

# HEALTHY AIR, HEALTHIER CHILDREN

HEAL monitored air pollution in and around 50 schools in Berlin, Madrid, London, Sofia, Paris and Warsaw and this is the result:

## Air pollution affects children's health



Increases the risk of **developing asthma** and leads to a higher number and more severe asthma attacks



Children's **school performance**



**Brain, heart, and nervous system**, even before birth

## Main findings using citizen science



**NO<sub>2</sub> from outside**, mostly from traffic, found in all classrooms monitored



**Varied concentrations of PM**, at times higher than what the World Health Organization recommends



**CO<sub>2</sub> values in the majority of classrooms** above the levels recommended by health experts, indicating the need for more ventilation

## What needs to happen?



**Consider indoor air quality when renovating school buildings** for energy efficiency

**More and longer-term air quality monitoring**

**Clean up the air outdoors** to improve the air indoors

**Health sector engagement** on healthy school settings, including advising schools and authorities on clean air, energy and climate measures in- and outdoors



[www.env-health.org/healthy-buildings-healthier-people/](http://www.env-health.org/healthy-buildings-healthier-people/)



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