



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 WAYS WHERE YOU LIVE COULD MAKE.

CLEAN VS. POLLUTED AIR

SMOKE & AIR QUALITY

POLLUTION IS MEASURED BY COMPARED PARTICLES IN THE AIR, WHICH ARE KNOWN AS COARSE PARTICLES. PARTICLES ARE MEASURED IN MICROGRAMS PER CUBIC METER. THE MORE PARTICLES, THE MORE POLLUTED THE AIR IS. AND THE MORE PARTICLES, IT COULD BE TO YOUR LUNGS.

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

480 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)

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

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

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

NUMBER OF SMOKERS (PER 100,000)

SMOKE-RELATED SECOND-HAND SMOKE MAY EITHER CAUSE COPD OR MAKE IT WORSE. IT'S BEST TO STOP-SMOKING NOW, BEFORE IT'S TOO LATE.

0-10
 11-20
 21-30
 31-40
 41-50
 51-60
 61-70
 71-80
 81-90
 91-100

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DEATHS FROM COPD (PER 100,000)

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 51-60
 61-70
 71-80
 81-90
 91-100

BEST OF THE BEST

THE STATES WITH THE MOST IMPROVED AIR QUALITY, FEWER SMOKERS, AND FEWER DEATHS FROM COPD.

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THE MOST-IMPROVED STATES

AIR QUALITY CHANGES

Measures change in the percentage particulate matter in the air.

STATE	2000	2011	DIFFERENCE
Georgia	4.5	0.1	4.4
Alaska	4.4	0.1	4.3
Michigan	4.1	0.1	4.0
Tennessee	4.0	0.1	3.9
Illinois	3.8	0.1	3.7
New York	3.5	0.1	3.4
New Jersey	3.4	0.1	3.3
Pennsylvania	3.1	0.1	3.0
Delaware	2.8	0.1	2.7
Minnesota	2.4	0.1	2.3

NUMBER OF SMOKERS

State 1990 2011 DIFFERENCE

STATE	1990	2011	DIFFERENCE
North Dakota	54.1	17.0	37.1
South Dakota	39.4	9.7	29.7
Connecticut	27.6	6.2	21.4
Arizona	27.6	6.5	21.1
Arkansas	30.7	9.1	21.6
Michigan	31.1	8.9	22.2
Texas	30.4	8.6	21.8
Florida	31.1	9.1	22.0
Massachusetts	27.7	6.2	21.5
Pennsylvania	31.8	11.5	20.3

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Images by: COPDConnection.com, www.epa.gov, and www.cdc.gov