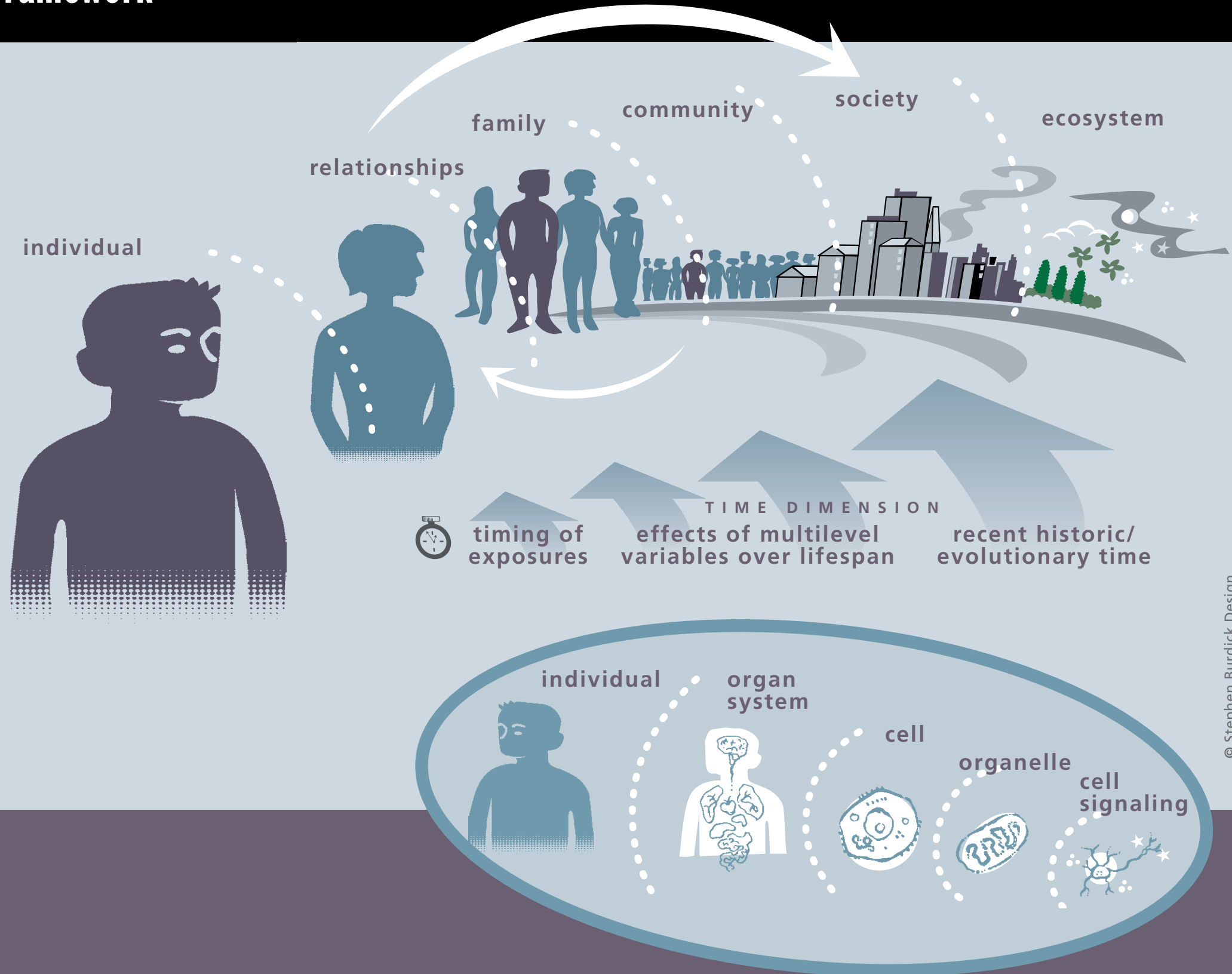
Rarely is one particular thing responsible for health or disease, so we refer to this as a multifactorial (or ecological) approach, the best way to promote health and prevent disease.

INTRODUCTION Ecological Health Framework

The ecological framework can include multiple levels from sub-cellular to societal.

It is not hierarchical in the sense that one level is more important than another, but rather in the sense that individual biology is progressively nested within the person, family, community, society and ecosystem.

The interactions and feedback loops within, across, and among these levels are complex and variable. They exert their influences on health across time.



The ecological health framework also extends to the sub-cellular level.

INTRODUCTION Focus on Six Diseases

Following are stories of people like you and me, our partners, families and friends, our mothers and fathers, sisters and brothers, children, grandparents, cousins, and aunts and uncles.

The personal health stories we will explore include some of the most common and troubling diseases and disorders of our time.

They include:

- Asthma
- Cancer (childhood leukemia)
- Diabetes
- Infertility
- Learning and developmental disabilities
- Cognitive decline



Asthma



Diabetes

Cancer



Cognitive decline



Infertility



Learning and developmental disabilities

INTRODUCTION Our Stories

These stories are not meant to be an exhaustive accounting of every variation of a disease or every possible cause.

Rather, we present current, authoritative scientific evidence to enable you to better understand environmental contributors and make more informed decisions and take action to help improve your health, and the health of your family, friends, community, and patients.



A FAMILY REUNION Six Stories

This page is your portal to six stories of health.

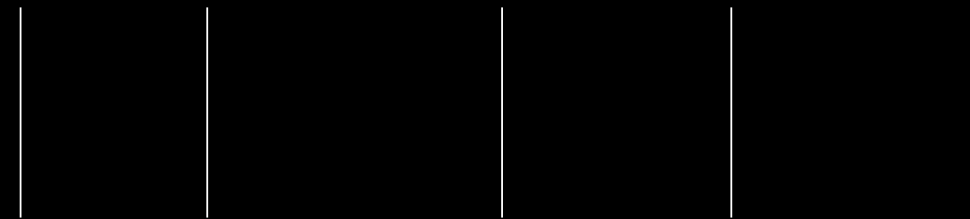
It is recommended that you read through the [introduction](#) first and then choose stories in the order you wish.



Health professionals can receive Continuing Education (CE) for completing *A Story of Health*. [Click here](#) for more details.



Choose stories in the order you wish. Select a disease term to highlight the affected person. Click the arrow button to read his or her fictional story of health.



INTRODUCTION Free Continuing Education

Information on free Continuing Education offered from the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry

Each of the fictional stories in *A Story of Health* offers free Continuing Education (CE). On the “Final Thoughts” page of the last story of the entire eBook, or of each story (if you download them separately), you will be prompted to [register for CE through a hyperlink](#).

This hyperlink links to the CDC/ATSDR CE page where you can register and take the test for CE for each story. Before you begin each story, please review the learning objectives at right. These will help you focus as you read each story, and prepare you for each CE test.

Review these learning objectives for each story:




FREE CONTINUING EDUCATION Continuing education available by specialty

- Continuing Medical Education (CME) for Physicians
- Continuing Nursing Education (CNE) for Nurses
- Continuing Education Units (CEU) for other professionals
- Continuing Education Contact Hours (CECH) for Certified Health Education Specialists (CHES)

ASTHMA: Brett's Story (a fictional case)

Brett is a nine year old boy who lives with his mom, Karen in an urban area in southern California. They live in an apartment near a busy street, and Brett takes the bus to public school. He plays several sports including baseball, soccer, and basketball, and likes to go out with his friends. Unfortunately, today, many kids like Brett also have asthma.

 [Asthma resources and more information from the CDC .](#)

For more information check out these online links:

[CDC's health care guidelines](#)

[ATSDR's CASE study: Environmental Triggers of Asthma](#)

[National Environmental Education Foundation: Asthma management resources including Environmental Management of Pediatric Asthma: Guidelines for Health Care Providers](#)



ASTHMA: A Multifactorial Disease

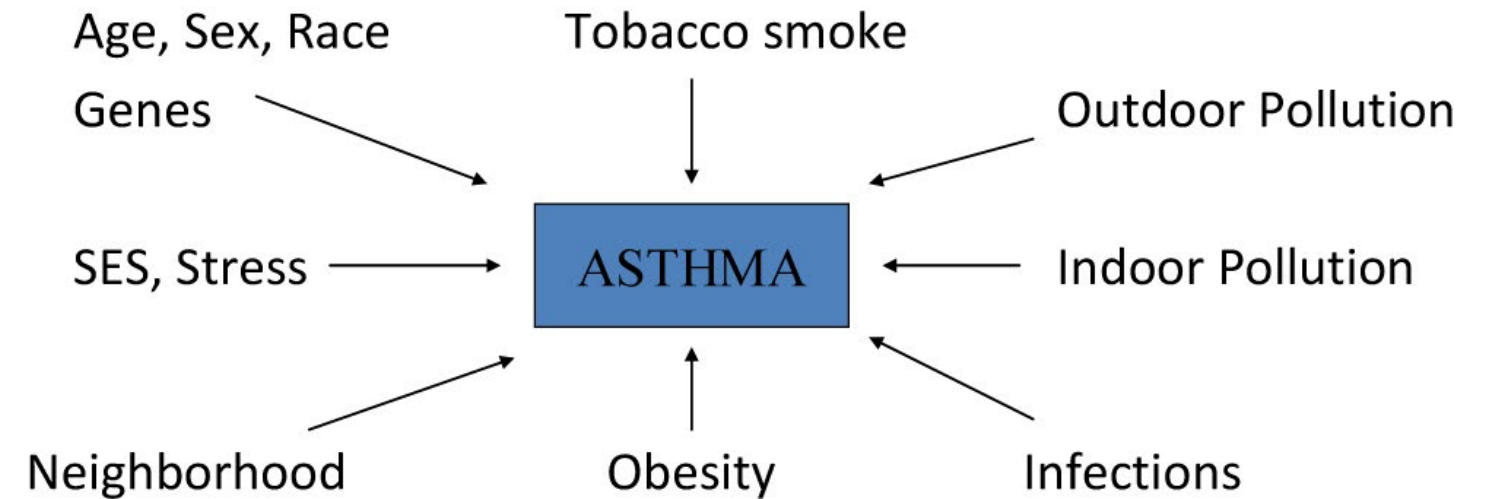
Brett's mother sometimes wonders what caused Brett's asthma, and why so many of his friends have it.

The causes of asthma in Brett may differ considerably from the causes of asthma in another person, or the prevalent causes of asthma in a population.

In general, asthma is a multifactorial disease although in some individuals, a single factor may be predominantly responsible for its onset. For example, an exposure to a chemical airway sensitizer like formaldehyde, or exposure to secondhand smoke.

After asthma develops, various exposures can trigger or exacerbate an asthmatic episode.

Risk Factors for Asthma



Graphic reproduced with permission.

Watch this short informative video by Dr. John Balmes that explains the many risk factors for developing asthma. (1.5 min.)

John Balmes MD, Professor and Division Chief of Occupational and Environmental Medicine at San Francisco General Hospital, University of California, San Francisco

ⁱ Rose G. Sick individuals and sick populations. *Int J Epidemiol.* 1985; 14(1):32-38.

ⁱⁱ Puska P. From Framingham to North Karelia: from descriptive epidemiology to public health action. *Prog Cardiovasc Dis.* 2010; 53(1):15-20.

ⁱⁱⁱ Editorial: Shot-gun prevention? *Int J Epidemiol.* 1973; 2(3):219-220.

Schettler T. The ecology of breast cancer: The promise of prevention, and the hope for healing. *Science and Environmental Health Network and the Collaborative on Health and the Environment.* October, 2013.

ASTHMAGENS: Risk factors for the development of asthma

There are hundreds of substances known or suspected to cause asthma (“asthmagens”). Some are encountered in the workplace as well as at home, school, and elsewhere – such as formaldehyde (in certain furnishings and building materials like cabinets), vinyl flooring, carpeting, phthalates (in plastic toys and other plastic products), bleach, natural gas combustion products, cleaning solutions and other products. Brett has likely been exposed to many asthmagens in his life.

Our main character Brett is not yet in the workforce but occupational causes of asthma should be considered when treating adults and children.

Though many chemicals shown to cause asthma in workers may not have been studied in children, it is likely that they are capable of causing asthma in the general population including children. And, working parents can bring exposures home to kids on clothing and in other ways, so pediatricians and parents of kids with asthma should also consider occupational exposures of parents.



Prevention Strategies – Home Checklists:

[Better Home Visits for Asthma, Lessons Learned from the Seattle–King County Asthma Program \(pdf\)](#)

[Do-it-yourself Home Environmental Assessment List \(HEAL\)\(pdf\)](#)

[EPA’s Asthma Home Environment Checklist](#)

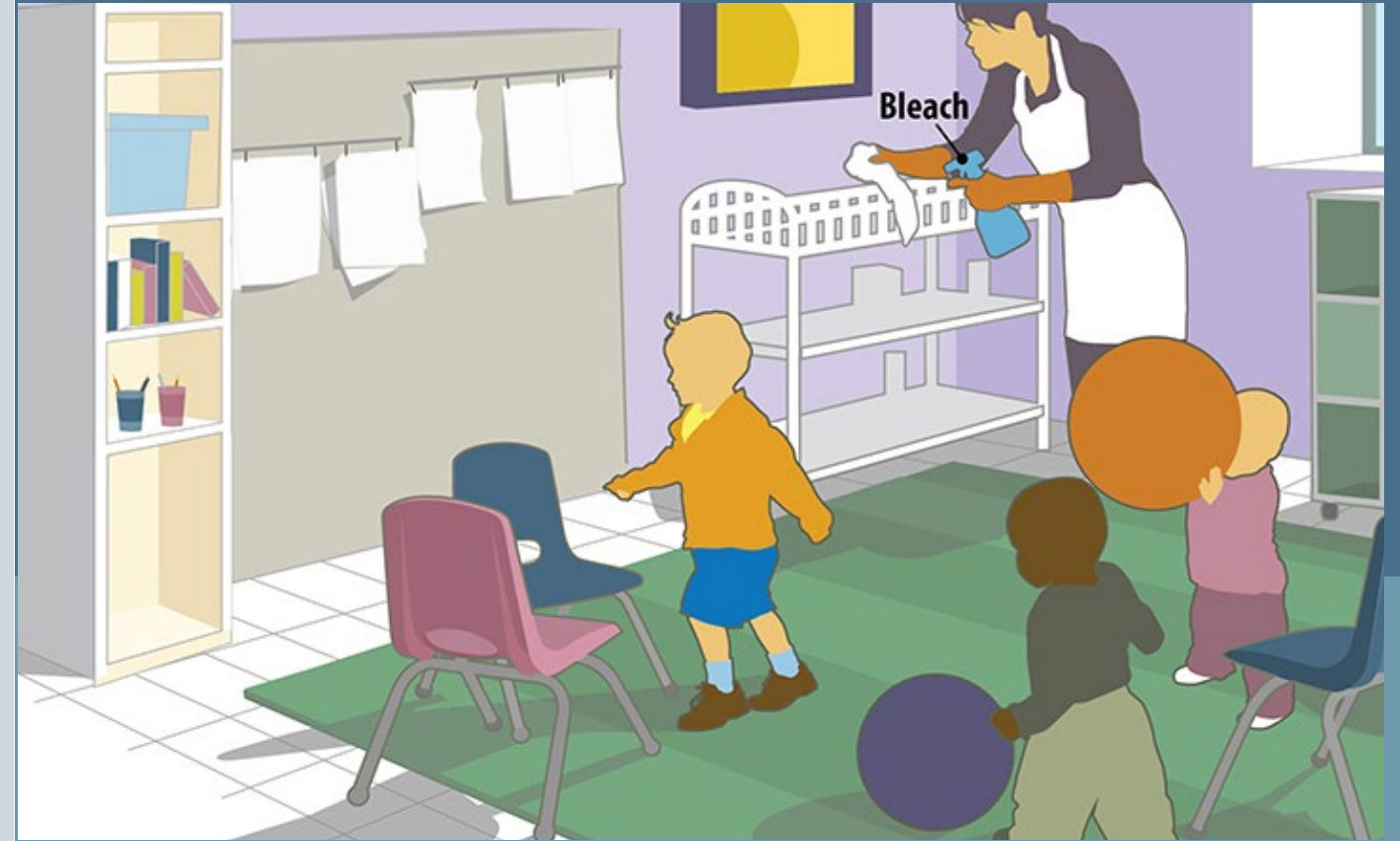
For Clinicians:

[Pediatric Environmental History Forms, National Environmental Education Foundation](#)



View a database list of asthmagens

[The Association of Occupational and Environmental Clinics \(AOEC\). Includes those encountered in the workplace, home, school, etc. \(Click ‘display all asthmagens’ on site page.\)](#)



ASTHMAGENS: Risk factors for the development of asthma

Some early life environmental risk factors have been identified.

For example, prenatal and early life exposure to social stressors, such as violence, can increase the risk of asthma as well as increase the impacts on respiratory health from allergens, air pollution, and tobacco smoke.

Secondhand smoke alone is a risk factor for new cases of asthma in preschool-aged children.

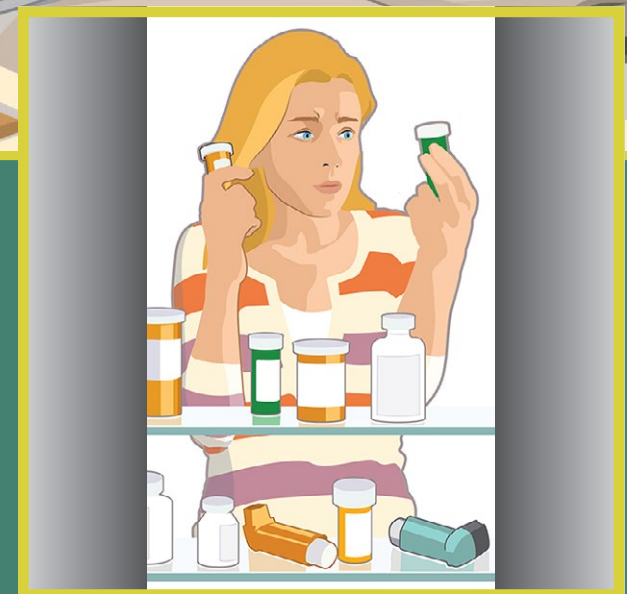
Karen was surprised to learn that some doctors are even concerned about acetaminophen and its relationship to asthma.

Brett has experienced many of these risk factors in his short life. More details about these can be found as you read his story.



Stress affects our health. Watch this video by Dr. Rosalind Wright to see how social stressors, along with environmental factors, can be linked to asthma. (5 min.)

Rosalind J. Wright, MD MPH, Horace W. Goldsmith Professor of Pediatrics, Vice-chair, Clinical and Translational Research, Department of Pediatrics, Icahn School of Medicine at Mount Sinai



McBride JT. The Association of Acetaminophen and Asthma Prevalence and Severity. *Pediatrics*;doi: 10.1542/peds.2011-1106.

Martinez-Gimeno A, García-Marcos L. The association between acetaminophen and asthma: should its pediatric use be banned? *Expert Rev Respir Med.* 2013 Apr;7(2): 113-22. doi: 10.1586/ers.13.8.

Sheehan W, Mauger D, Paul I, Moy J, et al. Acetaminophen versus ibuprofen in young children with mild persistent asthma. *New Engl J Med.* 2016; 375(7):619-630. <https://www.ncbi.nlm.nih.gov/pubmed/27532828>.

ASTHMA: Prenatal and Early Life Exposures

Karen also thinks about what her doctors told her when she was pregnant about exposure to tobacco smoke, and how she tried to get her husband to quit which was another source of fighting between them.

In her discussions with her OB/GYN she also learned about keeping her weight down and the importance of Vitamin D.

Some prenatal variables are well-established as risk factors for asthma, alone or in combination with postnatal exposures. For example, maternal obesity during pregnancy is associated with increased risk of asthma in offspring.



Watch: Dr. John Balmes presents powerful evidence on the detrimental effects of air pollution and smoking on prenatal and early childhood development. (5 min.)



ACOG Reference:

ACOG Committee on Obstetric Practice. ACOG Committee Opinion No. 495: Vitamin D: screening and supplementation during pregnancy. *Obstet Gynecol.* 2011;118 (1):197-198.

CDC Reference:

Perrine C, Sharma A, Jeffers M, Serdula M, Scanlon K. Adherence to vitamin D recommendations among US infants. *Pediatrics.* 2010; 125(4):627-632.

Other References

Camargo CA Jr, et al. References. Camargo CA Jr, et al. Randomized Trial of Vitamin D Supplementation and Risk of Acute Respiratory Tract Infection in Mongolia. *Pediatrics* 2012. doi: 10.1542/peds.2011-3029.

Camargo CA Jr, Ingham T, Wickens K, Thadhani R, et al. Cord-blood 25-hydroxyvitamin D levels and risk of respiratory infection, wheezing, and asthma. *Pediatrics.* 2011 Jan;127(1):e180-7. doi: 10.1542/peds.2010-0442. Epub 2010 Dec 27.

Hollams EM. Vitamin D and atopy and asthma phenotypes in children. *Curr Opin Allergy Clin Immunol.* 2012 Jun;12(3):228-34.

Zosky GR, Berry LJ, Elliot JG, James AL, Gorman S, Hart PH. Vitamin D deficiency causes deficits in lung function and alters lung structure. *Am J Respir Crit Care Med.* 2011 May 15;183(10):1336-43. Epub 2011 Feb 4.

ASTHMA: Triggers

In someone like Brett who already has asthma, an asthma attack can be triggered or set off by a wide range of many of the same environmental agents including exposure to:

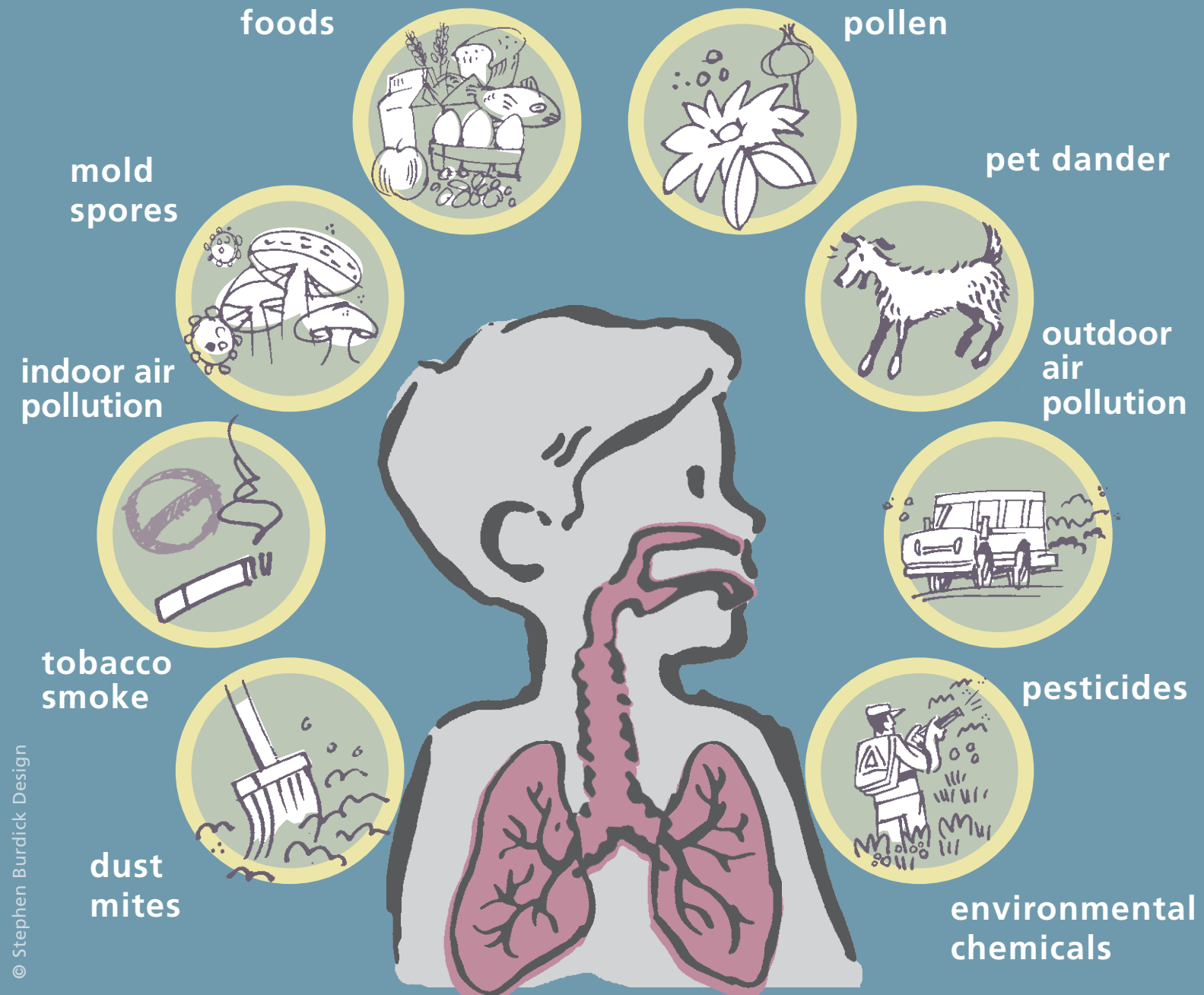
- indoor air pollutants such as tobacco smoke, outdoor air pollution;
- other environmental chemicals including pesticides, and;
- allergens including mold, pollen, cockroach droppings and pet dander.

Exercise and cold weather can also be triggers. These triggers vary from one person to another.

It is sometimes called “allergic asthma” when an individual wheezes in response to exposure to an allergen such as pollen or cat dander.

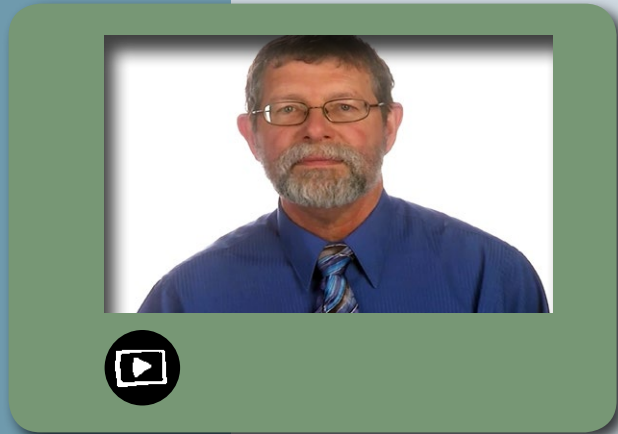


Potential Asthma Triggers

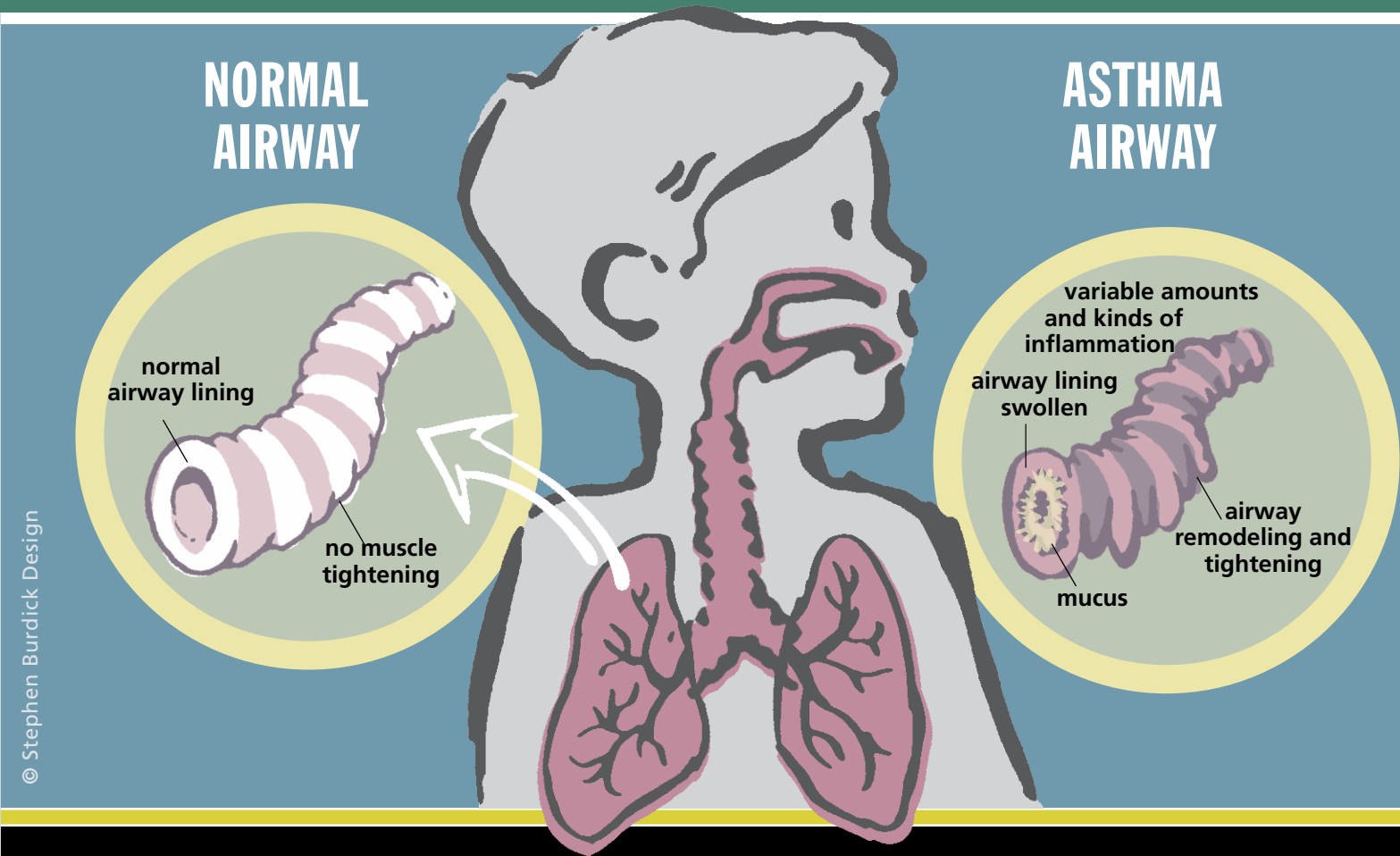
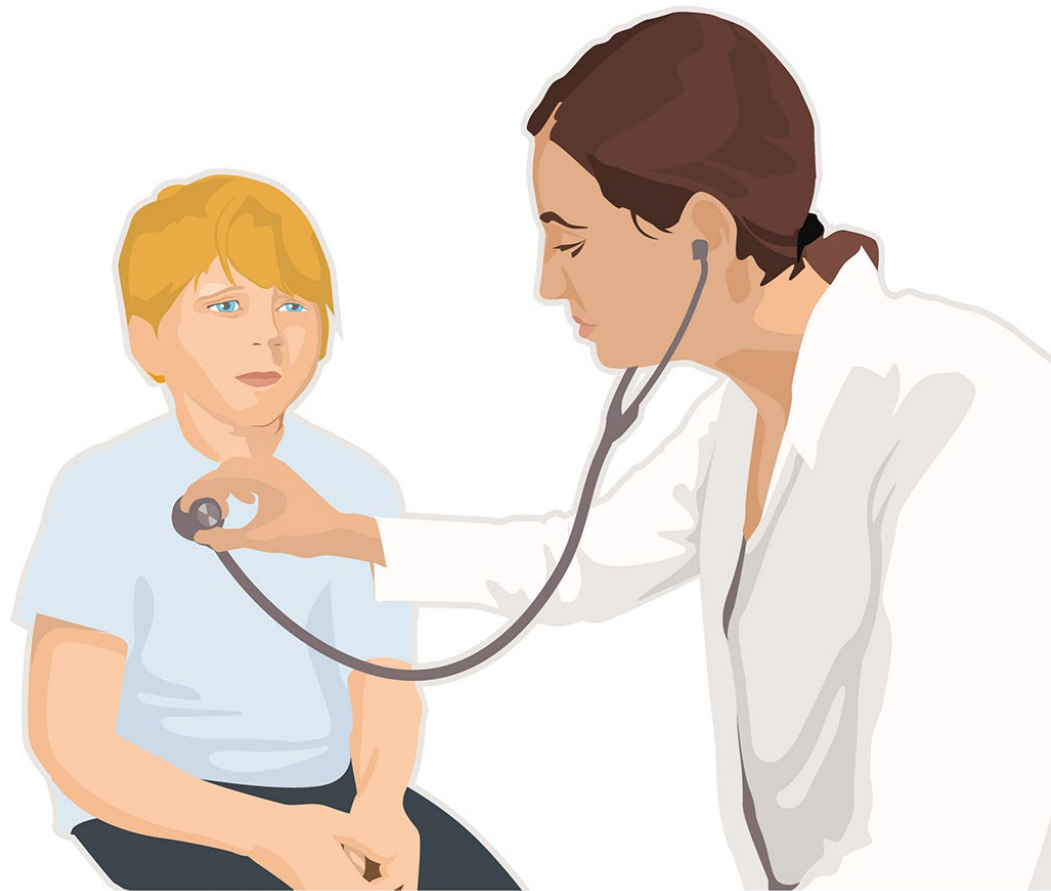


ASTHMA: Effects on the Lungs and Immune System

Brett's doctor told him that the reason he wheezes sometimes is because of inflammation and narrowing of the airways in his lungs.



Watch: Dr. John Balmes discusses the many factors that influence lung development and the severity of asthma. (Technical/academic - 6 min.)



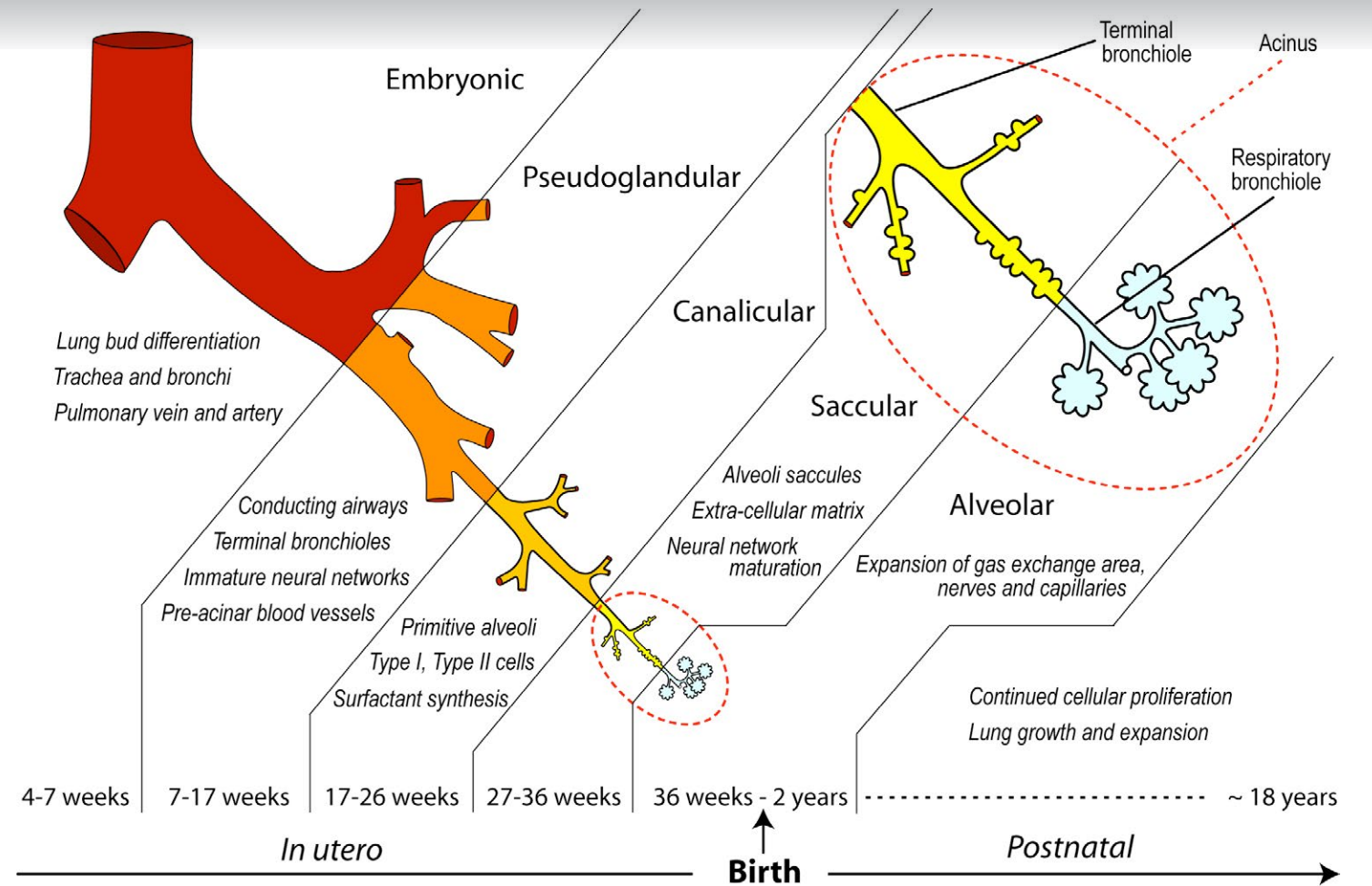
ASTHMA and Lung Development

THE LUNG IS SUSCEPTIBLE TO MANY INFLUENCES DURING EARLY DEVELOPMENT.

Though the lung develops into a functioning organ during the fetal period, important stages in lung growth and development continue during early childhood and may be altered by environmental exposures.

→ You may skip this section and go to "Growing Problem of Asthma"

Stages of Lung Development



Reference: Kajekar R. Environmental factors and developmental outcomes in the lung. *Pharmacol Therap.* 2007;114:129-145. Graphic used with permission.

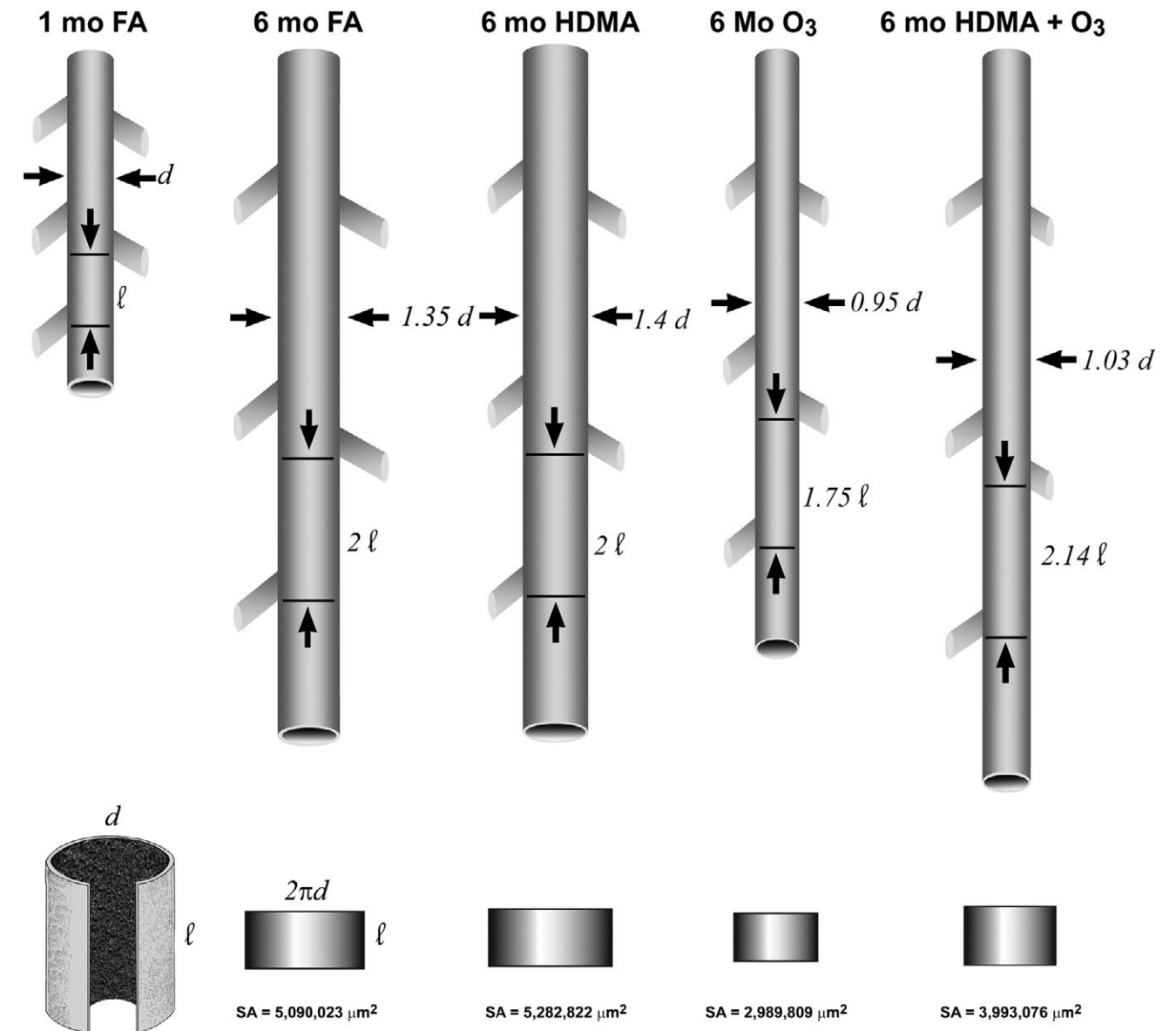
ASTHMA and Lung Development

THE LUNG IS SUSCEPTIBLE TO MANY INFLUENCES DURING EARLY DEVELOPMENT.

Environmental exposures during susceptible developmental periods may produce lifelong structural and functional alterations. Monkeys exposed to ozone and house dust mite postnatally develop longer, narrower, and fewer branches of bronchioles along with other changes consistent with increased risk for asthma development.

→ You may skip this section and go to "Growing Problem of Asthma"

Environmental exposures at critical developmental periods may permanently alter structure of airways



Reference: Plopper CG, Smiley-Jewell SM, Miller LA, Fanucchi MV, Evans MJ, Buckpitt AR, et al., 2007. Asthma/allergic airways disease: does postnatal exposure to environmental toxicants promote airway pathobiology? ([link](#)) Graphic used with permission.

ASTHMA: The Growing Problem

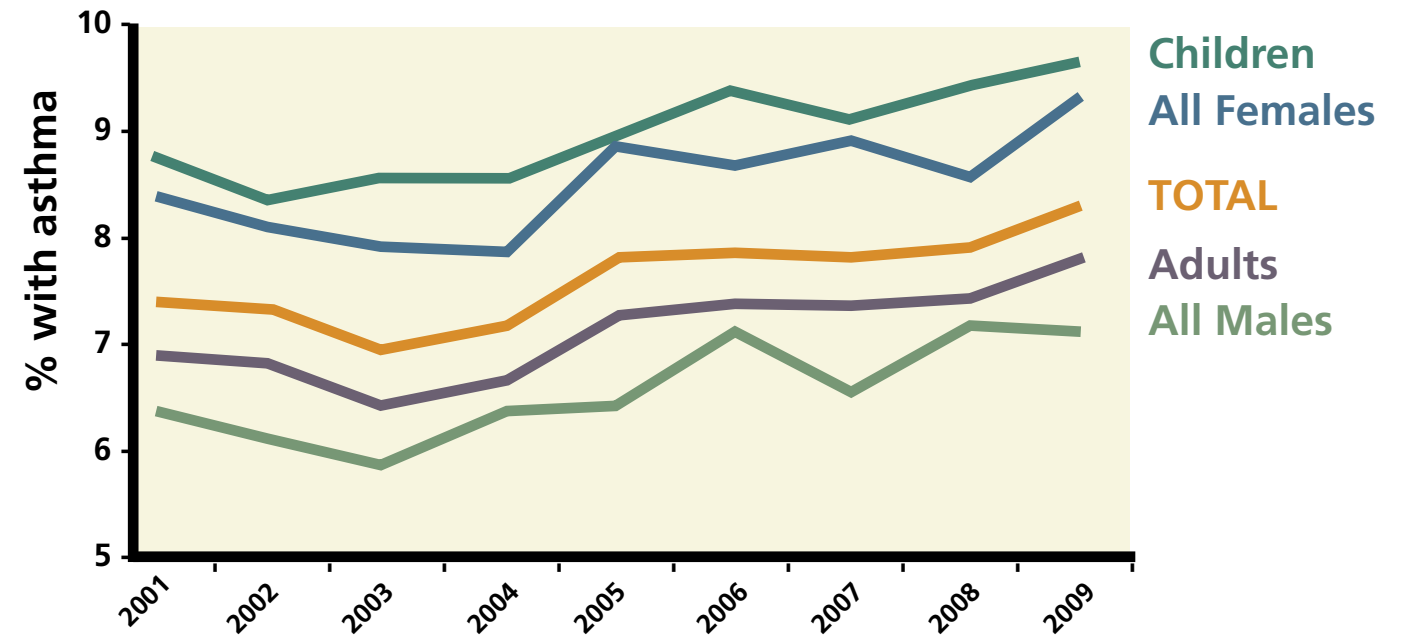
When Brett gets an attack, he has a difficult time breathing and sometimes feels as if he is going to pass out.

He is careful to carry an inhaler with him at all times. Lots of kids have them, there are different types of inhalers that can be used to prevent or treat an asthma attack, so it seems common now even though his doctor says it wasn't like this many years ago. The number of people with asthma, continues to grow.

From 2001 to 2010 overall asthma rates increased 1.5% per year, to about 8.4%.

1 in 10 children, or 10%, now have asthma.

In addition to the human costs, estimated monetary costs measured in 2007 dollars was \$56 billion. (CDC and Amer Children 3rd ed.)



Percentages are age-adjusted

SOURCE: National Center for Health Statistics; 2010
From CDC "Vital Signs" on asthma

Graphic reproduced with permission.



ASTHMA: Racial and Socioeconomic Disparities

Many of Brett’s friends who live in the city also have asthma.

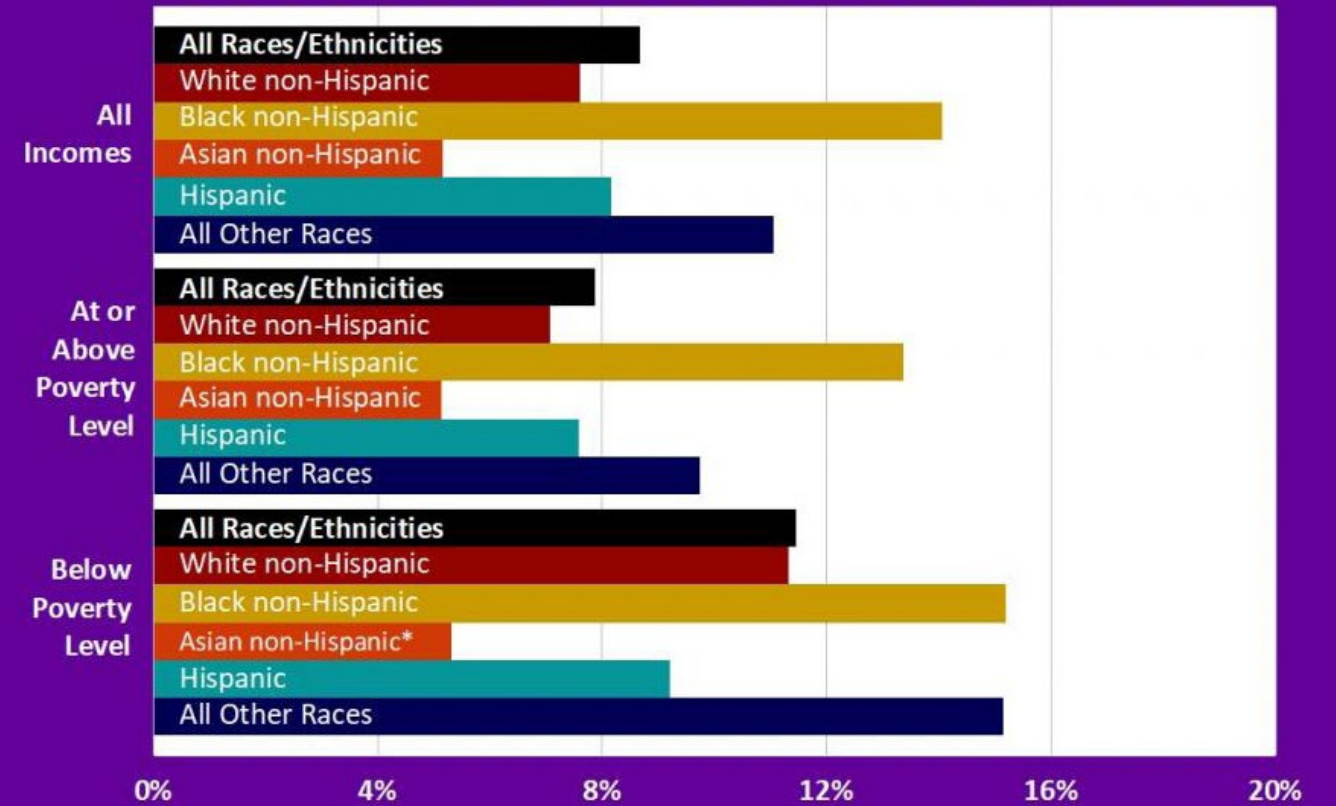
In 2012–2015, 8.7% of all children were reported to currently have asthma. Among children living in families with incomes below the poverty level, 12.3% were reported to currently have asthma. Among children living in families with incomes at the poverty level and higher, 8.2% were reported to currently have asthma.

These differences by race/ethnicity are also significant when considering only children below poverty level. Among Hispanic children, 18.5% of Puerto Rican children were reported to currently have asthma. The rate of reported current asthma for Mexican-American children was 6.9%. This difference was statistically significant.

Disparities may be explained by higher exposures to risk factors for asthma and lack of comprehensive asthma management, among other things.

Source: [America’s Children and the Environment: Respiratory Diseases](#)

Percentage of children ages 0 to 17 years reported to have current asthma, by race/ethnicity and family income, 2012-2015



Data: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey

America's Children and the Environment, Third Edition, Updated August 2017



ASTHMA: Family and Community Stressors

“Hi Mom,” says Brett. Brett’s mother, Karen, comes over and gives him a hug.

Although Karen doesn’t make a lot of money, they have a stable home life now, but it wasn’t that way when Brett was younger.



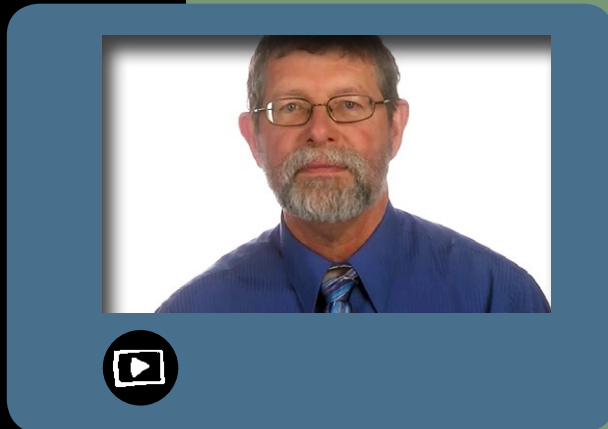
ASTHMA: Family and Community Stressors

Karen sometimes wonders whether the constant fights with her ex-husband while she was pregnant and after Brett was born may have had an effect on Brett's asthma.

She may be right.

Family stressors such as money problems, exposure to violence, illnesses and deaths, and divorce can make kids more susceptible to many health problems, including asthma.

Stress can add to and even magnify the impacts of exposure to other environmental conditions that foster the onset or increase the severity of asthma.



Watch: Dr. John Balmes discusses how multiple factors can interact to increase the risk of developing asthma (effect modification). (3 min.)

Stress can add to and even magnify the impacts of exposure to other environmental conditions that foster the onset or increase the severity of asthma



ASTHMA: Family and Community Stressors

Because of all the prior family problems, Karen pays a lot of attention to Brett and tries to show him how much she loves him in a lot of ways, including making sure they eat dinner together every night.

They have formed a close bond and Karen is happy about that, although like many boys his age Brett usually acts like he doesn't know her when they are in public.

Watch: Dr. Mark Miller discusses early origins of adult disease.

Mark Miller MD MPH, Director, Western States Pediatric Environmental Health Specialty Unit at UCSF; Director, Children's Environmental Health Center, Office of Environmental Health Hazard Assessment, California EPA



ASTHMA: Family and Community Stressors

The impact of asthma on the family can be substantial, from emotional to economic.

Children suffer from days lost at school and can be excluded from certain activities.

Parents who need to work must take time off or find adequate care for their children when they need to stay home.

When a child has an acute attack, it can be very stressful and frightening for parents.



Watch: Dr. Rosalind Wright discusses how caregiver stress, early childhood stress and community violence all have an impact on the development of asthma. (5 min.)



More information: Link to resources on comprehensive family asthma management programs – CDC and medical legal

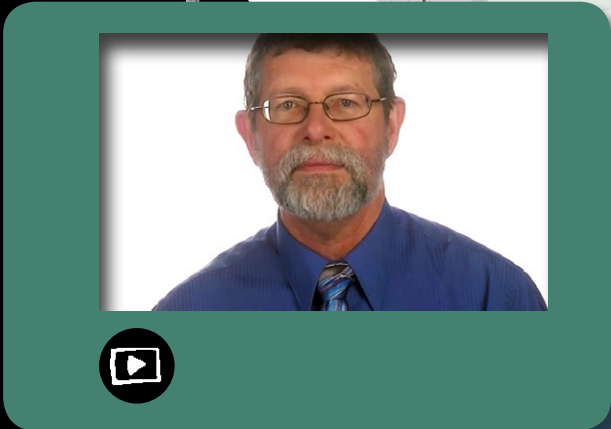


ASTHMA, Exercise and Air Pollution

Brett's asthma is sometimes triggered by exercising or playing the sports he loves, which is very frustrating for him.

Some research shows that playing multiple sports along with higher exposures to air pollution (ozone) can actually cause the onset of asthma.

(McConnell et al., 2002)



Watch: Dr. John Balmes presents compelling scientific evidence that clearly illustrates the relationship between air pollution and incidence of asthma. (6 min.)



For clinicians, link to Dr. Jim Gauderman slide show on Children's Health and Traffic Exposures.

INDUSTRIAL AND TRAFFIC AIR POLLUTION MAKE ASTHMA WORSE

Adverse Effects of Regional and Traffic-Related Air Pollutants on Children with Asthma

Pollutants

- Ozone
- Nitrogen Oxide
- Respirable particulate matter (PM - <10 and <2.5 μm)
- Vehicle exhaust (trucks, cars, trains, ships, etc.)

Health effects in children with asthma

- Respiratory symptoms
- Wheezing (acute)
- Bronchitis (chronic)
- Increased rescue medication use
- Decreased lung function
- Emergency department visits
- Hospitalizations
- School absences



Ozone and Particles Make Asthma Worse:

- More symptoms
- More medications used
- More respiratory illnesses
- More clinic visits
- More emergency room visits
- More hospitalizations

(Sarnat JA, Holquin F. Asthma and air quality *Curr Opin Pulm Med.* 2007; 13: 63-6.)

Map graphic used with permission.

Credit: CalEnviroScreen, Office of Environmental Health Hazard Assessment, California EPA

Link: California Environmental Health Tracking Program Web Portal

ASTHMA and Air Pollution

EFFECT MODIFIERS — AIR POLLUTION, STRESS AND SOCIOECONOMICS

Brett lives in a low-income neighborhood close to Los Angeles and near a major roadway. Children in relatively low-income families and exposed to traffic-related air pollution, such as in Brett's case, are at greater risk of frequent asthma symptoms. Importantly, they are at greater risk than children in the same neighborhood whose families are financially better off.

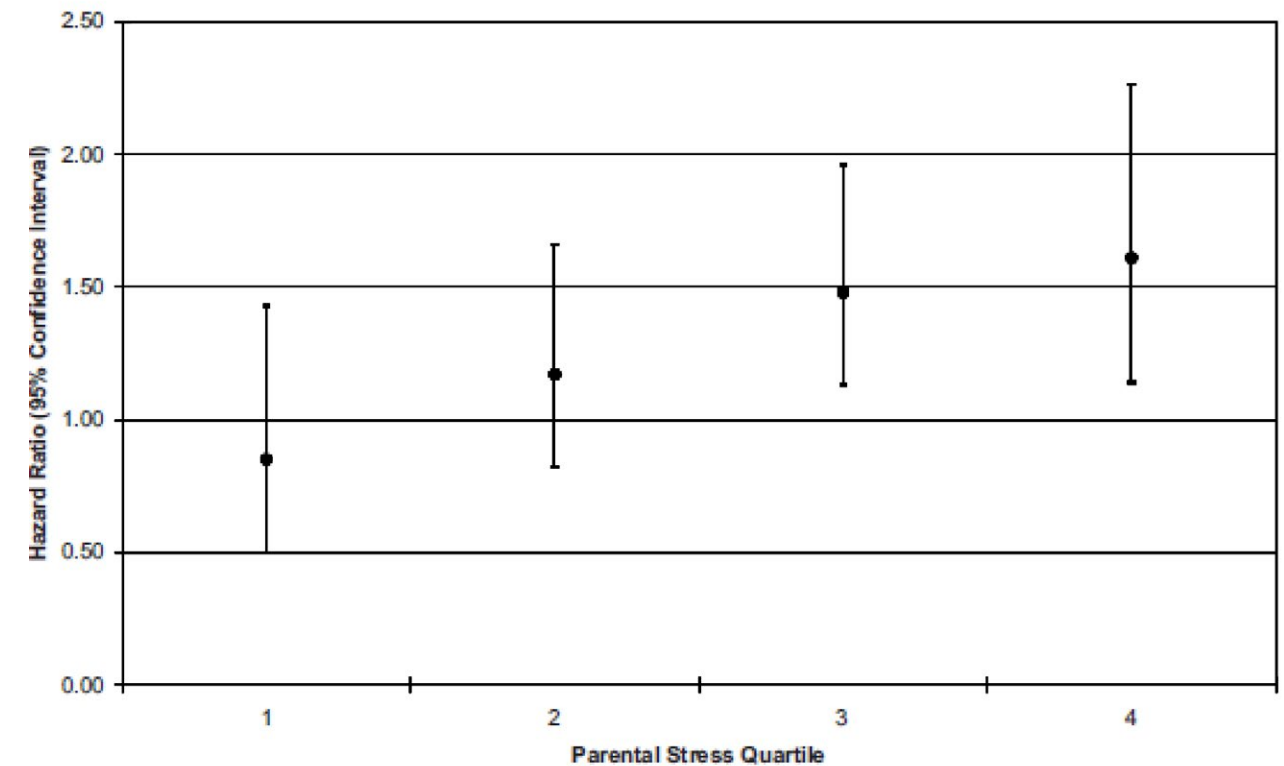
(Meng et al., 2008, Shankardass et al., 2009, Clougherty et al., 2007)

And, those with a lower income and people of color are much more likely to go to a school that has a heavily trafficked roadway next to it.



[Link: National Environmental Health Tracking Program](#)

Effect of traffic-related pollution on incident asthma across parental stress quartiles



Over a period of 3 years of follow up in a prospective cohort study of 2,497 children aged 5-9 years with no previous history of asthma, the risk of new onset asthma attributable to traffic related air pollution (TRP) was significantly higher for children whose parents were subject to higher amounts of stress.

Stress was estimated using the Perceived Stress Scale (PSS), which is a widely used measure of the degree to which respondents believed their lives were unpredictable, uncontrollable, or overwhelming. Stress was also associated with larger effects of in utero tobacco smoke exposure.

A similar pattern of increased risk of asthma was observed among children from low SES families who also were exposed to either TRP or in utero tobacco smoke. (Shankardass 2009)

ASTHMA Genetics and Air Pollution

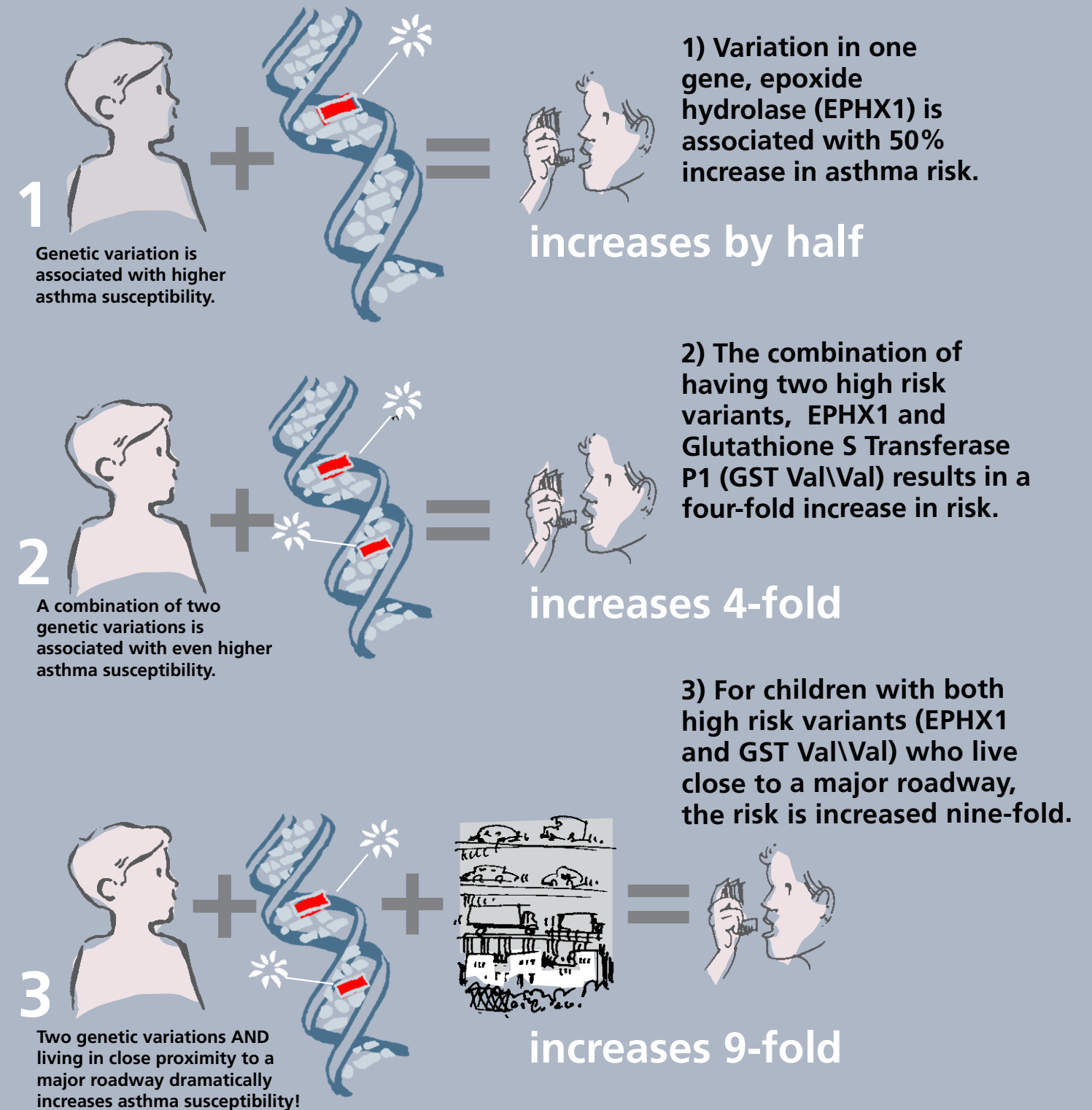
Exposure to oxidants in ambient air contributes to inflammation in the lungs. Oxidants include oxygen, ozone, particulate matter, polycyclic aromatic hydrocarbons (PAHs - a group of chemicals that occur primarily from burning fuel), nitrogen oxides, and cigarette smoke.

The genes glutathione (GST) and epoxide hydrolase (EPHX1) are important for detoxification and elimination of contributors to oxidative stress associated with asthma. Oxidative stress and inflammation are fundamental to the origination and development of asthma.

Certain genetic variants in GST and EPHX1 each are individually associated with increased risk of developing asthma, as is living in close proximity to a major roadway. Salam et al., found that being in the high risk group for all three resulted in nearly a nine-fold increase in risk for lifetime asthma. Ultrafine particulate matter has strong oxidant properties and generates inflammatory responses (Li et al., 2003).

Genes metabolizing PAHs have polymorphisms (many forms) that affect how well they mediate tissue damage via development of reactive oxygen species.

Genetics Increase Susceptibility to Air Pollution



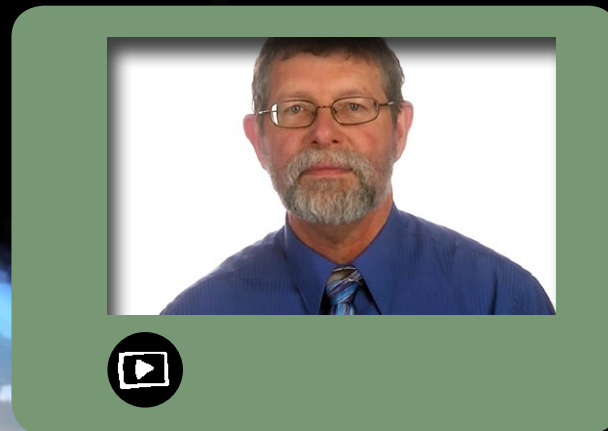
ASTHMA and Climate Change

Brett's generation has heard a lot about climate change. Climate change is expected to increase ground level ozone through increases in temperature and wind patterns. As CO2 levels rise and temperatures increase, airborne pollen levels are also increasing.



The combination of higher levels of asthma-related air pollutants associated with changes in atmospheric conditions are expected to continue to increase the frequency of asthma attacks in people with asthma, and may also increase the prevalence of asthma in populations.

Watch: In this short video Dr. John Balmes clearly outlines how climate changes will increase the incidence of asthma. (2 min.)



It is easy to check the air quality in your area on the weather channel on television, in the newspaper, on the internet, or via your smartphone. The [EPA's Air Quality Index](#) is a good resource.

POLLEN COUNT	
WEATHERWATCH	TODAY
Oak, Mulberry	X-High
Maple, Ash	X-High
Sycamore	X-High
Cedar, Birch	High
Willow	Mod
Grass, Mold	Low

Courtesy: Intermountain Allergy

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health warnings of emergency conditions. The entire population is more likely to be affected.
Hazardous	301 to 500	Health alert: everyone may experience more serious health effects.



© Stephen Burdick Design

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.

*pollutants measured: PM 2.5, ozone

ASTHMA: Healthy Eating Habits

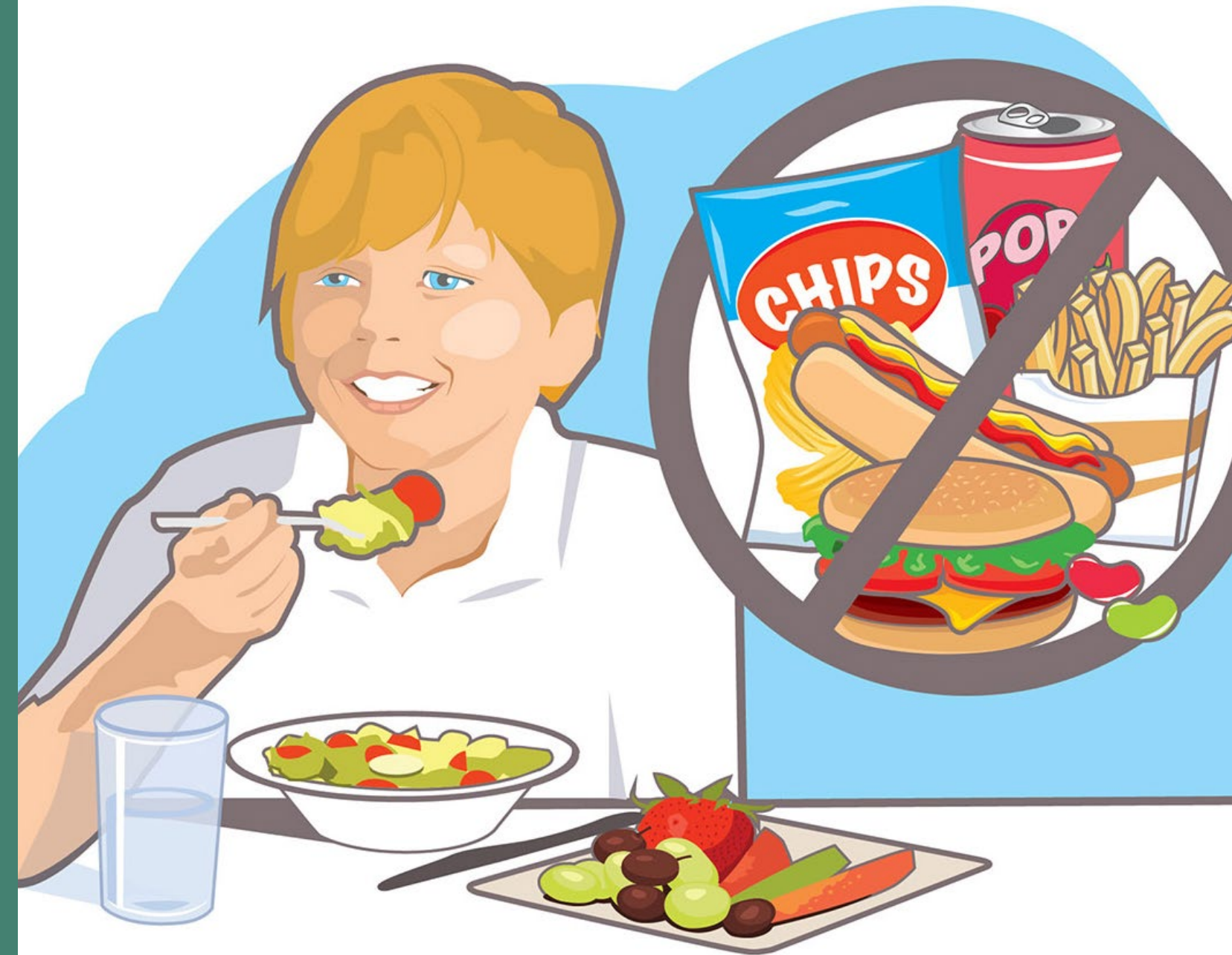
At the family reunion it is time to eat. Brett grabs a sandwich off the buffet table. Karen is glad that Brett has chosen a sandwich on healthier whole wheat bread, rather than processed white bread.

Because of his asthma, Karen wants Brett to stay as healthy as possible, and also not to become overweight as it could worsen his asthma. (Obesity can also increase risk of developing asthma.)

His pediatrician regularly emphasizes the importance of eating nutritious foods high in antioxidants such as colorful fruits and vegetables, and other healthy foods including fish that have omega-3 fatty acids.

He has also measured Brett's vitamin D status and recommended a supplement because, like many children, Brett's levels were suboptimal and supplementation may help reduce asthma exacerbations.

(Riverin et al., 2015; Hollams et al., 2017)



ASTHMA

Hey, there comes Max, his cousin's dog, running right at him!

“Hey Max,” Brett says as he pets him and holds him close, forgetting for a minute that dogs can also cause him to have an asthma attack, something about their hair. (Hastert et al., 2007, Popplewell et al., 2000)

Brett doesn't care, Max is so friendly.



ASTHMA: Brett's Story

We have seen throughout the pages of Brett's story that a wide range of factors, and their interactions across his lifespan, are risk factors for both the onset of asthma, as well as triggering it. These include environmental chemicals and other contaminants, family and community social stressors, diet and nutrition, economics, and how these might interact with each other and with genetics.

Although Brett's story is fictional, and it is difficult to determine what risk factors might be most important to him, the circumstances of his life can be found in children throughout our country.

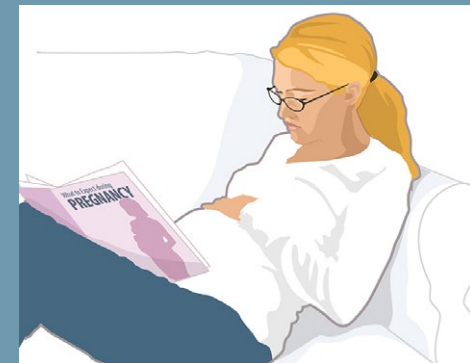
It is therefore critical that we consider multiple environmental influences on asthma when we design prevention strategies and treatment.

Continue on to the [next page](#) to learn more about preventive strategies.



The circumstances of Brett's life can be found in children throughout our country

A wide range of factors, and their interactions across Brett's lifespan, are risk factors for both the onset of asthma, as well as triggering it.



It is critical that we consider multiple environmental influences on asthma when we design prevention strategies and treatment.

ASTHMA: Management and Prevention Strategies

Children with asthma should:

- Not be exposed to secondhand smoke (SHS) and other types of combustion smoke,
- Not exercise outdoors on bad air quality days, but outdoor exercise should otherwise be encouraged, and,
- Avoid allergens to which they are sensitized.

Other protective factors include the following, if possible:

- Choosing homes and walking routes away from major roadways with heavy traffic,
- Improved access to health care, healthy foods, and green space for disadvantaged children with asthma,
- Dietary antioxidants, including vegetables,
- Avoidance of water-damaged environments,
- Improved ventilation in buildings to discourage mold growth,
- Using household chemicals and pesticides sparingly if at all, and with care, and,
- Replacing or retrofitting older diesel vehicles.







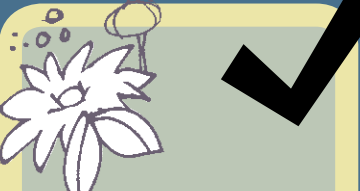
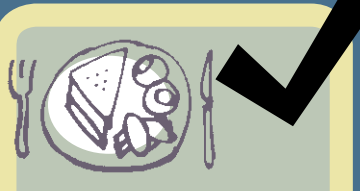
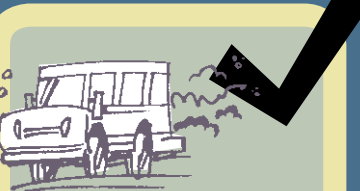
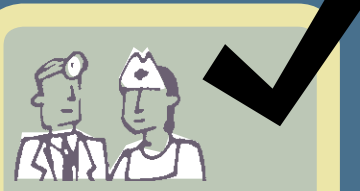
For clinicians - more information on asthma management:

[Guidelines](#) from the National Environmental Education Foundation

[Guidelines](#) from the National Heart, Lung and Blood Institute

Asthma Management Strategies

The infographic consists of eight yellow-bordered boxes arranged in two rows of four. Each box contains an illustration, a text label, and a checkmark or an 'X' indicating whether the strategy is recommended. The top row contains four boxes with red 'X' marks, indicating strategies to avoid. The bottom row contains four boxes with black checkmarks, indicating strategies to promote.

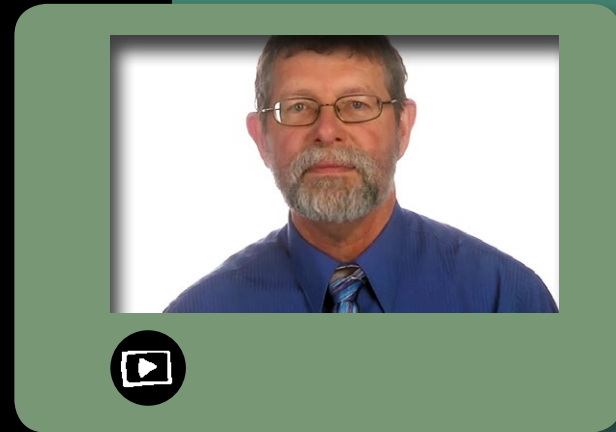
 Avoid water damaged and moldy areas	 Avoid tobacco smoke	 Keep areas free of dust	 Use chemicals and pesticides with care
 Promote and use greenspaces such as parks	 Improve diet, include antioxidants	 Upgrade diesel equipment	 Get regular checkups

ASTHMA: Policy Initiatives to Protect Health

Policy initiatives to protect health include:

- Improved city and highway planning,
- Improved public transportation, bicycle friendly streets, accessible sidewalks,
- Changes in zoning laws, where appropriate, to allow mixed use neighborhoods resulting in less driving,
- Healthy building practices for schools and public buildings, including improved ventilation, reducing use of toxic chemicals in building materials and maintenance, incentives for green buildings,
- Increased use of renewable and less polluting energy, e.g. solar,
- Chemical policy reform,
- Smoking ordinances,
- Asthma home visiting programs for asthma education on trigger control and disease management,
- School sitings should be >500 meters from highways, and,
- Regulations to limit wood burning and outdoor wood boilers.

[Continue to Final Thoughts >](#)



Watch: Public polices can help improve health. Dr. John Balmes offers specific recommendations to reduce air pollution. (7 min.)



More on policies to prevent asthma:

[CDC Asthma](#)

[EPA Indoor Air Pollution](#)

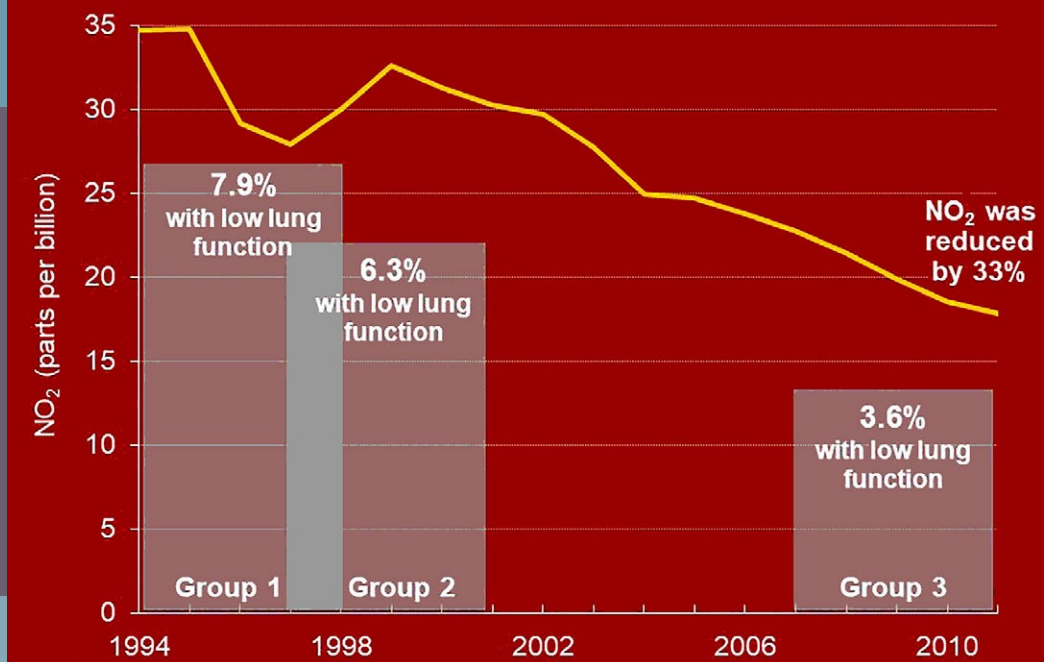
[Asthma Community Network](#)

Policy Initiatives for Cleaner Air in California

California has instituted a number of policy initiatives to improve air quality which other states and communities could replicate.

- Reduction of diesel emissions
- On-road bus and truck rule
- Off-road construction vehicles
- Other surface goods movement efforts (ports and rail yards)
- Financial incentives for cleaner trucks and school buses
- Advanced Clean Cars rule - Smart growth = decreased VMTs
- No-burn rules to limit wood smoke emissions

As Pollution Declined, Children's Lung Function Improved



W. James Gauderman, Robert Urman, Edward Avol, Kiroos Berhane, Rob McConnell, Edward Rappaport, Roger Chang, Fred Lurmann, Frank Gilliland. Association of Improved Air Quality with Lung Development in Children. NEJM. 372: 905-913, 2015.

Gauderman WJ, et al. Association of Improved Air Quality with Lung Development in Children. *N Engl J Med* 2015; 372:905-913

Prospective cohort studies of children from 11 to 15 years of age were conducted in five communities in the Los Angeles basin during three distinct time periods from 1994 through 2011. The authors found an improvement in lung-function development in adolescence that occurred in concert with improvements in air quality. Overall NO₂ and particulate matter levels (markers of ambient air pollution) declined dramatically during these years.

Graphics: Wendy Gutschow, USC, used with permission.

As air pollution from ozone and particulates (PM 10) have gone down in the California South Coast air basin, children's lung function has improved.

Graphics used with permission.

SOME FINAL THOUGHTS

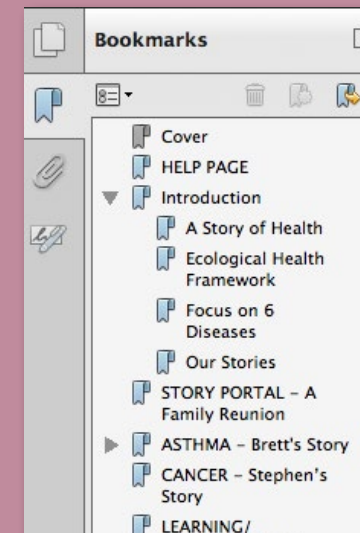
COMMON THEMES

Although the fictional narratives in *A Story of Health* describe the lives of children and adults with different conditions and diseases – infertility, asthma, developmental disabilities and childhood leukemia - common themes resonate. They include:

- Important environmental influences come from the natural, chemical, food, built, and social environments.
- Although there are exceptions, most diseases as well as good health are the result of complex interactions among multiple environmental influences and genetics.
- Early-life experiences, particularly during critical windows of development, can have profound beneficial or detrimental lifelong effects, even into elder years.
- Healthy people and healthy communities are interdependent. All people do not have equal access to nutritious food, clean air and water, safe workplaces, healthy housing, green spaces, peaceful neighborhoods or quality health care.
- Preventing disease and promoting health require actions and commitments from the individual, family, community and society. Health promoting public policies are necessary to make healthy living available to all people.

Resources

We have linked to many useful resources in each story relevant to a wide range of audiences, including clinicians. To quickly access resources on specific topics in each story, use the **Bookmarks** toolbar on the left (which you can open or close), or return to the **Help page** for more details on other eBook features.



Additional resources to help prevent disease and promote health:

Portal to Science Resources: Hundreds of additional resources on environmental health including organizations, publications, videos and more.

Pediatric Environmental Health Toolkit application for mobile devices

Out of Harm's Way: Preventing Toxic Threats to Child Development: Fact Sheets in English and Spanish.

Approaches to Healthy Living: A 4-page guide on how to avoid toxicants, eat healthier, reduce stress.

Healthy Aging: The Way Forward: An ecological approach to policy level interventions for healthy aging across the lifespan.

Continuing Education

Register for Continuing Education (CE) for *A Story of Health* for a variety of health professions. Free credits are offered by the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry [at this link](#).



Another free CE course on environmental health offered by the CDC/ATSDR is the **Pediatric Environmental Health Toolkit** online course.

Asthma

Childhood
LeukemiaLearning/
Developmental
Disabilities

Diabetes

Infertility

Cognitive Decline

Asthma Case
References and
Resources by Topic

Note: there are many topic overlaps

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[National Surveillance of Asthma: US, 2001-2010](#)

[Asthma in the US](#)

[CDC Vital Signs: Asthma in the US](#)

National Environmental Health Tracking [Network](#)

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General Resources

EPA: Science Notebook on Asthma

CDC: Asthma

CDC: Triggers

CDC: Workplace Asthma

ATSDR's CASE study "Environmental Triggers of Asthma"

List of asthmagens from Association of Occupational and Environmental Clinics

Association of Occupational and Environmental Clinics Exposure Code Lookup

Collaborative on Health and the Environment (CHE): Toxicant Database

ALA's "State of the Air" search page

(most relevant for CE course):

EPA/NIEHS Children's Centers 2012 Webinar Series

In particular:

- Embracing Complexity: Animal Models of Environmental Exposure Health Effects - Richard Auten, Duke University
- Effects of Prenatal Environmental Exposures on Child Health and Development - Frederica Perera, Columbia University

CalEnviroScreen, Office of Environmental Health Hazard Assessment, California EPA

Ekanayake R, Miller M, Marty, M. Office of Environmental Health Hazard Assessment, California Environmental Protection Agency. Report to the Legislature, Children's Environmental Health Program. February 2014

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Asthma Management,
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CDC: Health Care Guidelines

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Intervention Guidance

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Master Home Environmentalist: Do-it-yourself Home Environmental Assessment List (HEAL)

EPA's Asthma Home Environment Checklist

EPA Air Quality Index