



Sweeten **YOUR** Commute!

“Air Head” Trivia – Sweeten Your Knowledge

Air Quality & Health

- **Save your breath!** In a lifetime, a person will take about 625 million breaths of air. Your lungs will filter over 2,000 gallons of air a day. (Clean Air Express, conversion calculator)
- **Gasping for air.** In Washington state, over 520,000 people have asthma. Air pollution can cause or worsen lung-related diseases. (WA State Dept. of Health)
- **Close to home.** Spokane County’s population is 468,684. Of those residents, 13% have lung disease (asthma, bronchitis, emphysema). Cardiovascular disease affects 28% of the population. (American Lung Association, 2011 State of the Air Report)
- **For kid’s sake.** Fine particles of smoke, dust, and toxic compounds have been shown to reduce lung function growth in the developing lungs of children. (WA State Dept. of Ecology, No Idle Zone program)

Air Quality & Transportation

- **Hold your breath!** Diesel exhaust from mobile vehicles is an air toxic pollutant, and has been identified as a probable cause of cancer, an allergen and an asthma trigger. (WA State Dept. of Health)
- **Waste of gas.** Idling consumes from ½ gallon to 1 gallon of fuel per hour and wastes more fuel than turning of your vehicle engine off and ON. (WA State Dept. of Ecology, No Idle Zone program)
- **That’s a lot of oil changes.** Washingtonians drove their vehicles over 57 billion miles in 2010. That’s 2,289,014 times around the Earth, or 119,318 trips to the moon and back. (WA State Dept. of Transportation)
- **Take care of it.** Regular vehicle tune-ups can boost gas mileage by 4%. By keeping tires properly inflated, you can further improve gas mileage by 3%. (U.S. Dept. of Energy, www.fueleconomy.gov)

Air Quality & Health

- **Up in smoke.** Wood smoke is a significant source of air pollution in our neighborhoods during fall and winter. (Spokane Regional Clean Air Agency)
- **Toxic air.** Toxic air pollutants are found in wood smoke. Wood smoke can cause coughs, headaches, eye and throat irritation in otherwise healthy people. (U.S. Environmental Protection Agency, Health Effects of Wood Smoke)
- **“Smoking gun.”** Wood smoke can trigger asthma attacks, cause difficulty breathing, and make lung and heart problems worse for the more than 60,000 Spokane area residents who live with lung disease. (American Lung Association of Washington)
- **More bang for your buck.** If you choose to heat with wood, make sure your wood is well-seasoned (20% moisture content or less). For every percent increase in moisture content there is a 1% decrease in heating value. (U.S. Dept. of Energy, www.energysavers.gov)