



## 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

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COPDconnect

www.COPDconnect.com

STATES of COPD  
THE BEST STATES TO LIVE IN

if you'd live with COPD  
get what a big difference  
the state where you live  
could make.

CLEAN VS. POLLUTED AIR

Image source: <http://www.epa.gov/health/airquality/quality.htm>

POLLUTION IS MEASURED BY CONCENTRATION OF PARTICLES IN THE AIR. MEASUREMENTS ARE GIVEN IN MICROGRAMS PER CUBIC METER (µg/m³). THE MORE PARTICLES, THE MORE POLLUTED THE AIR IS. AND THE MORE POLLUTED IT IS, THE MORE IT COULD BE TO YOUR LUNGS.

15.4 µg

Good Air Quality  
As measured by the  
Air Quality Index

404 µg

Very unhealthy levels  
Breathing in the air  
quality index

AIR POLLUTION

MAPS SHOW HOW MUCH COPD RISK THERE IS FOR FORECASTS OF AIR QUALITY IN YOUR AREA.  
VISIT [www.copdconnect.com](http://www.copdconnect.com)

20.0-15.0 µg

15.0-10.0 µg

10.0-5.0 µg

Measuring the  
air quality index  
in the air

20.0-15.0 µg

15.0-10.0 µg

10.0-5.0 µg

Measuring the  
air quality index  
in the air

NUMBER OF SMOKERS (PER 100,000)

MAPS SHOW HOW MUCH COPD RISK THERE IS FOR FORECASTS OF AIR QUALITY IN YOUR AREA.  
VISIT [www.copdconnect.com](http://www.copdconnect.com)

30.0-25.0

25.0-20.0

20.0-15.0

15.0-10.0

10.0-5.0

per 100,000

30.0-25.0

25.0-20.0

20.0-15.0

15.0-10.0

10.0-5.0

per 100,000

DEATHS FROM COPD (PER 100,000)

MAPS SHOW HOW MUCH COPD RISK THERE IS FOR FORECASTS OF AIR QUALITY IN YOUR AREA.  
VISIT [www.copdconnect.com](http://www.copdconnect.com)

70-60

60-50

50-40

40-30

30-20

20-10

10-0

per 100,000

70-60

60-50

50-40

40-30

30-20

20-10

10-0

per 100,000

BEST OF THE BEST

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

DATE

TIME

LOCATION

STATUS

REASON

REMARKS

DATE

TIME

LOCATION

STATUS

REASON

REMARKS

HAWAII

UTAH

MASSACHUSETTS

MINNESOTA

NEW JERSEY

THE MOST-IMPROVED STATES

2208251

AIR QUALITY CHANGES

Measuring the air quality index (AQI) in the air

STATE

2000

2011

DIFFERENCE

Alabama

1.2

1.1

0.1

Alaska

1.2

1.1

0.1

Arizona

1.2

1.1

0.1

Arkansas

1.2

1.1

0.1

California

1.2

1.1

0.1

Colorado

1.2

1.1

0.1

Connecticut

1.2

1.1

0.1

Delaware

1.2

1.1

0.1

District of Columbia

1.2

1.1

0.1

Florida

1.2

1.1

0.1

Georgia

1.2

1.1

0.1

Hawaii

1.2

1.1

0.1

Idaho

1.2

1.1

0.1

Illinois

1.2

1.1

0.1

Indiana

1.2

1.1

0.1

Iowa

1.2

1.1

0.1

Kansas

1.2

1.1

0.1

Kentucky

1.2

1.1

0.1

Louisiana

1.2

1.1

0.1

Maine

1.2

1.1

0.1

Maryland

1.2

1.1

0.1

Massachusetts

1.2

1.1

0.1

Michigan

1.2

1.1

0.1

Minnesota

1.2

1.1

0.1

Mississippi

1.2

1.1

0.1

Missouri

1.2

1.1

0.1

Montana

1.2

1.1

0.1

Nebraska

1.2

1.1

0.1

Nevada

1.2

1.1

0.1

New Hampshire

1.2

1.1

0.1

New Jersey

1.2

1.1

0.1

New Mexico

1.2

1.1

0.1

New York

1.2

1.1

0.1

North Carolina

1.2

1.1

0.1

North Dakota

1.2

1.1

0.1

Ohio

1.2

1.1

0.1

Oklahoma

1.2

1.1

0.1

Oregon

1.2

1.1

0.1

Pennsylvania

1.2

1.1

0.1

Rhode Island

1.2

1.1

0.1

South Carolina

1.2

1.1

0.1

South Dakota

1.2

1.1

0.1

Tennessee

1.2

1.1

0.1

Texas

1.2

1.1

0.1

Vermont

1.2

1.1

0.1

Virginia

1.2

1.1

0.1

Washington

1.2

1.1

0.1

West Virginia

1.2

1.1

0.1

Wisconsin

1.2

1.1

0.1

Wyoming

1.2

1.1

0.1

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