

GLOBAL INDOOR HEALTH NETWORK

WORKING TOGETHER FOR HEALTHY INDOOR ENVIRONMENTS
IN OUR HOMES, SCHOOLS AND BUSINESSES



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Repairs to U.S. District Courthouse in Pensacola to Start in January

GIHN has included several articles about the federal courthouse in Pensacola in previous newsletters. Repairs are finally slated to begin in January. The courthouse is scheduled to undergo repair and alterations to fix water intrusion problems that have persisted since the building was constructed 20 years ago. The courthouse was vacated in 2015 amid concerns black mold was adversely affecting the health of the structure's occupants. To read the article, click [here](#).

Spartanburg Courthouse Employees Protest Latest Mold Problems

About 20 to 25 Spartanburg County Courthouse employees refused to go to work Tuesday morning in protest over the latest air quality test results, which show more levels of toxic mold in the building.

Clerk of Court Hope Blackley received notice of the results on Saturday and emailed the findings to staff Monday, notifying them that some areas were being closed due to mold.

Several courtrooms were temporarily moved and some judges were relocated. A Family Court judge is now operating in Magistrate Court, and another one is in Circuit Court for now.

On Tuesday, the protesting employees stood outside the building for an hour or two before some returned inside, Blackley said.

"I told them we would try to set up a meeting with County Council members. I said they were more than welcome to attend a council meeting and voice their concerns there or send me emails," Blackley said. "I required everybody to send me an email based on them not being at work based on what their concerns were, and that I was forwarding those to County Council. Most agreed to come back in. They either needed to come back or needed to leave without pay for the day until we can get this situation rectified."

The county's mold removal project began in the summer of 2016 after people complained about air quality. The ongoing remediation has led to various closures in parts of the building and the temporary shifting of courthouse operations.

To read the article, click [here](#).

See *Family Living in Motel* on page 2

Family Living in Hotel for Weeks after Black Mold Discovered in Apartment

A Davis family has been living out of a hotel after black mold was found in their apartment. They say they were told it would take a few days to clear out the mold, but they have been out of their home for weeks.

Beth and Tim Padilla share two beds with their daughters and their cat and dog. The Days Inn is not the most spacious, but it's where Berkley Management is paying for them to stay.

"It makes me feel bad as a parent because I never expected to live in a hotel, especially when we have a home right down the road," Beth said. "They're used to their big room with toys and books and all of their stuff and they don't have any of that there."

All of their stuff is inside the Alvarado Sunset apartments but they can't get it because of the mold. It appears in the kitchen cabinets and upstairs in the children's bedroom along the floor.

"We brought it to the manager's attention right away," Tim said.

When the lease was signed back in August, it was noted in the inspection that black mold was found inside. The Padillas said they were told the mold would be taken care of but it wasn't.

"It's not about money in these situations, it's about how fast you can remedy the situation," Tim told FOX40.

He says the family wasn't put up in a hotel until a mold inspection team came to test the apartment almost three months after they moved in.

The inspection revealed a large amount of black mold, four other types of fungi and an elevated spore count -- conditions not safe enough for anyone to live in, especially children.

To read the article, click [here](#).



Landlord Fails to Help Mother and Asthmatic Son Living in Black Mold Covered Apartment

A woman who lives at an apartment complex on Pinehurst Dr. in Spring Hill says the conditions are so bad inside of her apartment that she has to take her son to the doctor every couple of weeks and the landlord has done nothing to fix the problem.

Rasheema Jeffreys said, "It's terrible, and what's upsetting to me is that no one wants to listen."

Black mold covers the inside of Rasheema Jeffreys apartment. She says it all started when she noticed water coming into her apartment in August.

"I made the landlord aware, he said he would have the plumbing fixed, and he never did," Jefferys said.

Things progressively got worse until the walls in their bedrooms became covered in mold.

Now they are staying in the living room and have to wear face masks to sleep. She says her son's asthma has gotten significantly worse.

As for reaching the landlord, Jeffreys said, "we also have no hot water so I called him numerous times and now his phone is disconnected."

ABC Action News tried to reach him as well trying several different numbers, but had no luck. We also reached out to Code Enforcement officials who say they will be investigating the apartment later this week.

To read the article, click [here](#).

Functional Brain MRI Shows Effects of Exposure to Electromagnetic Fields

New research paper published in Review of Environmental Health.

Functional Brain MRI in Patients Complaining of Electrohypersensitivity After Long Term Exposure to Electromagnetic Fields

INTRODUCTION:

Ten adult patients with electromagnetic hypersensitivity underwent functional magnetic resonance imaging (fMRI) brain scans. All scans were abnormal with abnormalities which were consistent and similar. It is proposed that fMRI brain scans be used as a diagnostic aid for determining whether or not a patient has electromagnetic hypersensitivity. Over the years we have seen an increasing number of patients who had developed multi system complaints after long term repeated exposure to electromagnetic fields (EMFs). These complaints included headaches, intermittent cognitive and memory problems, intermittent disorientation, and also sensitivity to EMF exposure. Regular laboratory tests were within normal limits in these patients. The patients refused to be exposed to radioactivity. This of course ruled out positron emission tomography (PET) and single-photon emission computed tomography (SPECT) brain scanning. This is why we ordered fMRI brain scans on these patients. We hoped that we could document objective abnormalities in these patients who had often been labeled as psychiatric cases.

MATERIALS AND METHODS:

Ten patients first underwent a regular magnetic resonance imaging (MRI) brain scan, using a 3 Tesla Siemens Verio MRI open system. A functional MRI study was then performed in the resting state using the following sequences: A three-dimensional, T1-weighted, gradient-echo (MPRAGE) Resting state network. The echo-planar imaging (EPI) sequences for this resting state blood oxygenation level dependent (BOLD) scan were then post processed on a 3D workstation and the independent component analysis was performed separating out the various networks. Arterial spin labeling. Tractography and fractional anisotropy.



Functional Brain MRI Shows Effects of Exposure to Electromagnetic Fields (cont'd)

RESULTS:

All ten patients had abnormal functional MRI brain scans. The abnormality was often described as hyper connectivity of the anterior component of the default mode in the medial orbitofrontal area. Other abnormalities were usually found. Regular MRI studies of the brain were mostly unremarkable in these patients.

CONCLUSION:

We propose that functional MRI studies should become a diagnostic aid when evaluating a patient who claims electrohypersensitivity (EHS) and has otherwise normal studies. Interestingly, the differential diagnosis for the abnormalities seen on the fMRI includes head injury. It turns out that many of our patients indeed had a history of head injury which was then followed sometime later by the development of EHS. Many of our patients also had a history of exposure to potentially neurotoxic chemicals, especially mold. Head injury and neurotoxic chemical exposure may make a patient more vulnerable to develop EHS.

To read the full report, click [here](#).

To learn more about the dangers of EMF/RF, cell phones, cell towers, smart meters and WiFi devices, check out [GIHN's website](#).

Electric Company Smart Meters Failed During Storm

When power went out for some half a million Mainers after the October windstorm, another system went down, too — Central Maine Power's \$200 million smart-grid communications network that, among other things, was supposed to improve outage communications and storm recovery.

About seven years ago, CMP started installing new smart meters on more than 600,000 Maine homes and businesses as part of its Advanced Metering Infrastructure program. With roughly half of the AMI to be funded through a federal grant and half by customers, state regulators approved the investment because it promised a host of money-saving and other benefits.

Through the early innings of the windstorm that swept the state late Sunday, Oct. 29, CMP officials say, the meters did their duty, accurately charting the climb in outages, up to some 400,000 customers through that Monday morning.

And then, at midday, the AMI system stopped reporting.

"About 12 o'clock, 11:57, it just sort of flat-lined. It stopped climbing and it was pretty clear we weren't getting any more information from it," CMP spokesman John Carroll said.

Carroll said that as utility poles went down in the storm, it wasn't just power lines that got taken out — so did radio transmitters for the wireless smart-grid "mesh" that were installed at the top of the poles. Meters themselves lost power, and over time battery backup power for some components was drained.

"We were blind in a way we hadn't been in a very long time, and in a way we hadn't experienced. We'd never seen it crash before," Carroll said.

To read the article, click [here](#).

To learn about the negative health effects of smart meters, go to [GIHN's website](#).

In addition to the concerns about electric company smart meters in regard to privacy issues and health effects, another concern has arisen--the Central Maine Power company experienced a system-wide failure of their smart meter network during a recent storm.



To learn about the dangers of EMF/RF, cell phones, cell towers, smart meters and WiFi devices, check out [GIHN's website](#).

Mold Remains an Issue at Iowa Law Enforcement Academy

Mold issues remain at the Iowa Law Enforcement Academy, a facility that leads training exercises for thousands of law enforcement offices and new recruits.

Judy Bradshaw, the academy's director, is asking the governor and legislators to set aside money for a study of either renovating the building or finding new quarters elsewhere.

"What's causing the mold has not been mitigated. That's actually our plumbing and our HVAC system and until they tear out the pipes and the walls, no one's going to be able to fix that," Bradshaw says. "We just try to maintain it at a safe and healthy level."

Tests two years ago showed extremely high levels of mold in the building. It's located at Camp Dodge, the Iowa National Guard's base in Johnston.

"It's a very old facility," Bradshaw says. "The windows are original. Most of the structure is original. It's never been replaced so we're looking at: Do we demolish and rebuild where we're at? Do we partner with another academic facility or a private partner?"

To read this article, click [here](#).

Thirdhand Smoke: Your Skin Absorbs Nicotine from Air and Clothing

Nicotine in the air and clothing permeates skin and enters the bloodstream at levels equivalent to inhalation of secondhand smoke.

Even if you're not a cigarette smoker, chances are that at some point in your life, you've come home from a night out smelling like an ashtray. The odor may not bother you, but it's still a good idea to take a shower, or at least change into clean clothes, according to new research.

Nicotine from the air penetrates the skin and enters the bloodstream and leaving it on your clothes or skin after exposure can be similar to inhaling secondhand cigarette smoke, according to a study published in November in the journal *Indoor Air*. But wearing clean clothes or taking a shower after encountering nicotine-filled air can help reduce the level of exposure.

"We are all familiar with the situation in which we walk into, say, a hotel room, or even people's houses -- you can smell that people have been smoking there," said Hugo Destaillats, a chemist at Lawrence Berkeley National Laboratory in California, who was not involved with this study. You smell it because compounds from the smoke, including nicotine, continue to linger in the air and on surfaces, he said.

We know that nicotine can enter the bloodstream after concentrated and direct contact with the skin, such as the skin patches used to help smokers stop using cigarettes. But last year, scientists from Denmark, Germany and the U.S. published a pilot study demonstrating that skin also absorbs nicotine from cigarette smoke in the air, and at a level comparable to inhalation.

This was surprising because scientists thought that the skin was "a pretty good barrier for compounds [like nicotine] that are in our everyday environment," said lead author Gabriel Bekö, an assistant professor at Technical University of Denmark, located in Kongens Lyngby.

Nicotine in the air and clothing permeates skin and enters the bloodstream at levels equivalent to inhalation of secondhand smoke.

Thirdhand Smoke: Your Skin Absorbs Nicotine from Air and Clothing (cont'd)

Those results motivated the scientists to run the experiment again on a larger scale. The researchers released nicotine into an experimental chamber where they could control ventilation and temperature. Inside, nicotine levels reached higher than most places where smoking occurs, but comparable to levels reported for bars and clubs in the U.K. and Germany.

The men who wore clean clothes while in the chamber had the lowest levels of nicotine, although still well above the level before they entered the chamber. But when they wore dirty clothes, previously exposed to nicotine, their nicotine uptake skyrocketed. This indicates that "clothing can be protective if it's clean, but on the contrary can act as a very direct source because of the contact with the skin if it's contaminated," said Destaillats.

For all participants, nicotine and related chemicals were still seen in substantial amounts in urine samples taken three and a half days after exposure. This is longer than it typically takes the body to eliminate inhaled nicotine, said Bekö. This likely means the body handles nicotine that enters from the skin differently than nicotine that enters via the lungs.

"We always think about secondhand exposure that is smoke in your face," noted Destaillats. But, he said, this study highlights the fact that just being in an environment that was previously contaminated some time ago can result in exposure to thirdhand smoke, which could be significant.

To read this article, click [here](#). To read the abstract, click [here](#).

See *First Air Purifier that Kills Toxins* on page 6

NRI Invents World's First Air Purifier that Kills Microscopic Toxins

A NRI man has invented an iconic purifier that kills toxins and provides relief from poor indoor air quality, following his son's struggle with asthma.

Yogi Goswami migrated to the States back in the 1990s from Delhi; his aim was a career in solar energy. However, his dream was cut short months after he migrated as his baby Dilip was suffering from acute asthma.

Soon after, Goswami began researching on a new technology to address the challenges that lead to poor indoor air quality, reported The Times of India.

Now after almost 20 years of rigorous research, Goswami has probably succeeded in building the world's first air purifier that not only filters but completely destroys harmful pollutants, adds the TOI report. He has named the iconic purifier as Molekule, which has made it to the 2017 list of Times's top 25 inventions.

Jaya Goswami Rao, Yogi's daughter and Molekule COO, explained that HEPA (high-efficiency particulate absorber) filters are the standard technology utilised by standard air purifiers, adding that many harmful pollutants are too small for this technology to trap.

"Larger pollutants like bacteria and mold may be collected by such filters, but they remain on the filter surface, multiply and are released back into the air. Because Molekule actually destroys even the smallest pollutants, they are permanently removed from the air you breathe," said Rao.

Yogi's son and daughter co-founded Molekule to convert the patented technology developed by their father into a consumer product. The purifier uses the patented Photo Electrochemical Oxidation (PECO) technology - a light-activated nano-filter to create a catalytic reaction on the surface of the filter that destroys pollutants at the molecular level.

To read this article, click [here](#).



Border Patrol Agents Getting Sick from Massive Sewage Spill

Headaches, rashes, infections, breathing problems.

An increasing number of U.S. Border Patrol agents at the Imperial Beach station have reported a host of health problems since February, when an estimated 143 million gallons of Mexican sewage spilled into the Tijuana River Valley they patrol.

It's not one of the risks typically associated with policing the border, said Christopher Harris, a union representative for National Border Patrol Council's Local 1613.

"They're willing to put up with the normal hazards of law enforcement," Harris said. "We understand that's part of our job. We get shot at. We accept all that. We do our best to mitigate it. We wear vests. We have trauma kits. But we can't mitigate sewage and chemicals."

Harris has been pressing administrators at the U.S. Customs and Border Protection agency, a division of the U.S. Department of Homeland Security, to take steps to protect his agents from the toxins that regularly pollute the valley.

In June, he documented more than 30 agents who had reported sewage-related illnesses. Since then, that number has nearly tripled, to at least 83 agents.

"Common reported acute injuries have ranged from upper-respiratory ailments to burns on extremities," he said. "Personnel have also reported damage to boots and gloves while performing their duties."

To read the article, click [here](#).

See *E-Cigarettes increase...cigarette use* on page 7

E-Cigarette Use Increases Risk of Conventional Cigarette Use

Teens who use e-cigarettes are more likely to go on to smoke conventional cigarettes than non-users, according to a new study.

Researchers also found conventional cigarette use does not predict future e-cigarette use.

“Findings suggest prevention and intervention efforts and policies targeting youth e-cigarette use may be needed to reduce future conventional tobacco use among youth,” authors wrote.

Researchers surveyed the same group of 808 high school students in Connecticut in 2013, 2014 and 2015, asking about their use of conventional cigarettes and e-cigarettes in the past 30 days. They detailed their findings in the article “Trajectories of E-cigarette and Conventional Cigarette Use Among Youth” (Bold KW, et al. *Pediatrics*. Dec. 4, 2017, <https://doi.org/10.1542/peds.2017-1832>).

Students who recently used e-cigarettes were more than seven times as likely as non-users to smoke conventional cigarettes in the second year, according to the study. Those using e-cigarettes in year two were nearly four times as likely to be smoking conventional cigarettes in year three.

However, the inverse did not hold true. Smoking conventional cigarettes did not make students more likely to subsequently use e-cigarettes. The relationships between the two types of cigarettes held up in both unadjusted and adjusted models.

Researchers also found use of both types increased over time. The percent of students who smoked conventional cigarettes increased from roughly 4.8% in the first year to 8.5% in the third year. Likewise, 8.9% used e-cigarettes initially, and 14.5% did so by the end of the study.

The amount they smoked also increased. By 2015, 26% of the conventional cigarette smokers were deemed heavy users, up from 10.3% in 2013. Heavy use of e-cigarettes rose from 15.3% to 20.5%.

Teens who use e-cigarettes are more likely to go on to smoke conventional cigarettes than non-users. Findings suggest prevention and intervention efforts and policies targeting youth e-cigarette use may be needed to reduce future conventional tobacco use among youth.

E-Cigarette Use Increases Risk of Conventional Cigarette Use (continued)

While the study could not determine the cause of the links, authors said e-cigarettes may attract teens due to appealing flavors, perceptions they are less harmful and easy access online. Once hooked on nicotine, they may turn to conventional cigarettes, which may deliver it more efficiently, according to the study.

Roughly 3 million U.S. adolescents use e-cigarettes. Researchers called for more prevention and intervention efforts.

“The rising frequency of recent e-cigarette use among youth over time is concerning, especially in light of evidence that e-cigarette use is a significant risk factor for future cigarette use,” authors wrote.

Jonathan D. Klein, M.D., M.P.H., FAAP, scientific director of the AAP Julius B. Richmond Center of Excellence, wrote a related commentary in which he stressed the importance of preventing teens from being exposed to nicotine in any form.

“Local and national jurisdictions can act through Tobacco 21 actions, smoke-free movie interventions, comprehensive flavor bans, clean indoor air laws, and rapid inclusion of alternative products in strong protection for all non-smokers,” Dr. Klein wrote. “Acting now on these policy strategies can and will lower youth smoking and youth e-cigarette use.”

To read the article, click [here](#). To read the research report, click [here](#).

To learn more about the effects of tobacco smoke and e-cigarette smoke on indoor air quality, read [GIHN's new paper on Indoor Air Contaminants](#).

See *E-cigarettes harm lungs* on page 8

Research Study Shows Harmful Effects of E-Cigarettes on Lungs

New research published by American Thoracic Society:

Rationale: E-cigarettes have become increasingly popular and little is known about their potential adverse health effects.

Objective: To determine the effects of e-cigarette use on the airways.

Methods: Induced sputum samples from cigarette smokers, e-cigarette users, and non-smokers, were analyzed by quantitative proteomics, and the total and individual concentrations of mucins MUC5AC and MUC5B were determined by light scattering/refractometry and labeled mass spectrometry, respectively. Neutrophil extracellular trap (NET) formation rates were also determined for the same groups.

Measurements and Main Results: E-cigarette users exhibited significant increases in aldehydedetoxification and oxidative stress related proteins associated with cigarette smoke comparing to non-smokers. The levels of innate defense proteins associated with Chronic obstructive pulmonary disease (COPD), such as elastase and matrix metalloproteinase- 9, were significantly elevated in e-cigarette users as well. E-cigarette users' sputum also uniquely exhibited significant increases in neutrophil granulocyte- and NET-related proteins, such as myeloperoxidase, azurocidin, and protein-arginine deiminase 4, despite no significant elevation in neutrophil cell counts. Peripheral neutrophils from e-cigarette users showed increased sensitivity to PMA-induced NETosis. Finally, a compositional change in the gel-forming building blocks of airway mucus, i.e., an elevated concentration of mucin MUC5AC, was observed in both cigarette smokers and e-cigarette users.

Conclusions: Together, our results indicate that e-cigarette use alters the profile of innate defense proteins in airway secretions, inducing both similar and unique changes relative to cigarette smoking. These data challenge the concept that e-cigarettes are a healthier alternative to cigarettes.

To read the report, click [here](#).



Elderly Couple Living in Mould Due to Vacant House Next Door

An elderly couple claim they've been "left to rot" in their damp and mould-riddled home after their neighbour stripped his derelict house and left it to ruin.

Distraught Barbara and Trevor Woodhouse say they've been forced to live in one room due to the decaying, windowless property next door – which also has a tree growing through it. The couple further claim they had to bin treasured possessions damaged by the severe damp.

Barbara, 66, – who has lived in the semi-detached house with husband Trevor, 77, for more than 30 years – suffers from mould-induced asthma and a club foot.

The formerly council-owned property next door to the couple, of Blackburn, Lancs., has been left without upstairs windows and open to the elements.

Barbara claims the builder who owned it had removed all the fittings from the house when he began renovating the property – which made the mould situation worse.

They have lived at the semi-detached property for more than 30 years. The couple say their house 'went to pot' after their neighbour stripped the windows from his property.

"I have a constant battle with the mould and we have even had to throw out all our antique furniture and books because of the damp."

To read the article, click [here](#).

See *Judge Sanctions insurance company* on page 9

Judge Sanctions Insurance Company After It Co-Opted the Plaintiff's Doctor

A Douglas County judge barred defense attorneys from offering any causation defenses after a radiologist who reviewed the plaintiff's MRI was hired by State Farm Insurance to bolster its case.

The sanctions order, filed last month by Superior Court Judge Cynthia Adams, said the defense “essentially co-opted” the plaintiff’s radiologist and “and made him the defendant’s own witness.”

The defense tactic constitutes bad faith and violated the federal Health Insurance Portability and Accountability Act, said Adams, ruling the plaintiff’s case was irreparably prejudiced.

Plaintiff’s attorney Edward Piasta of Piasta Newbern Walker said the trial is expected to be held in March. According to Adams’ order, the only issues for determination will be the extent of Anne Lussier’s injuries and the amount of damages she’s due.

Piasta said Adams “obviously took it very seriously, and we appreciate her holding State Farm accountable for violating our client’s rights,” said Piasta, who is representing Lussier with Wood & Craig partner Harlan Wood.

According to Piasta and court filings, the case involves a September 2012 rear-end collision that left Lussier with back injuries requiring two spinal fusion surgeries and netted more than \$200,000 in medical bills.

A month after the wreck, Lussier’s orthopedist had Jeffries review an MRI. Jeffries never personally met Lussier.

In 2015, Monaghan contacted Jeffries and asked him to review her medical records and to provide causation opinions related to the case.

According to the plaintiff’s sanctions motion, the doctor was asked not to commit anything to writing until defense counsel “met privately with Jeffries—in clear and direct violation of HIPAA.”

The sanctions order, filed last month by Superior Court Judge Cynthia Adams, said the defense “essentially co-opted” the plaintiff’s radiologist and “and made him the defendant’s own witness. “[T]he defendant’s conduct robs the plaintiff of her original treating radiologist, i.e., a key witness and element of proof of causation,” a “central issue of dispute” in the case.

Judge Sanctions Insurance Company After It Co-Opted the Plaintiff's Doctor (cont'd)

The motion said Jeffries admitted in a deposition that he knew he was Lussier’s radiologist but nonetheless met with the defense lawyer.

“Only after this ‘oral’ meeting occurred, and his time billed to defendant, did Jeffries draft an expert report against his patient,” the motion said.

After receiving his report, State Farm offered to settle Lussier’s claim for \$25,000—one-quarter of the \$100,000 available policy limits—“relying on Jeffries ‘causation’ opinions to reduce plaintiff’s claim. Such conduct is forbidden by federal and Georgia law,” the motion said.

The motion said Jeffries has been a regular consultant for State farm over the years, handling more than 600 cases for Sharon Ware alone.

Adams’ order, filed on Nov. 20, said Jeffries “would naturally be a key witness, even a lynchpin of plaintiff’s case” as Lussier’s treating radiologist.

“[T]he defendant’s conduct robs the plaintiff of her original treating radiologist, i.e., a key witness and element of proof of causation,” Adams wrote, a “central issue of dispute” in the case.

Adams also said that the defense should be punished for conduct that “irrevocably tarnished this aspect of the case.”

To read this article, click [here](#). To learn more about insurance company tricks during litigation, click [here](#).

Humans Have a Right to Breathe Clean Air (Time Magazine)

Indoor air pollution from traditional cooking practices that rely on polluting fuels is one of the world's greatest health risks. More than 4.3 million people die prematurely every year from health problems attributed to bad indoor air from cooking.

Most of those afflicted are women and children—800,000 children under five years old die every year from respiratory infections caused by indoor air pollution. That's because soot from the cookstoves regularly causes pneumonia in kids. The dirty air can also directly bring about noncommunicable diseases like stroke, heart disease, chronic obstructive pulmonary disease and lung cancer. Most of the victims are from low- and middle-income countries, and most aren't aware that there are safer ways to prepare food at home.

This shouldn't be written off as a marginal problem for a few women in Sub-Saharan Africa. Today, nearly half of the world's population use solid fuels like wood or dung or coal for indoor cooking and heating. So for every million who die from this exposure, many millions more are at risk.

That's just the indoor threat. In many cities around the world, there's no such thing as stepping outside to get some fresh air. Pollution from factories, coal plants, and cars makes the air unsafe for billions more people, again mostly in poorer countries.

The cost of all these health problems is staggering. There are estimates that air pollution costs the global economy over \$5 trillion a year. And when premature deaths from both indoor and outdoor air quality are added together, air pollution is the world's greatest killer, claiming more than 6.5 million lives every year.

This just has to change. Healthy air shouldn't be a privilege for those of us who can afford to cook with gas or electricity, or who are fortunate enough to live in places where industry and traffic don't poison our every breath. I think being able to breathe clean air should be a basic human right.

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Humans Have a Right to Breathe Clean Air (Time Magazine)—cont'd

It's not like we don't know how to address this problem. Old cars, buses and trucks can be replaced with newer vehicles that don't belch soot from their tailpipes. Better public transport would mean fewer cars on the road. And if we keep building wind turbines and solar power plants, we can shut down some of the coal-fired power plants that are contributing so much to pollution as well as global warming.

With UN Environment, we delivered nearly two dozen cookstoves, one to each of the households in the village. The stoves burn hotter and with less smoke than traditional designs.

As a UN Environment Goodwill Ambassador, I want to encourage everyone to help #BeatPollution. Because wherever you are in the world, pollution is impacting your life, and we have both the power – and the obligation – to do something about it.

To read the article, click [here](#).

Quick Links:

Website: <https://www.globalindoorhealthnetwork.com>

Health Effects:
<https://www.globalindoorhealthnetwork.com/health-effects>

GIHN Papers:
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