



## Does My State's Air Quality Matter?

by NEWLIFEOUTLOOK TEAM

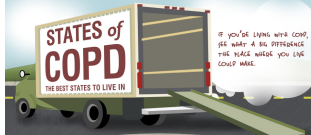
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### The Best States to Live in with COPD

The air pollution in your state has the ability to make your COPD symptoms worse.

Take a look at the number of smokers and the air quality in your state. How does your state rank? You may not have the option to pack up and move, but consider these factors next time you're planning an out-of-state trip or vacation.

From COPD Connect



### CLEAN VS. POLLUTED AIR

Image source: <http://www.epa.gov/epaosmp/qaic/qaic04a.html>

POLLUTION IS MEASURED BY COUNTING PARTICLES PER CUBIC METER. PARTICLES AS SMALL AS 10 MICRONS CAN PENETRATE INTO THE LUNGS AND ENTER THE BLOOD STREAM. THE MORE PARTICLES THE MORE POLLUTED THE AIR... AND THE MORE HARMFUL IT COULD BE TO YOUR LUNGS.

15.4 µg

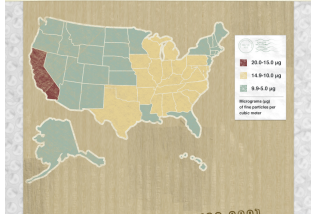
Good Air Quality  
as measured by the  
Air Quality Index

404 µg

Very unhealthy Levels  
According to the Air  
Quality Index

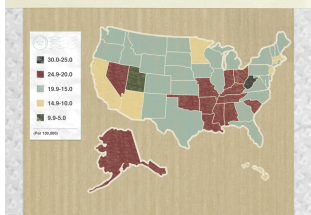
### AIR POLLUTION

MAPS BELOW SHOW NATIONAL AVERAGE FORECASTS FOR AIR QUALITY IN YOUR AREA. VISIT [WWW.EPA.GOV](http://www.epa.gov)

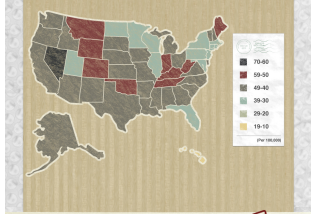


### NUMBER OF SMOKERS (PER 100,000)

SMOKING AND SECOND-HAND SMOKE MAY EITHER CAUSE COPD OR MAKE IT WORSE. IT'S BEST TO AVOID AREAS WHERE SMOKING IS PREVALENT.



### DEATHS FROM COPD (PER 100,000)



## BEST OF THE BEST

Name: \_\_\_\_\_ Address: \_\_\_\_\_

#### HAWAII

State Rank: 1st

Air Quality: 1st

Level of Smokers: 1st

AQI Rank: 1st

#### UTAH

State Rank: 8th

Air Quality: 2nd

Level of Smokers: 1st

AQI Rank: 1st

#### MINNESOTA

State Rank: 6th

Air Quality: 1st

Level of Smokers: 1st

AQI Rank: 1st

#### MASSACHUSETTS

State Rank: 18th

Air Quality: 1st

Level of Smokers: 1st

AQI Rank: 1st

#### NEW JERSEY

State Rank: 2nd

Air Quality: 1st

Level of Smokers: 1st

AQI Rank: 1st

#### THE MOST-IMPROVED STATES

2208251

AIR QUALITY CHANGES				NUMBER OF SMOKERS			
Map shows how air quality has improved				Map shows how many smokers there are			
STATE	2000	2011	DIFFERENCE	STATE	2000	2011	DIFFERENCE
Georgia	16.2	15.2	1.0	North Dakota	52.4	51.0	1.4
Alabama	16.2	15.1	1.1	South Dakota	51.0	49.7	1.3
Michigan	16.1	15.0	1.1	Connecticut	47.4	46.2	1.2
Tennessee	16.0	14.9	1.1	Arizona	47.4	46.2	1.2
Connecticut	15.7	14.6	1.1	Vermont	32.1	31.0	1.1
Illinois	14.4	13.3	1.1	Michigan	31.1	30.0	1.1
New Jersey	14.1	13.0	1.1	Florida	31.1	30.0	1.1
Dishonour	14.1	13.0	1.1	Maryland	29.7	28.6	1.1
Massachusetts	14.1	13.0	1.1	Delaware	29.7	28.6	1.1