

MEDIA RELEASE

31 August 2021

Air Nutrition on the table this Asthma Week

NEW SOUTH WALES: People are being encouraged to learn about *Air Nutrition* this [Asthma Week](#) (1-7 September) under a new campaign launched by Asthma Australia and peak health and climate bodies.

“*Air Nutrition* – you are what you breathe” encourages us all to think differently about what we are breathing in and the simple steps we can take to reduce our intake of air pollution for better health.

Recent studies investigating the impact of air pollution on health indicate there is no “safe” level of long-term exposure to particulate matter (PM_{2.5}) or nitrogen dioxide (NO₂), pollutants commonly found in sources like woodfire smoke and vehicle emissions.

Asthma Australia Medical Advisor and Respiratory Physician Dr John Blakey said if you care about what you drink, you should care about what you breathe.

“Australians know where to get decent coffee, or a good wine. They spend almost a billion dollars a year on bottled water,” Dr Blakey said.

“Many people are choosy about the thousand litres they’ll drink each year, but probably don’t pay much attention to the millions of litres of air they’ll breathe. If there were chemicals in tap water that caused disease, they would want to know about it.

“In contrast, we know that the chemicals and particulates in the air can cause asthma, infections, and cancer. We need to do more about that.”

This year alone, some communities across NSW have experienced high levels of air pollution (PM_{2.5}) – some of the worst in the country - and may be unaware of the health risk.

On 3 May 2021 at 8pm, the community living in and around Oakdale (South West of Sydney) experienced an hourly peak average of PM_{2.5} of 661.7 ug/m³ attributed to smoke from a nearby hazard burn, which is 26 times higher than the level that corresponds with ‘good’ air quality of 25 ug/m³. This rates as ‘EXTREMELY POOR’.

While COVID-19 restrictions have seen [reports of reductions](#) in some sources of air pollution, levels of woodfire heater smoke, hazard reduction smoke, dust and industry emissions have continued to tip the scale in normally ‘clean’ areas.

For many of the 2.7 million Australians living with asthma, peaks in air pollution like this can lead to an increase in asthma symptoms –like cough and wheeze – and an increase in hospitalisations.

For the general population, exposure to air pollution has been linked to lower life expectancy, risk of premature death, and increased burden of disease.

Asthma Australia CEO Michele Goldman encouraged people to start thinking about their *Air Nutrition* as a key part of a healthy life, especially for those with health conditions like asthma.

“This Asthma Week, we hope for everyone to start caring as much about the air they breathe as the food they eat, for their short and long-term health,” she said.

“You can start small, like avoid busy roads when exercising or use an extractor fan when cooking with gas to learning how to stay safe when air quality is poor. These measures can go a long way in improving your *Air Nutrition*.

“When you consistently breathe in pollutants it causes irritation and tissue damage in your lungs and even other parts of our body. Many people with asthma are sensitive to this and know when pollution is in the air, whereas people who don’t get symptoms may have no idea of the potential of its long-term impacts.”

Asthma Australia Research Advisory Committee Chair and Paediatric Respiratory Consultant Professor Adam Jaffé said ‘Air Nutrition’ includes reducing exposure to environmental triggers.

“With the COVID-19 pandemic we have become much more aware of the shared air that we all breathe. Good airway nutrition means that we take measures to reduce our exposure to tobacco smoke, vaping, pollution, airborne allergens and viruses.”

Those most at risk from poor air quality include people with asthma, respiratory and heart conditions, pregnant women, the elderly and young children.

“Children are particularly vulnerable to the quality of air that they breathe due to developing and growing lungs. We need to be as aware of their air nutrition as we are of the quality of food they eat, to ensure they attain their maximum lung health potential,” Prof. Jaffé said.

Asthma Week is being proudly supported by parliamentarian and Sydney-based paediatrician Dr Mike Freeland MP, Co-Chair of the Federal Parliament's Parliamentary Friends of Asthma.

“With one in nine Australians affected by asthma, it is critical to raise awareness of the symptoms and implications for this condition,” Dr Freeland said.

“Air pollution is a growing concern among the health community. As a paediatrician, over the years I have seen countless patients who suffer with asthma – and I have also seen the benefits of an appropriately managed Asthma Action Plan.”

Fellow parliamentarian and Federal Parliament's Parliamentary Friends of Asthma Co-Chair Mr Tony Pasin MP is also backing the campaign.

"Around 2.7 million Australians live with asthma with many of them suffering from severe symptoms, and as someone who has suffered with severe asthma most of my adult life, I understand how debilitating the condition can be," Mr Pasin said.

"We may consider ourselves to have clean and healthy air, but this is not always the case. Consistent exposure can lead to the development of serious long term health conditions like asthma, heart and lung disease, stroke, and cancer. That's why reducing daily exposure can have immediate and lifelong benefits for all of us. Raising awareness of respiratory diseases like asthma and the need for cautious practices and prevention measures is vital, especially at this challenging time."

For more information on Asthma Week and *Air Nutrition*, please visit www.asthmaweek.org.au.

Asthma Week 2021 is proudly presented by the Asthma Week Collaborative

Asthma Australia

Lung Foundation Australia

Asthma Foundation Northern Territory

National Asthma Council

Asthma Foundation Western Australia

Pharmacy Guild of Australia

Centre for Air Pollution, Energy and Health Research

Thoracic Society of Australia and New Zealand

University of Tasmania (Menzies)

Centre of Excellence - Treatable Traits

Woolcock Institute of Medical Research

Climate Council

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About Asthma Australia

Asthma Australia is a for-purpose, consumer organisation with a history of improving the lives of people with asthma. We operate across New South Wales, Victoria, Queensland, Tasmania, South Australia and the Australian Capital Territory to deliver evidence-based prevention and health strategies to more than half a million people each year. Asthma Australia works in partnership with the Asthma Foundations of Western Australia and the Northern Territory. We work with people with asthma, their family and friends, health professionals, researchers and governments. We find the best treatments and practices to make sure life with asthma is the best it can be.

AIR NUTRITION

ASTHMA WEEK
1-7 SEPTEMBER
 ASTHMA
AUSTRALIA

ⁱ Climate and Atmospheric Science Branch, Department of Planning Industry and Environment (DPIE) of New South Wales Government. <https://www.dpie.nsw.gov.au/air-quality>