



Does My State's Air Quality Matter?

by NEWLIFEOUTLOOK TEAM

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

STATES of COPD

THE BEST STATES TO LIVE IN

IF YOU'RE LIVING WITH COPD, YOU WANT A BIG DIFFERENCE IN THE RISK WHEN YOU LIVE IN A BETTER STATE.

CLEAN VS. POLLUTED AIR

SMOKE & AIR QUALITY

POLLUTION IS MEASURED BY COMPARED TO THE MOST POLLUTED IN THE AIR, WHICH ARE THE STATES OF CALIFORNIA, ALABAMA AND THE DISTRICT OF COLUMBIA. THE MORE POLLUTED THE AIR IS, THE MORE HARMFUL IT COULD BE TO YOUR LUNGS.

15.4 µg
Good air quality as measured by the AQI quality index

48.0 µg
Very unhealthy levels according to the AQI quality index

AIR POLLUTION

AIR QUALITY INDEX (AQI) RANGES FROM 0 TO 500. FOR FORECASTS OF AIR QUALITY IN YOUR AREA, VISIT [AIRNOW.GOV](http://airnow.gov)

Legend:
 0-50: 0-50 µg
 51-100: 51-100 µg
 101-150: 101-150 µg
 151-200: 151-200 µg
 201-300: 201-300 µg
 301-400: 301-400 µg
 401-500: 401-500 µg

NUMBER OF SMOKERS (PER 100,000)

SMOKE-RELATED SECOND-HAND SMOKE MAY EITHER CAUSE COPD OR MAKE IT WORSE. IT'S BEST TO AVOID SECOND-HAND SMOKE, INCLUDING AIR POLLUTION.

Legend:
 10.0-25.0
 25.0-30.0
 30.0-35.0
 35.0-40.0
 40.0-45.0
 45.0-50.0
 50.0-55.0
 55.0-60.0
 60.0-65.0
 65.0-70.0
 70.0-75.0
 75.0-80.0
 80.0-85.0
 85.0-90.0
 90.0-95.0
 95.0-100.0
 100.0-105.0
 105.0-110.0
 110.0-115.0
 115.0-120.0
 120.0-125.0
 125.0-130.0
 130.0-135.0
 135.0-140.0
 140.0-145.0
 145.0-150.0
 150.0-155.0
 155.0-160.0
 160.0-165.0
 165.0-170.0
 170.0-175.0
 175.0-180.0
 180.0-185.0
 185.0-190.0
 190.0-195.0
 195.0-200.0
 200.0-205.0
 205.0-210.0
 210.0-215.0
 215.0-220.0
 220.0-225.0
 225.0-230.0
 230.0-235.0
 235.0-240.0
 240.0-245.0
 245.0-250.0
 250.0-255.0
 255.0-260.0
 260.0-265.0
 265.0-270.0
 270.0-275.0
 275.0-280.0
 280.0-285.0
 285.0-290.0
 290.0-295.0
 295.0-300.0
 300.0-305.0
 305.0-310.0
 310.0-315.0
 315.0-320.0
 320.0-325.0
 325.0-330.0
 330.0-335.0
 335.0-340.0
 340.0-345.0
 345.0-350.0
 350.0-355.0
 355.0-360.0
 360.0-365.0
 365.0-370.0
 370.0-375.0
 375.0-380.0
 380.0-385.0
 385.0-390.0
 390.0-395.0
 395.0-400.0
 400.0-405.0
 405.0-410.0
 410.0-415.0
 415.0-420.0
 420.0-425.0
 425.0-430.0
 430.0-435.0
 435.0-440.0
 440.0-445.0
 445.0-450.0
 450.0-455.0
 455.0-460.0
 460.0-465.0
 465.0-470.0
 470.0-475.0
 475.0-480.0
 480.0-485.0
 485.0-490.0
 490.0-495.0
 495.0-500.0
 500.0-505.0
 505.0-510.0
 510.0-515.0
 515.0-520.0
 520.0-525.0
 525.0-530.0
 530.0-535.0
 535.0-540.0
 540.0-545.0
 545.0-550.0
 550.0-555.0
 555.0-560.0
 560.0-565.0
 565.0-570.0
 570.0-575.0
 575.0-580.0
 580.0-585.0
 585.0-590.0
 590.0-595.0
 595.0-600.0
 600.0-605.0
 605.0-610.0
 610.0-615.0
 615.0-620.0
 620.0-625.0
 625.0-630.0
 630.0-635.0
 635.0-640.0
 640.0-645.0
 645.0-650.0
 650.0-655.0
 655.0-660.0
 660.0-665.0
 665.0-670.0
 670.0-675.0
 675.0-680.0
 680.0-685.0
 685.0-690.0
 690.0-695.0
 695.0-700.0
 700.0-705.0
 705.0-710.0
 710.0-715.0
 715.0-720.0
 720.0-725.0
 725.0-730.0
 730.0-735.0
 735.0-740.0
 740.0-745.0
 745.0-750.0
 750.0-755.0
 755.0-760.0
 760.0-765.0
 765.0-770.0
 770.0-775.0
 775.0-780.0
 780.0-785.0
 785.0-790.0
 790.0-795.0
 795.0-800.0
 800.0-805.0
 805.0-810.0
 810.0-815.0
 815.0-820.0
 820.0-825.0
 825.0-830.0
 830.0-835.0
 835.0-840.0
 840.0-845.0
 845.0-850.0
 850.0-855.0
 855.0-860.0
 860.0-865.0
 865.0-870.0
 870.0-875.0
 875.0-880.0
 880.0-885.0
 885.0-890.0
 890.0-895.0
 895.0-900.0
 900.0-905.0
 905.0-910.0
 910.0-915.0
 915.0-920.0
 920.0-925.0
 925.0-930.0
 930.0-935.0
 935.0-940.0
 940.0-945.0
 945.0-950.0
 950.0-955.0
 955.0-960.0
 960.0-965.0
 965.0-970.0
 970.0-975.0
 975.0-980.0
 980.0-985.0
 985.0-990.0
 990.0-995.0
 995.0-1000.0

DEATHS FROM COPD (PER 100,000)

Legend:
 10-20
 20-30
 30-40
 40-50
 50-60
 60-70
 70-80
 80-90
 90-100
 100-110
 110-120
 120-130
 130-140
 140-150
 150-160
 160-170
 170-180
 180-190
 190-200
 200-210
 210-220
 220-230