



OUR LIVES. OUR PLANET.

3/10/24

Dr Malcolm White

Educating Health Professionals on Clean Air

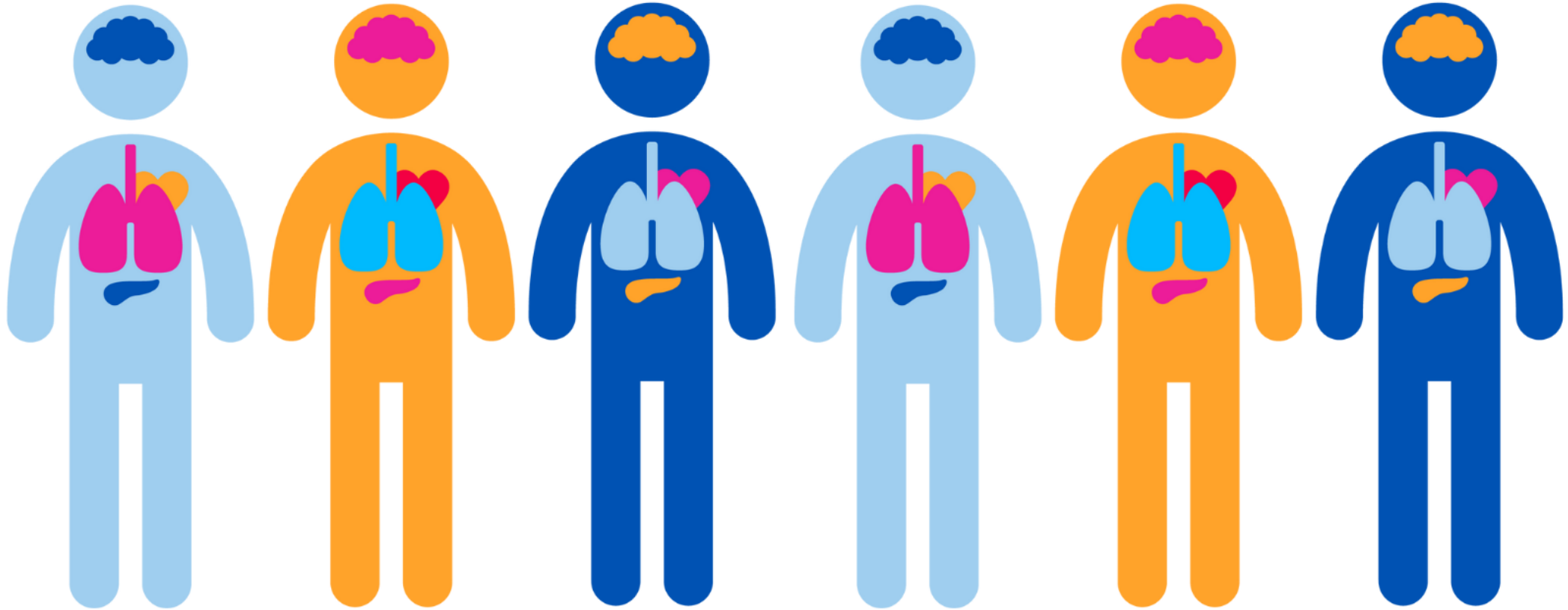
Notcutt House, 36 Southwark Bridge Road, London, SE1 9EU, Telephone 0204 566 9904
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CleanAirDay

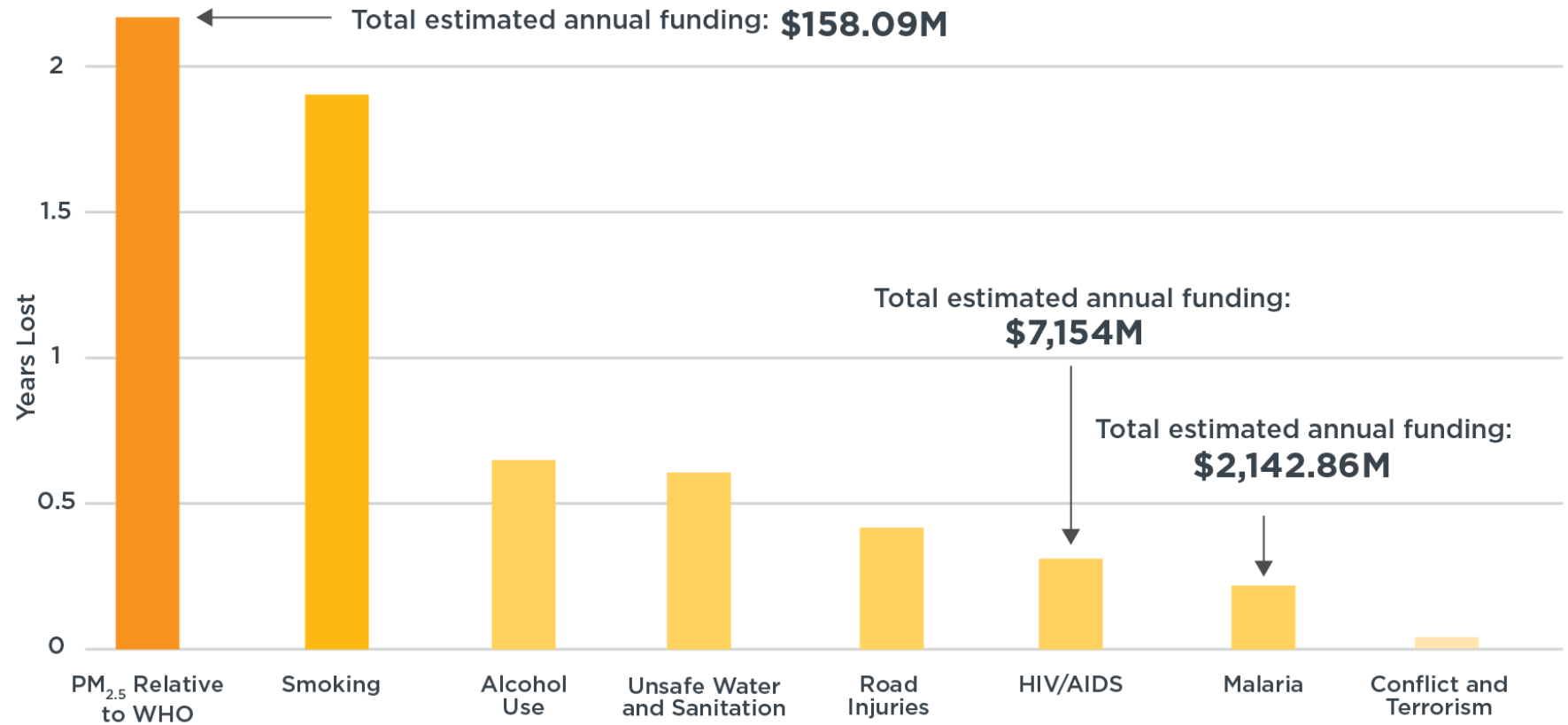
Clean Air Day is the UK's largest air pollution campaign, bringing together communities, businesses, schools and the health sector.

Air pollution impacts us all



Air pollution is the biggest environmental threat to our health

Life Expectancy of PM_{2.5} and Unassociated Causes/Risks of Death, Global



Life Expectancy Impact of PM_{2.5} and Unassociated Causes/Risks of Death, Global

Health Inequalities

The negative impacts of air pollution are unequal.

The greatest burden falls on people:

- Already affected by inequality, often with existing health conditions/vulnerabilities
- Who contribute least to the problem of air pollution
- Who have the least agency to tackle the problem of air pollution.

Low-income families and black, asian and minority ethnic groups are disproportionately affected.



In the UK, air pollution....

Causes up to 43,000 deaths each year

Causes over 6 million sick days each year

Costs the NHS and care providers £22.6 billion per year

Is responsible for 25% of deaths from heart disease and 24% from strokes

Causes 20,000+ hospital admissions for lung and heart problems

Air pollution is a health issue that requires a health sector response

Healthcare creates air pollution

We can work to minimise those contributions and protect our staff, our patients and the public





1. Role Model

NHS leadership -
minimising the air
pollution it creates
and influences



2. Educator

Inform staff,
patients and the
public about the
health risks and
how to protect
their health



3. Champion

Collaborating to
support policy
measures and work
that improves air
quality and reduce
health inequalities

Solutions to air pollution are a health opportunity



Walking and cycling reduce risks of heart disease, stroke, cancer and diabetes



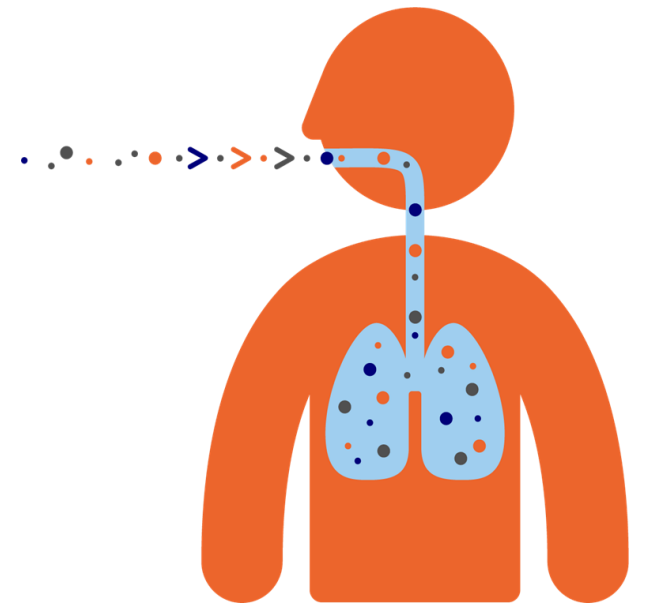
They also promote mental wellbeing



And will help tackle the climate crisis

UKHACC member insights:

- Health professionals are willing
- Messages need to be tailored to different patient groups
- Needs an accompanying public health campaign
- Health professionals cannot be expected to be air pollution experts – need for resources and support
- Air pollution needs to become part of health professional training and development



Clean Air Champions – Pilot Projects

2020/21 - Respiratory and Paediatrics - 40

2022 - Primary Care - 57

2023/24 City of London - 37

2024 - Southampton - 50

2024 - Maternal Health - 10

2025 - Cardiology - ~10

TOTAL > 200!!

Paediatric Health Professional and Clean Air Champion sharing materials on air pollution with patients and staff on Clean Air Day 2020



Resources for Patients

Air pollution can cause or worsen health problems in **children**

These actions can help protect your child:

1. **Use quieter, greener routes:** Take quieter paths through green spaces to keep away from polluting traffic.
2. **Leave the car behind:** Encourage your family to walk or wheel more.
3. **Turn the engine off:** If you need to use a car, turn the engine off when you are not moving and it's safe to do so.
4. **Check the pollution forecast:** Find out the air quality in your local area on cleanairhub.org.uk/forecasts
5. **Clean the air in your home:** Use fragrance-free, milder cleaning products, and avoid home burning. Use 'low VOC' products when painting or decorating. Open windows if they are away from busy roads to ventilate your home.

Find out more about air pollution and how to protect your family's health at cleanairhub.org.uk



My air pollution plan _____

Choose the actions that you and your family are going to take to protect your health from air pollution

We will **walk or wheel** to school

We will buy **safer cleaning products and paints**

We will use **quieter, green routes** to avoid heavy traffic

We will ask people **not to smoke** in our home

We will **leave the car at home** when we can

We will **avoid home burning** (eg. log burners, coal fires and candles)

We will **turn the engine off** when the car is not moving

We will **open a window** when cooking and cleaning

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Results – Teaching Surveys

Indicator (1 is low, 10 is high)	Before (n = 50)		After (n = 40)	
	Average score	% with good understanding/ confidence (7-10)	Average score	% with good understanding/ confidence (7-10)
On a scale of 1-10, how would you rate your knowledge of sources of <u>outdoor</u> air pollution?	5.64	34%	8.13	98%
On a scale of 1-10, how would you rate your knowledge of sources of <u>indoor</u> air pollution?	4.64	18%	8.03	95%
On a scale of 1-10, how would you rate your <u>understanding</u> of the health impacts of air pollution?	5.84	32%	8	95%
On a scale of 1-10, how would you rate your <u>understanding</u> of what patients can do to protect their health?	5.2	22%	7.78	88%
On a scale of 1-10, how would you rate your <u>confidence</u> levels in talking to your patients about air pollution?	4.3	12%	7.53	90%
On a scale of 1-10, how would you rate your <u>confidence</u> levels in giving your patients advice as to what they can do to reduce their exposure to air pollution?	4.34	16%	7.65	90%
On a scale of 1-10, how would you rate your <u>ability to sign post</u> patients to further information and advice on air pollution?	3.68	10%	7.93	93%

- Healthcare practitioners less confident on indoor air pollution
- Teaching increased knowledge, confidence and understanding about air pollution

National Primary Care Key Moments

- **Trained 40 primary care staff across England**
- **85% cascaded learning to colleagues**
- **Resources freely available**
- **Used and recommended by royal colleges including RCP, RCPCH and RCGPs**
- **Interviews with GPs for additional insights**
- **Primary Care Protocol**



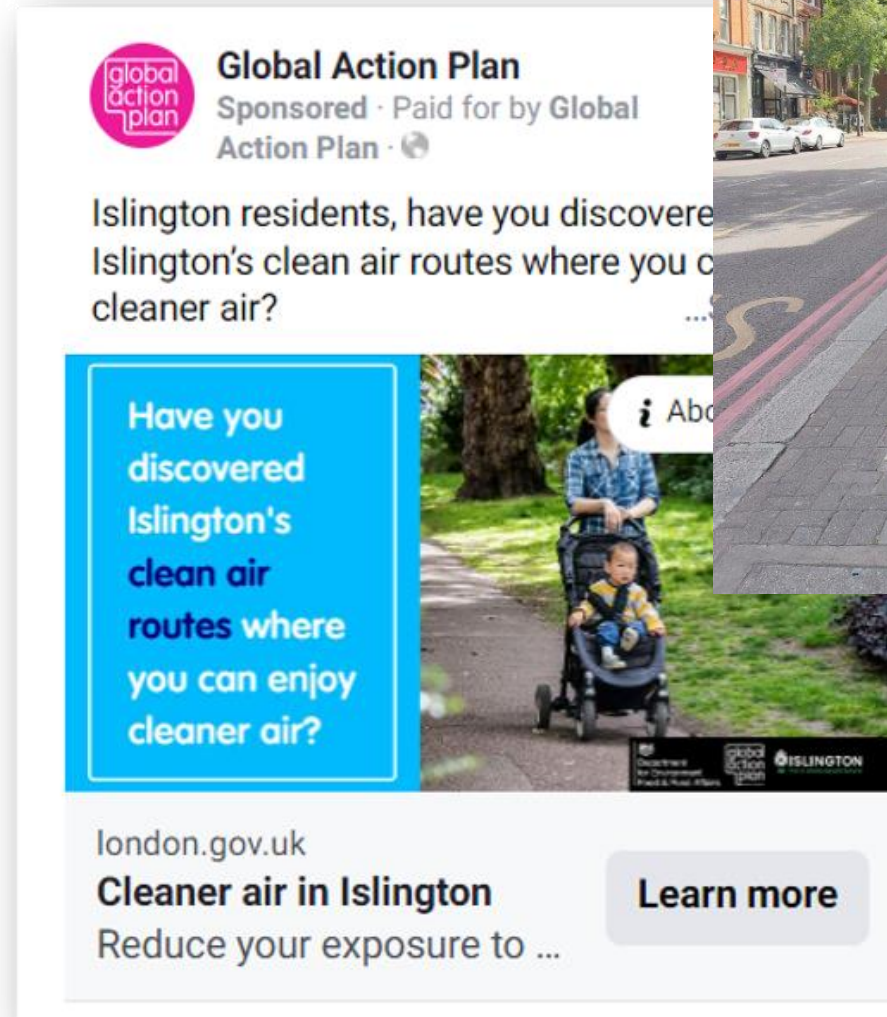
Islington – Key Moments

Wider communications campaign alongside education of staff

Patient surveys outside GP practices

Translated resources

- **7%** of GPs had spoken to patients about air pollution before training. After training this rose to **88%**
- **52%** of Islington patients who received advice from their GP changed their behaviour to reduce their exposure
- **100%** of health care practitioners said that training was useful in preparing them to talk about air pollution.



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Islington residents, have you discovered Islington's clean air routes where you can enjoy cleaner air?

Have you discovered Islington's clean air routes where you can enjoy cleaner air?

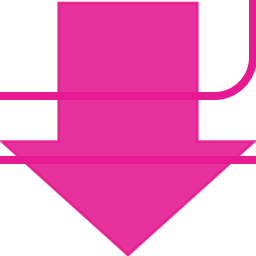
london.gov.uk
Cleaner air in Islington
Reduce your exposure to ...

[Learn more](#)

Additional text in the image: "Don't idle your vehicle. Let's all help to keep our air clean." and "Abd" (partially visible).



Air pollution seriously impacts our health.



There are things we can do to avoid polluted air and to cut down the air pollution we create



Do not underestimate the power of your voice in calling for change!

Conclusions

- Healthcare staff can teach patients about AQ issues
 - Teaching helps them feel confident to do so
 - Not just medical staff!
- Champions model successful, but not a replacement for educational review
 - Train-the-trainer approach good for spreading learning
 - Staff are time-poor and need AQ teaching incorporated
- Gathering patient input when designing projects and feedback into resources

Resources to help

- GAP's 'Clean Air Knowledge Hub'
- Video lectures
- Slides
- GAP and NHS K&M modules
- WHO modules

The screenshot displays the Clean Air Academy website interface. At the top, the logo for Clean Air Academy is on the left, and navigation links for 'Healthcare Professionals', 'Patients & Public', 'Resources', 'About', 'Contact', and 'Profile' are in the center. A 'Sign Out' button is on the right. The main content area is split into two columns. The left column, titled 'HEALTHCARE PRACTITIONERS', features a course titled 'Air Pollution and Your Health' with 7 modules, 62 lessons, and 7 quizzes. It includes a 'What will I learn?' section with introductory text and a list of learning objectives. The right column shows a 'Congratulations!' message for course completion and a 'Download certificate' button. Below this is a 'Course Content' section with an 'Expand All' button and two course items: 'Air Pollution and Health' (9 lessons) and 'What is Air Pollution?' (6 lessons), each with an 'Expand' button.

Clean Air Academy

Healthcare Professionals Patients & Public Resources About Contact Profile **Sign Out**

HEALTHCARE PRACTITIONERS

Air Pollution and Your Health

7 modules | 62 lessons | 7 quizzes

What will I learn?

In this series, we are exploring the topic of air pollution.

This first module looks at the connection between air pollution and health. We start by examining why air pollution is one of the greatest public health challenges of our time and how air pollution can enter and harm our bodies throughout our lives.

We then delve deeper into this topic, looking at the links between climate change and air pollution and how actions to tackle air pollution are also good for the health of our planet.

In the next module, we will look at different types of air pollution and their sources.

By the end of this module, you will understand:

- The scale of the problem of air pollution
- How air pollution enters the body
- The health harms of air pollution across the whole body and from before birth through to old age
- The link between air pollution and planetary health

Congratulations!

You have successfully completed the course.

Click here to download your certificate:

Download certificate

Course Content

Expand All

- Air Pollution and Health**
9 Lessons **Expand**
- What is Air Pollution?**
6 Lessons **Expand**

<https://www.actionforcleanair.org.uk/health/knowledge-hub-health>

Leadership in this space

- Royal College of Paediatrics and Child Health

- Webinars
- Position statement on air pollution
- Recommendations for government
- Powerful campaigning voice



...about air pollution in clinical practice?

3. Use supporting information for yourself and your patients



Join Us!

- **Coordination to incorporate AQ into healthcare curricula**
 - GLA/London's AQHPO, Royal colleges, HEE, devolved NHS bodies and other partners
 - Mapping the healthcare education sector
- National Public Health Campaign on AP
- Ongoing campaign for Governmental action on AQ – Ella's Law?
 - Working towards WHO targets



Thank you!

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Make travel choices for cleaner air



- Walk or wheel to work or school, using greener routes with less traffic when you can.



- Consider switching to an electric vehicle or leaving the car at home.



- If you need to drive, turn the engine off when you are not moving and it is safe to do so.



- Find out what air quality is like in your local area.

Make cleaner air decisions in the home



- Use fragrance-free, milder cleaning products and avoid plug-in fragrances.



- When decorating, choose safer paints and varnishes that are labelled 'low VOC'.



- Ask people not to smoke or vape in your home.



- Avoid home burning (e.g. log burners, coal fires, or candles).



- Open windows that are away from main roads to ventilate your home

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