

# Studies show that cleaner air lengthens our lives

According to a new study by U.S researchers, efforts to cut air pollution in the past few decades have helped increase life expectancy in the general population. The recent study, published in the New England Journal

of Medicine<sup>1</sup>, provides the most comprehensive evidence to date that may put to rest the question of whether air quality improvements can have a measurable effect on health. On average, reductions in fine particulate air pollution in the past few decades increased life expectancy by about five months for those living in 51 U.S cities that researchers included in the study.

“The message is that prevention works here.”

Says Ted Broadway, health care consultant for the Canadian Medical Association. “In short, it’s worth doing anything because if you do something, you get something.” Previous research has demonstrated an association between fine particulate air pollution and an increase in the risk of various health issues, ranging from breathing problems to decreased lung function and heart attacks.

For more information visit [www.theglobeandmail.com](http://www.theglobeandmail.com) and search for ‘Cleaner air lengthens our lives’.

