MENTAL HEALTH DISORDERS INCLUDE:

- Depression
- Anxiety
- Mental illnesses
- Bipolar
- Psychoses
- Schizophrenia

MENTAL HEALTH IN POLAND AND IN THE WORLD:

- Around 3.8% of the world’s population is affected by depression.
- Mental health problems affect 20% of children and adolescents in the world.

AIR POLLUTION: AN EMERGING RISK FACTOR FOR MENTAL HEALTH

- Air pollutants (PM2.5, PM10, NO2, O3, PAHs and CO) are among the risk factors for dementia.
- The Scientific Commission of the medical journal “The Lancet” identified an association between exposure to air pollution and the risk of Alzheimer’s disease.
- A systematic review of 39 studies and a meta-analysis carried out in 2021 indicates that there is a link between depression and long-term exposure to other pollutants such as:

  - Particulate matter with diameter ≤10 μm (PM10) and ≤2.5 μm (PM2.5)
- The results of the analysis carried out on two datasets (151 million people from the USA and 1.4 million people from Denmark) indicate a significant association between exposure to air pollution and the risk of depression.
- The Lancet Commission of the medical journal “The Lancet” identified air pollution as a risk factor of 8 problems for global health.

RISK FACTORS FOR MENTAL HEALTH

- Proximity to traffic
- Proximity to major transport nodes

AIR POLLUTION: AN EMERGING RISK FACTOR FOR THE MENTAL HEALTH OF CITY RESIDENTS

- Air pollution is a major risk factor for mental health.
- Exposure to air pollution can lead to increased stress levels and may contribute to mental health disorders.
- The impact of air pollution on mental health is especially significant in urban areas, where exposure to pollution is higher.
- The results of studies have shown a significant association between air pollution and mental health disorders, including depression and anxiety.

CITIES FRIENDLY FOR MENTAL HEALTH

- Creating 15-minute cities
- Promoting, developing and rewarding zero-emission mobility
- Zero-emission transport
- Promoting healthy lifestyles
- Creating school streets without cars

MENTAL HEALTH BY: WE CAN CREATE MENTAL HEALTH-FRIENDLY CITIES

- Mental health-friendly cities
- Mental health support
- Mental health awareness