



In a single day the average person breathes enough air to fill a modestly sized tanker truck. Across the state, Texans breathe more than 68 billion gallons of air each day. Some of it is polluted. Exposure to polluted air can harm our health.

Scientists have estimated that the number of deaths in the United States associated with air pollution ranges from 50,000 to 100,000 per year. Lung disease is one of the fastest growing causes of death. But as citizens put the health of their parents, kids, and other loved ones as their top priority, awareness about the problem is growing. With millions of cars on Texas roads, Texans are looking for solutions.

Drive Clean Across Texas
www.drivecleanacrosstexas.org

Sponsoring Agencies



Supporting Agencies



Partner Agencies

- | | |
|-----------------------|---|
| Austin: | CLEAN AIR Force of Central Texas
Capital Area Metropolitan Planning Organization |
| Beaumont/Port Arthur: | Southeast Texas Regional Planning Commission |
| Corpus Christi: | Pollution Prevention Partnership |
| Dallas/Fort Worth: | North Central Texas Council of Governments
North Texas Clean Air Coalition |
| El Paso: | TxDOT El Paso District |
| Houston/Galveston: | Houston-Galveston Area Council |
| San Antonio: | Alamo Area Council of Governments |
| Tyler-Longview: | East Texas Council of Governments |
| Victoria: | Air Victoria—Keep it Clean |



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For their health
 ...and yours.

A by-the-numbers look at air pollution myths, impacts, and most affected populations

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1
 One primary concern:





5 **Five ways to help:**

When we get right down to it, health is our most treasured asset. The well-being of our loved ones, priceless. Air pollution especially threatens children and the elderly, two populations we strive hardest to protect. But there is brighter news. Five simple steps can help solve the problem.

- 1) **Maintain your vehicle**
cars and trucks in top running order pollute less
- 2) **Drive less**
walk, bike, take public transit, carpool, and combine errands
- 3) **Buy a “cleaner” vehicle**
lower emitting vehicles such as hybrids are a cleaner option. You can also find information on other vehicles with lower emissions at <http://www.epa.gov/greenvehicles/>
- 4) **Drive the speed limit**
not always popular, but always air-friendly; driving fast increases emissions
- 5) **Reduce idling**
limit the time you sit in drive-thrus, or better yet take the sometimes quicker and always healthier option, and walk inside

2 **Two most at RISK**

Seniors and our children are the hardest hit populations. Seniors, more prone to heart and lung disease, are particularly susceptible. A lifetime of exposure to ozone pollution can damage lung cells. Damaged lung cells can decrease the lung function and aggravate respiratory problems.

The health impacts are equally tough for children. Air pollution aggravates asthma. Among chronic diseases, asthma is a top reason children stay home from school. Young people breathe 50 percent more air per pound of body weight than adults, and their lung capacity continues to grow into early adulthood. Chronic exposure to harmful pollutants can lead to a lifetime of lung problems.

3 **Three main pollutants:**

NOx, VOCs, and PM—Automobiles emit a number of nasty pollutants into the air around our cities. In Texas, the “big three” most hazardous to our health are:

- ★ **NOx**—“Nitrogen Oxides”, or NOx, is a generic term for reactive gases containing nitrogen and oxygen. NOx is one of the main ingredients that form ground-level ozone, which irritates lung tissues.
- ★ **VOCs**—Volatile Organic Compounds, another ingredient in making ozone, are released into the air when fuel evaporates. NOx combines with VOCs during the heat and light of the day to form ground level ozone which irritates lung tissues.
- ★ **PM**—Particulate Matter is a complex mixture of particles, including the sooty emissions of automobiles. These emissions total up to thousands of pounds of pollution released into the air every day. PM can lodge in the lungs and cause respiratory and cardiac problems.

4 **Four tall tales about idling:**

a virtually silent thief of gasoline, money, and the quality of our air. Idling for even a minute uses more fuel and creates more pollution than turning off the engine and restarting it. Many myths abound about idling, such as:

- ★ **Idling is good for your car...NOT TRUE**, and it even leads to an incomplete burn of fuel, leaving nasty deposits in your engine.
- ★ **Idling is essential on cold-weather days...FALSE.** Modern engines don’t need to idle. Oil begins circulating in seconds and it’s better to drive off and save your time and money (avoid burning fuel while going nowhere).
- ★ **Idling for 15 minutes is the best way to warm up a vehicle...WRONG.** Driving is the best way to warm up a vehicle.
- ★ **Restarting a car is hard on equipment...NOT SO.** Modern engineering studies show that restarting has little impact on batteries and starters.