



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

IF YOU'RE LIVING WITH COPD, YOU WANT A BIG DIFFERENCE IN THE WHEEL WHERE YOU LIVE COULD MAKE A BIG DIFFERENCE.

CLEAN VS. POLLUTED AIR

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 low quality index

480 µg
Very unhealthy levels according to the low 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)

20.0-15.0 µg
15.0-10.0 µg
10.0-5.0 µg
5.0-0.0 µg

OF THE PARTICLES PER CUBIC METER

NUMBER OF SMOKERS (OPEN 100,000)

SMOKE MAKES SECOND-HAND SMOKE ANY OTHER CAUSE COPD OR MAKE IT WORSE. IT'S BEST TO STOP BEFORE YOU BEGIN SMOKING AND TO STOP NOW.

30.0-25.0
25.0-20.0
15.0-10.0
10.0-5.0
5.0-0.0

per 100,000

DEATHS FROM COPD (OPEN 100,000)

10-50
50-100
100-150
150-200
200-250
250-300
300-350
350-400
400-450
450-500
500-550
550-600
600-650
650-700
700-750
750-800
800-850
850-900
900-950
950-1000
1000-1050
1050-1100
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1150-1200
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