

Explore the body to discover how indoor air pollution could affect your health...

Indoor air pollution is responsible for the annual loss of up to 204,129 healthy life years in the UK¹

Eyes

Formaldehyde is a chemical released into the air by wooden furniture, textiles, paint and wallpaper, varnishes and glues, cleaning products and electronic equipment. It can be a serious irritant, particularly to the eyes.⁴

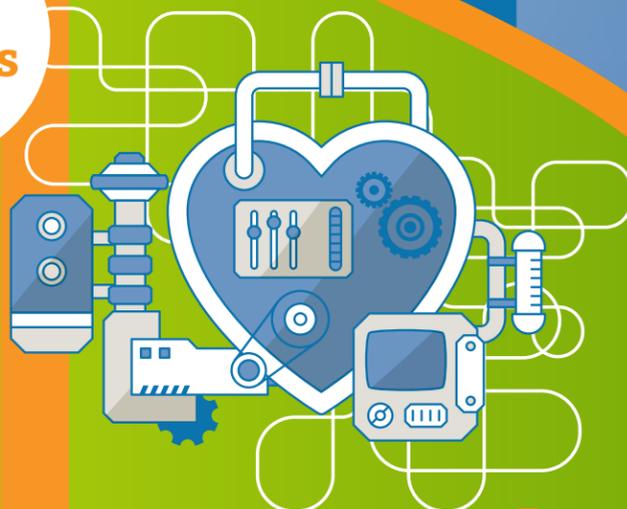
Brain

The link between air pollution and dementia is currently under investigation, as studies suggest exposure to environmental factors, including indoor air pollution, could contribute to an increased risk of developing dementia⁸

Heart & Lungs

Indoor air pollution poses a significant risk to cardiovascular health. Cardiovascular disease accounts for 45% of the national burden of disease attributable to indoor air pollution in the UK⁵

The next highest burden of disease is asthma (22%), followed by lung cancer (15%)⁵



Skin

Mould releases spores which contribute to indoor air pollution and you are on average 19% more likely to have a skin or respiratory health condition if you have mould or condensation in your home²

Exposure to mould spores in the home can exacerbate eczema³

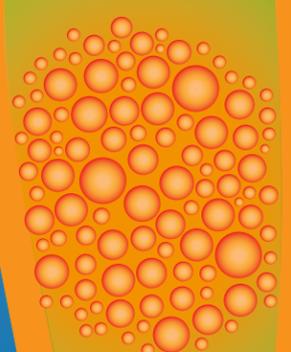
Lungs

Occupants of damp or mouldy buildings are at increased risk of respiratory symptoms, respiratory infections and exacerbations of asthma⁶

Indoor dampness can promote bacterial growth and the survival of viruses⁶

Inadequate ventilation in UK homes could lead to an 80% increase in asthma sufferers from current levels by 2050⁷

Chemicals found in indoor air, called Volatile Organic Compounds, have been linked to lung irritation, inflammation and even cancer⁴



References:

- 1 National Institute for Health and Welfare (2013) Efficient reduction of indoor exposures. Health benefits from optimizing ventilation, filtration and indoor source controls
- 2 YouGov Consumer Survey (2014) Air Quality
- 3 Allergy UK Mould Allergy Advice www.allergyuk.org
- 4 WHO Guidelines for Indoor Air Quality (2010) Selected Pollutants
- 5 National Institute for Health and Welfare (2013) Efficient reduction of indoor exposures. Health benefits from optimizing ventilation, filtration and indoor source controls
- 6 WHO Guidelines for Indoor Air Quality (2009) Dampness and Mould
- 7 The Future of Indoor Air Quality in UK Homes and its Impact on Health (2015) Professor Hazim Awbi, School of Built Environment, University of Reading.
- 8 Role of Environmental Contaminants in the Etiology of Alzheimer's Disease