NORTHEAST
BUSINESS GROUP ON HEALTH

MONDAYS WITH DR MARK & DR MICHAEL

Monday, June 12, 2023 | 1:00 – 1:30PM

TOPIC #5

Air Pollution and What Employers Can Do

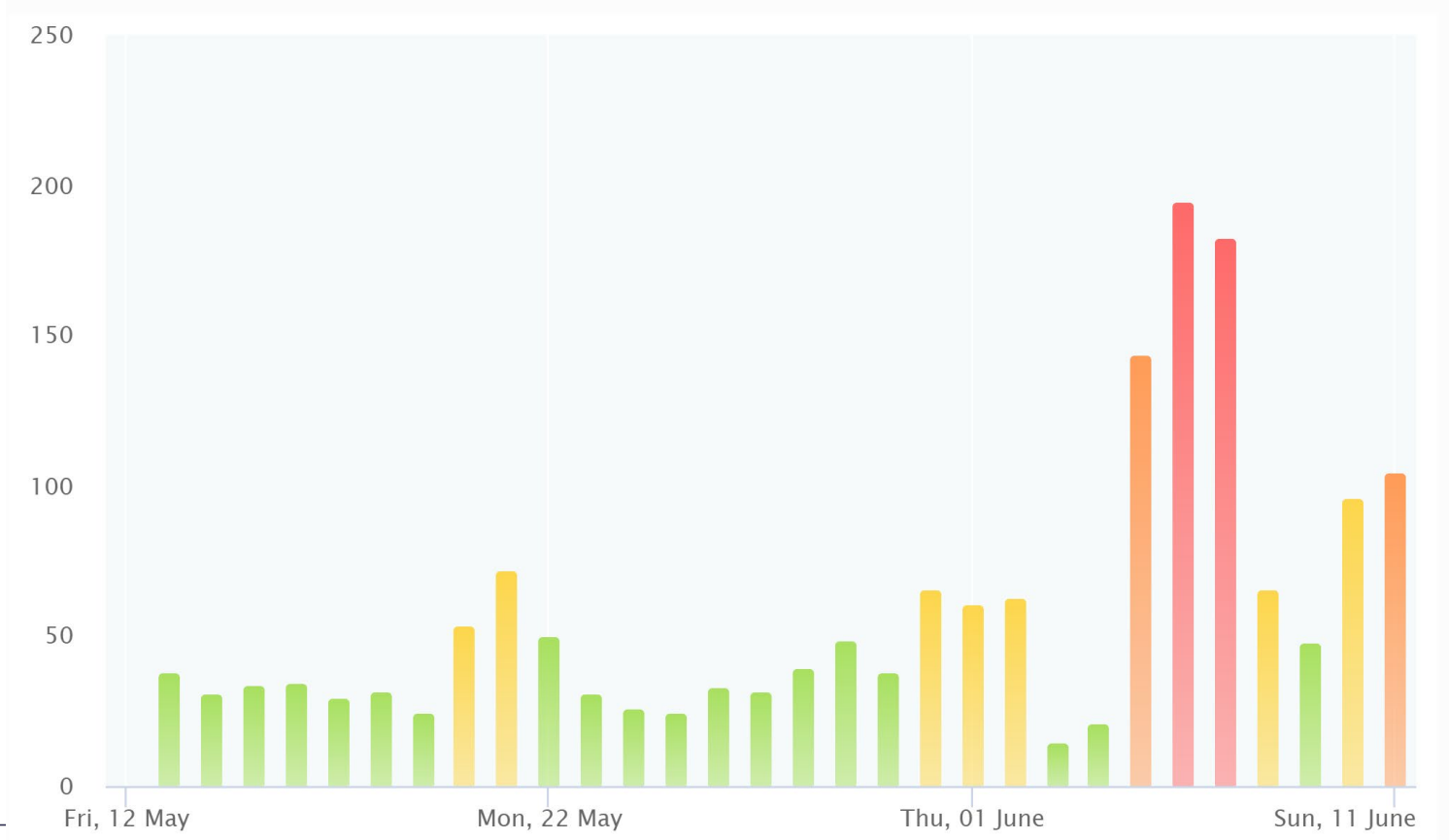
HP2030 HEALTHY PEOPLE 2030 CHAMPION

MetLife

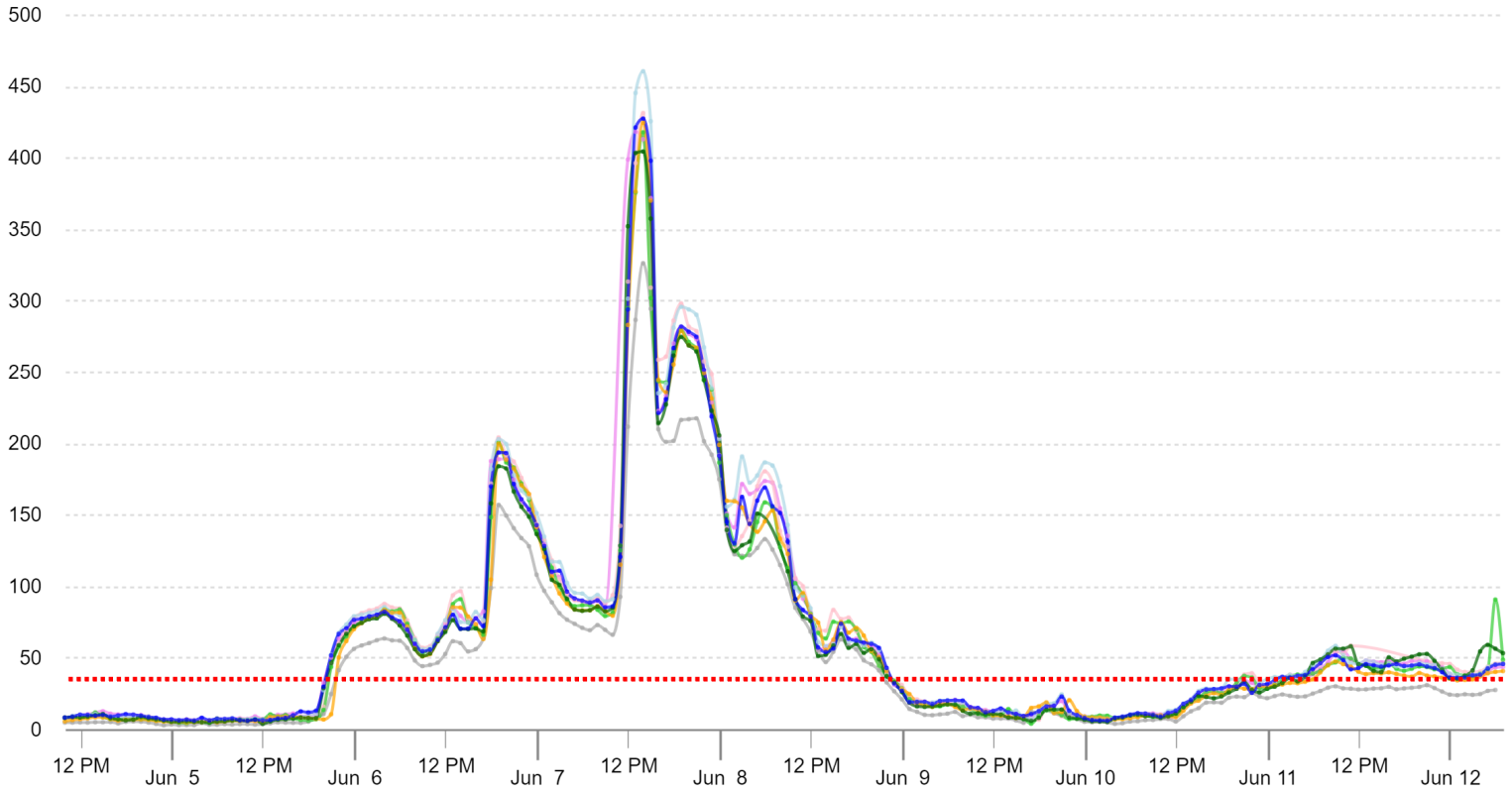
AQI Basics for Ozone and Particle Pollution			
Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Five Key Pollutants:

- Ground-level ozone
- Particle pollution (also known as particulate matter, including PM2.5 and PM10)
- Carbon monoxide
- Sulfur dioxide
- Nitrogen dioxide


250
200
150
100
50
0
Fri, 12 May
Mon, 22 May
Thu, 01 June
Sun, 11 June

Hourly PM2.5 measurements (in µg/m^3) | NAAQS 24-hour PM2.5 standard (35 µg/m^3)



https://a816-dohbesp.nyc.gov/IndicatorPublic/beta/key-topics/airquality/realtime/

Fine Particles (PM2.5)

- Fine particles (PM2.5) are among the most harmful pollutants
- Mild symptoms include:
  - Irritation of the eyes, nose, and throat; coughing; phlegm; chest tightness; and shortness of breath
- More severe symptoms:
  - Coughing, chest discomfort, wheezing, shortness of breath, and unusual fatigue
- Long-term exposure to PM2.5 contributes to an estimated 2,300 excess deaths from lung and heart disease each year in NYC (1 out of every 20 deaths in NYC)

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Questions

Upcoming NEBGH virtual events

- **June 15** – 12th Annual Health & Wellness Benefits Conference
- **June 26** – Mondays with Dr. Mark & Dr. Michael
- **July 11** – Let's Get Clear on Employer Fiduciary Responsibilities