

# Our Air, My Lungs



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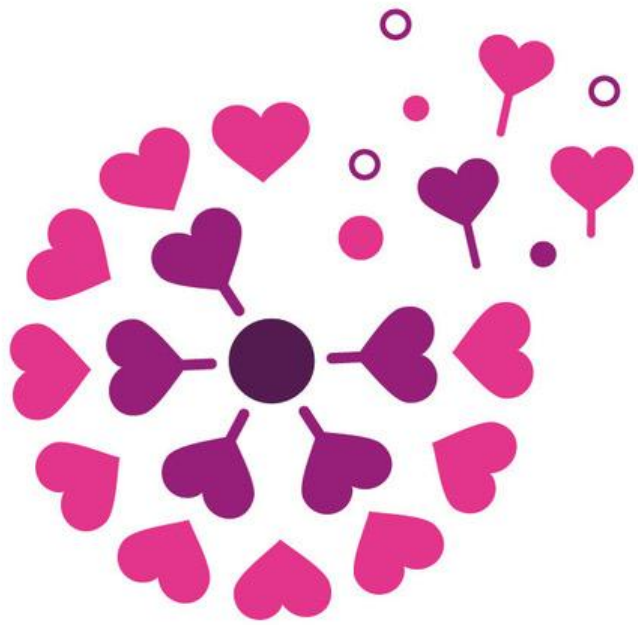
STARTING IN A FEW MINUTES AT 14:30

## Our Air, My Lungs

17 April 2025

#iHVInsights

[www.ihv.org.uk](http://www.ihv.org.uk)



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**Our Air, My Lungs**

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# Welcome



## Make the most of the opportunity



## Enjoy the whole hour



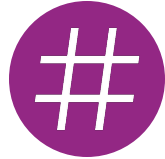
**Ask** - type your questions to the panel as you think of them during the presentations – use the Q&A function:

- **Name of presenter** you would like to answer your question
- Brief **question**
- **Your name** (if you wish to do so)



## Feedback

Participate in the poll or contact us at [events@ihv.org.uk](mailto:events@ihv.org.uk)



## Social media - #iHVInsights



## Continue your CPD:

- Access recording of live session after the event on our website (no recording on other devices is allowed)
- Attendance at this event and engagement with the iHV reflection template will support you with demonstrating CPD activities that align to the 2022 NMC Standards of Proficiency for SCPHN Health Visiting.

**The Institute of Health Visiting is a charity and centre of excellence for health visiting. Its core purpose is:**  
To improve outcomes for children and families and reduce health inequalities through strengthened health visiting services

# Agenda



**Welcome:** Vicky Gilroy - Director of Innovation & Research, iHV

**The iHV Chronic Respiratory Disease Project:** Victoria Jackson - Lead Programme Manager, iHV

**Chronic Respiratory Diseases:** Alder Hey Children's NHS Foundation Trust

- Jennifer Holden - Clinical Respiratory Nurse Manager, Advanced Paediatric Nurse Practitioner
- Carol Lawrence - Cystic Fibrosis Nurse Specialist

**Parent voice film:** Rosamund Adoo-Kissi-Debrah

**Supporting health professionals to talk to children, young people and families:** RCPCH

- Fliss Stephenson - Climate Change Manager, Royal College of Paediatrics and Child Health

**Resources to support practice:** Victoria Jackson - Lead Programme Manager, iHV

**Q&A with Speakers**

**Close and Evaluation**



## Our Air, My Lungs

### Victoria Jackson

Lead Programme Manager -  
Innovation and Research, iHV



Type your questions as you  
think of them during the  
presentations

Use the Zoom Q&A function

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# Our Air, My Lungs



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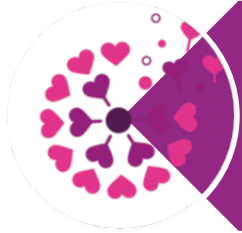


## Chronic Respiratory Disease Project

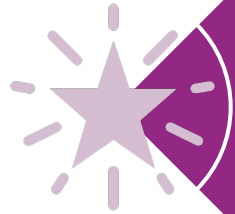
Victoria Jackson: Lead Programme Manager – Innovation & Research

April 2025

# Overview of session



About the project



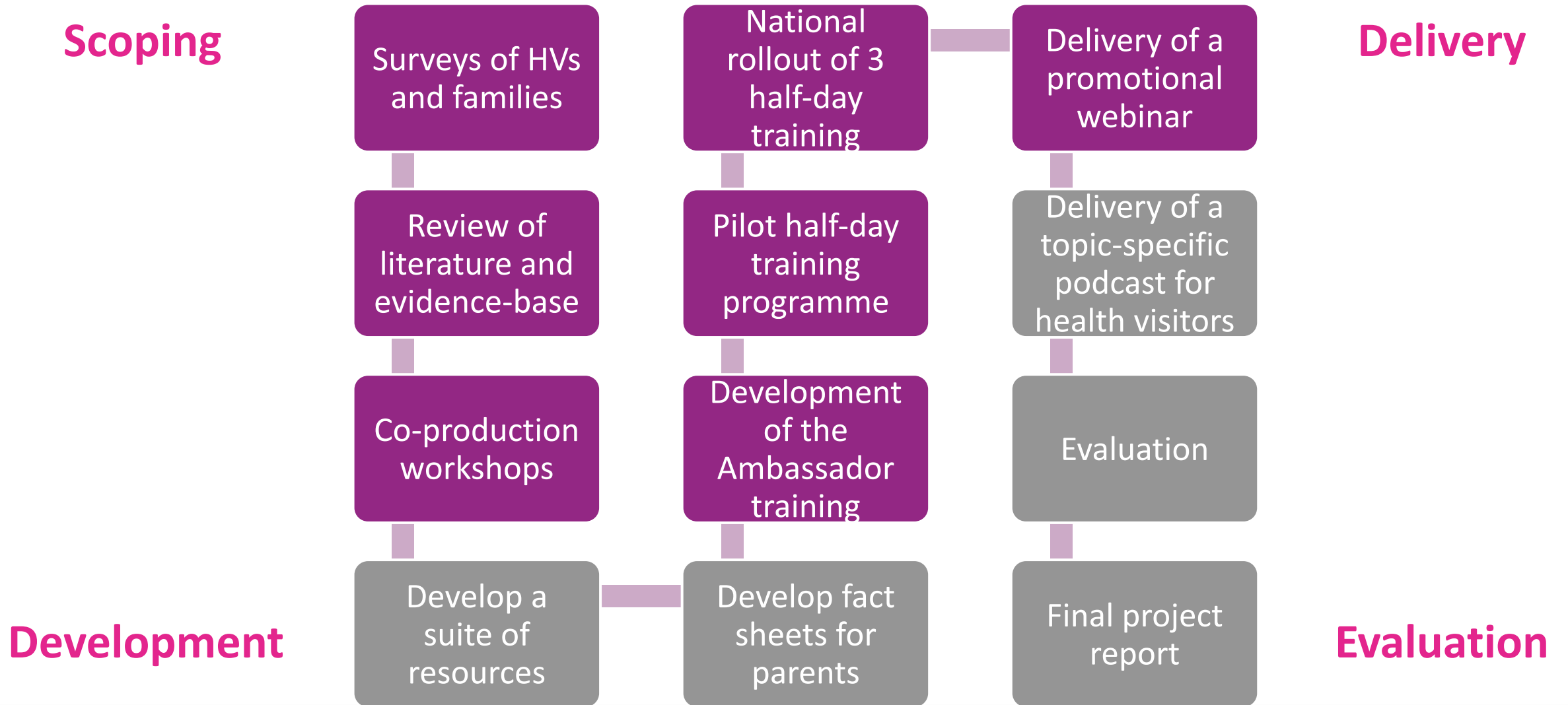
What we did



Insights from health visitors and families

**Awarded funding by The Burdett Trust for Nursing to develop a suite of resources and training for health visitors and their teams about chronic respiratory disease and air pollution.**

# The project: June 2024 – May 2025



# Health Visitor Survey (222 respondents from across the UK)

## Air Pollution (AP)

70%

have **LITTLE** or **NO** knowledge of AP & effect on health

33%

**NEVER** discussed AP & impact on health with families

52%

**RARELY** discussed AP

73%

are **aware** of the link between AP & respiratory health

40%

can **explain** indoor and outdoor AP

65%

are **aware** of UK deaths from AP

15%

can **check** local air quality

25%

are **confident** talking to families

13%

can **connect** families to support

# Understanding of the conditions

86% have at least one child with one of the conditions on their caseload



## Asthma

**43%** have a child with asthma on their caseload

**95%** understand asthma  
**64%** understand diagnosis  
**74%** understand treatment  
**64%** can explain to colleagues  
**88%** can explain management to families  
**61%** can connect families to support



## Cystic Fibrosis (CF)

**20%** have a child with CF on their caseload

**79%** understand CF  
**43%** understand treatment  
**65%** understand diagnosis  
**57%** can explain to colleagues  
**26%** can explain management to families  
**42%** can connect families to support

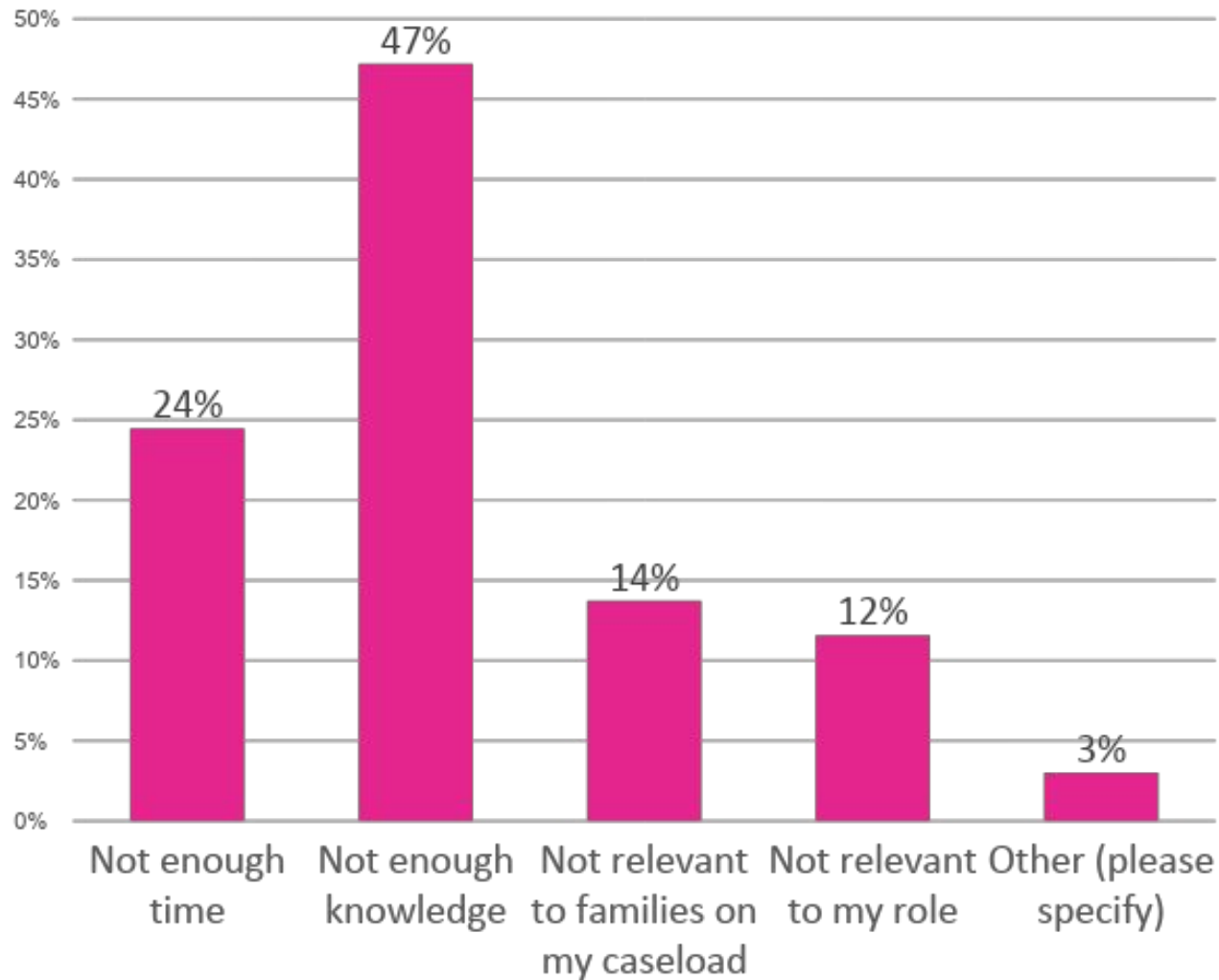


## Preterm Chronic Lung Disease (CLD)

**23%** have a child with preterm CLD on their caseload

**54%** understand CLD  
**26%** understand treatment  
**34%** understand diagnosis  
**34%** can explain to colleagues  
**21%** can explain management to families  
**59%** can connect families to support

# Barriers to conversations with families on air pollution



**92%** of respondents said that their service is currently not doing anything to support families with air pollution.

*“Discuss the impact of second-hand smoke, but not specifically air pollution”*

*“It’s not included in what the service offer is and I don’t have any information”*

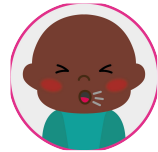
*“Never occurred to me”*

# Only 3% have had training within the last year

Most have **NEVER** had training on these topics:



41% Asthma



56% Cystic Fibrosis



74% Preterm CLD



83% Air Pollution



95% wanted training

# Final thoughts from practitioners

*"I am so very pleased the iHV are looking at this issue.*

*We need to be more proactive with regards to human impact on our environment and how we can mitigate and adapt our services to support families"*

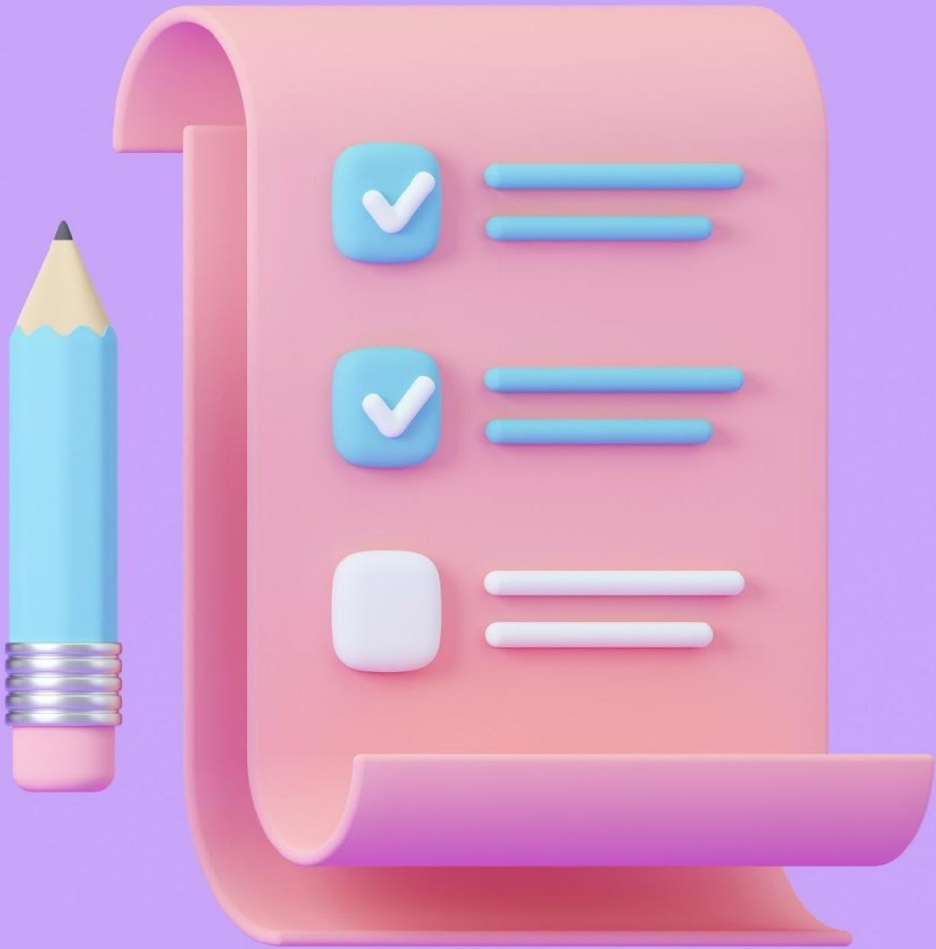
*"I think it is difficult for HVs to provide information to families about diseases which should be diagnosed and managed by specialist teams, a little information can be a bad thing ... whilst HV teams are already stretched beyond capacity"*

*"Training regarding this is very important.*

*During my 30 years as a HV, I twice arrived at a visit to find a baby/child with very fast & laboured respirations. I had to call 999 with the parents & support until transfer to" hospital...*

*"I believe as HVs we should have some essential training here as I would say it affects everyone - I would say it's as important as safer sleep and there needs to be a shift here"*

# Family's Survey (84 respondents from across the UK)



75%

believed outdoor air quality can negatively affect health

70%

believed indoor air quality can negatively affect health

55%

are worried or very worried about air pollution

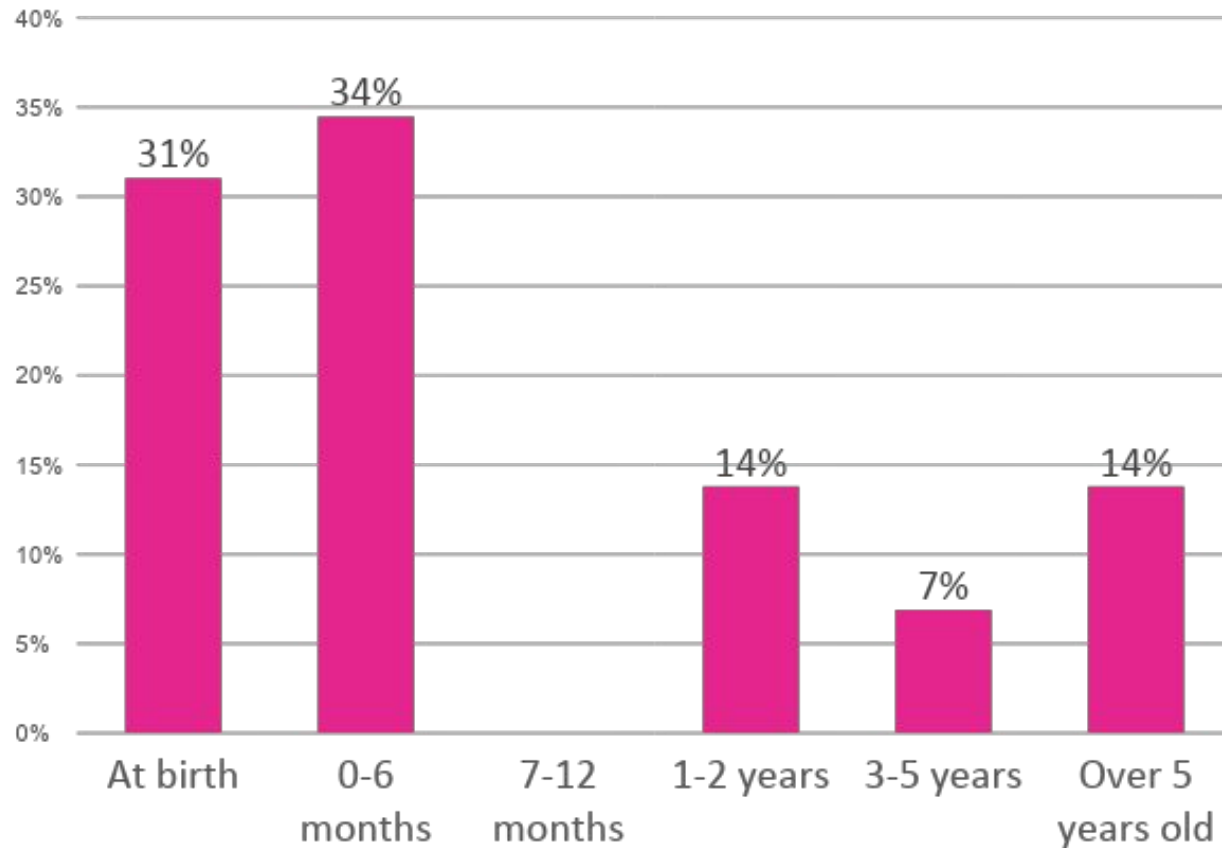
44%

had at least one child with one of the conditions

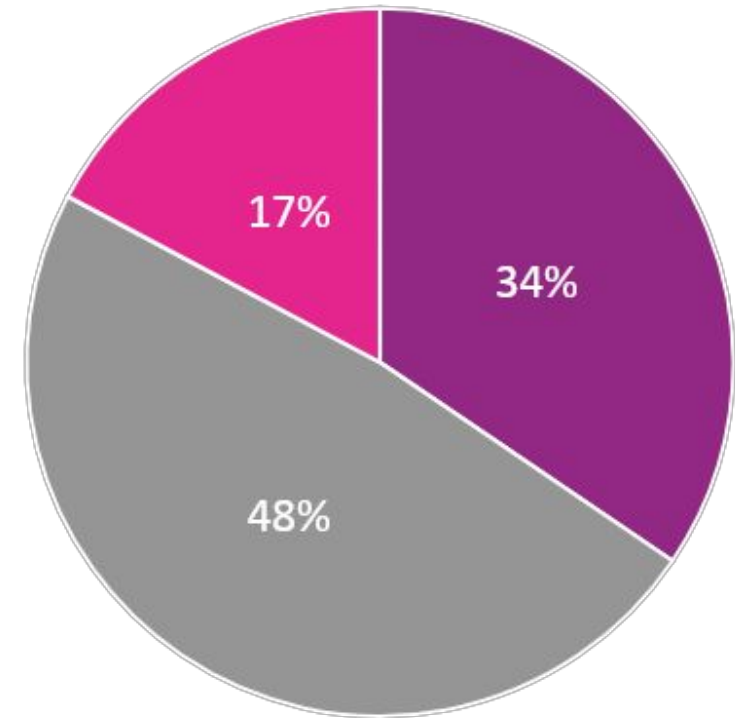
- Asthma 33%
- Undiagnosed Asthma 6%
- Cystic Fibrosis 30%
- Preterm CLD 30%

# About their baby, child, children

## What age were they diagnosed at?

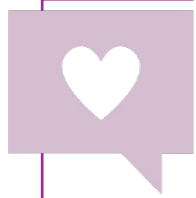


## Do you feel you have all the information and support you need?



■ Strongly agree ■ Agree ■ Disagree ■ Strongly disagree

# Support from the health visiting team



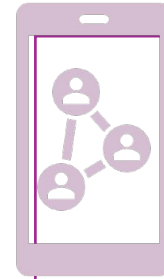
**A very low %** felt their health visitor understood their child's condition



**Almost none** felt their health visitor supported them through the diagnosis process



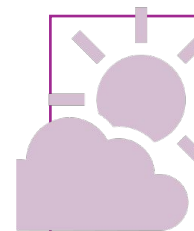
**Under a third** knew how to contact their health visitor



**A very low %** felt their health visitor could connect them with helpful organisations or support



**11%** said their health visitor discussed air pollution



**40%** wanted their health visitor to discuss air pollution

**N/B:** These are very small numbers

# A parent's worries about air quality and health

*"I think this is primarily a problem for the government. **It's a national scandal and needs addressing.***

*There's a website that I'm sure you're aware of where you can put your postcode in to check air quality, I live in something like 98th centile for poor air quality.*

*My eldest child is 6 and had repeated respiratory infections and a chronic cough for the first 3 yrs of their life, suspected asthma but it did ease off after they turned 3 and appears healthy now... My youngest is almost 3 and had even more respiratory infections, bronchiolitis three times too, once so bad he was hospitalised ... when he was 11 months old.*

*Both of my children are short, even though neither me nor their dad is so I do worry if there could be an impact on their growth, too potentially.*

*Also, my eldest is a girl and I worry about the impact of air pollution on her future pubertal development and the same for me now being pregnant again with my third, is affecting all children.*

***It's scary.***

*My husband developed asthma as an adult in the few years since we moved here!"*

# THANK YOU

## Become a Member Today

*stay updated, keep learning and connect*

Participate in UK-wide developments and specialist working groups

Get evidence-based education on a variety of topics

Exclusive access to our iHV Insights webinars

Discounts on iHV events and conferences



Get the latest news, evidence, reports, briefings for the world of Health Visiting

Join our virtual Networking Events and connect with others

Discounts on our bespoke training packages

Library of Good Practice Points to support and develop your practice



SCAN THE QR CODE OR GO TO [WWW.IHV.ORG.UK/JOIN-US](http://WWW.IHV.ORG.UK/JOIN-US)



## Our Air, My Lungs

### Jennifer Holden and Carol Lawrence

Clinical Respiratory Nurse Manager,  
Advanced Paediatric Nurse Practitioner  
and Cystic Fibrosis Nurse Specialist.  
Alder Hey Children's NHS Foundation  
Trust



Type your questions as you  
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# Chronic Respiratory Diseases

Bronchopulmonary dysplasia (BPD)

Asthma

Cystic Fibrosis

Clean Air Clinic

The Needs  
of Children,  
Young People  
and Families

Get  
me well

Personalise  
my care

Improve my  
life chances

Bring me  
the future



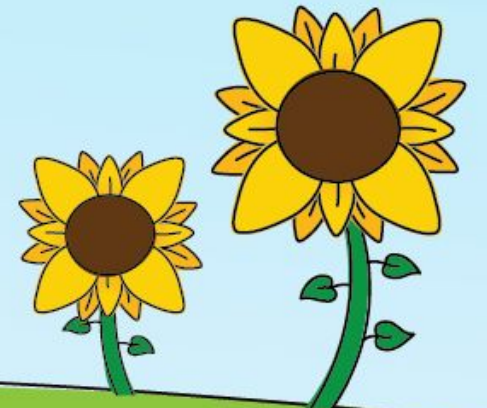
# Bronchopulmonary dysplasia (BPD)

## What is it?

- Is a form of chronic lung disease that affects newborns, mostly those who are born prematurely and require oxygen therapy.
- The airways are damaged, causing dysplasia in the alveoli of the lungs
- Babies with BPD may continue to have episodes of wheezing well into childhood.

## How your role can support these families

- Good nutrition
- Adequate housing – damp, mold, condensation, overcrowding
- Social – smoking/vaping, pets
- Support with medications, repeat prescriptions
- Support general development
- If child is in hospital, can they introduce whilst inpatient



# Asthma/pre-school wheeze

## What is it?

- Inflammation of the muscles around the airways causing them to be narrower
- If child presents with symptoms of wheeze, interval symptoms, acute exacerbation, family history of atopy, we will start regular maintenance therapy, no matter what age.

## How can your role support these families?

- Good nutrition
- Adequate housing – damp, mold, condensation, overcrowding
- Social – smoking/vaping, pets
- Support with medications, repeat prescriptions
- Support general development
- Be aware of potential triggers



# Triggers

Smoke

Strong emotions

Furry pets

Colds

Exercise

Changes in the weather

Cockroaches

Pollen

Cold weather

Food allergies

Mold & mildew

Strong smells

Dust



# Cystic Fibrosis

## What is Cystic Fibrosis (CF)?

- Genetic condition
- Two genes – one from each parent
- Mainly effects respiratory and digestive systems
- Screen Link Health Visitor visits family

## How your role can support these families

- Support general development
- Adequate housing- free from damp, mould, etc...
- Social- smoking/vaping etc...
- Immunisations
- General support for the family

**Cystic  
Fibrosis Trust**



# Clean Air Clinic

- Accepts referrals to support families with their housing situations that we know is affecting their health.
- Current waiting time is 14 weeks.

## What can you do help?

- Contact landlords directly via email/phone call and give information about the child's health and reasons why you feel this is affecting their health.
- The more pressure they get from different departments, the more likely they are to sort out the issue.
- Advise families how they can help themselves.



### Improving Indoor Air Quality in Your Living Room

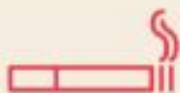
Poor indoor air quality can worsen asthma and allergies



Choose leather or vinyl furniture



Hang blinds or washable curtains



Don't smoke or vape or use the fireplace

Don't use throw pillows

Clean up clutter

Use washable area rugs, wash them weekly



Remove scented candles and potpourri



Replace carpets with solid surface flooring with low VOCs



Use a CERTIFIED **asthma & allergy friendly** air cleaner

### Improving Indoor Air Quality in Your Kitchen

Poor indoor air quality can worsen asthma and allergies



Fix leaks from your sink, dishwasher, and refrigerator water line



Throw out old produce before it grows mold



Clean up spills and messes right away

Keep refrigerator door seals clean

Don't let dirty dishes pile up

Clean the tops of cabinets and vent hood often



Use a CERTIFIED **asthma & allergy friendly** air cleaner



Use unscented or homemade cleaners



Use lids on trash cans



Avoid aerosol cleaning products

### Improving Indoor Air Quality in Your Bedroom

Poor indoor air quality can worsen asthma and allergies



Keep pets out of your room



Wash sheets and bedding weekly in 130 F water



Vacuum floors and mattresses weekly

Shampoo or cover your hair before bed to remove pollen

Air out new furniture in another room

Remove scented candles and potpourri



Use a CERTIFIED **asthma & allergy friendly** air cleaner

If you have a connected bathroom



Run a fan at least 15-20 minutes after showering



Fix leaks



Clean showers, tubs, and sinks often to prevent mold



Good morning,

I am writing with regards to a patient I saw in my respiratory clinic last Friday, His father has given his consent for me to contact you.

Father's name is and their address is

I reviewed ....in my respiratory clinic following a history of worsening asthma. During the consultation, Dad informed me that the family (6 members) are currently living in a 2-bedroom house. ....is currently sleeping in the back of the house as there is damp throughout the front. The house is overcrowded and can get very dusty very quickly.

There have been well known cases in the Northwest where living conditions have been fatal to children. Research has also showed us that these current living conditions will be having a direct impact on ..... asthma symptoms.

I would strongly recommend that this family be housed ASAP into more suitable accommodation.

Whilst this is happening, I would also recommend the property be assessed for any further damp or mould and the issue be rectified.

I am happy to be contacted using the details below and look forward to both your replies.

Kind Regards, **Jen Holden**

**Clinical Respiratory Nurse Manager, Advanced Paediatric Nurse Practitioner**  
**Hereditary Haemorrhagic Telangiectasia (HHT) Nurse Specialist**  
**Institute In The Park, Alder Hey Children's NHS Foundation Trust**  
**Mob: 07974875789**

Good morning,

I am contacting you with regards to a patient review in my general respiratory clinic. I have spoken the patient's mother who is happy for me to share her details.

Her name is .....and her address is.....

Her child presented to my clinic with chest symptoms that now require her to be on treatment. During the consultation, .....informed me that there is damp and mould in her daughter's bedroom. She has asked for this to be repaired without any success. ....informs me, she frequently cleans the area, but the mould will always return.

As you will be aware, mould in a child's bedroom can become dangerous to a child, as these conditions will be contributing towards ..... daughter's chest symptoms.

I would be grateful if you could arrange for this to be repaired ASAP as well as keeping me up to date with these arrangements.

Kind Regards, **Jen Holden**

**Clinical Respiratory Nurse Manager/Advanced Paediatric Nurse Practitioner**  
**Institute In The Park, Alder Hey Children's NHS Foundation Trust**  
**Mob: 07974875789**





## Our Air, My Lungs

**Rosamund Adoo-Kissi-Debrah**  
Founder, Director and Trustee of The  
Ella Roberta Foundation


Film from World Health Organization  
(WHO)



Type your questions as you  
think of them during the  
presentations

Use the Zoom Q&A function

- **Name of presenter** you would like to answer your question
- Brief **question**
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A close-up portrait of a young girl with dark skin and hair styled in two buns with red hair ties. She is smiling and looking slightly to the left of the camera. She is wearing a white collared shirt under a dark vest. The background is a solid light blue color.

*Rosamund Kissi-Debrah's daughter, might still be  
alive today.*



## Our Air, My Lungs

### Fliss Stephenson

Climate Change Manager, Royal College of Paediatrics and Child Health



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# Supporting health professionals to talk to children, young people and families

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Fliss Stephenson - RCPCH Clean Air Fund partnership





# What is air pollution?

## UK sources of PM<sub>2.5</sub> emissions in 2022

Source	%
Domestic woodburning	22%
Road transport (road/tyre/brake wear)	18%
Industrial processes and product use	17%

## UK sources of NO<sub>x</sub> emissions in 2022

Source	%
Road transport (tailpipe)	30%
Combustion in energy industries	19%
Non-road transport (air/rail/shipping)	15%



# Health impacts



Image from UNICEF, 2025, Breathless beginnings  
*Policies to protect children from air pollution in Europe and Central Asia*

**“We all breathe so  
should all care.”**

- RCPCH & Us  
Young Person

<b>Gestation</b>	<ul style="list-style-type: none"><li>• Foetal growth and development</li><li>• Low birth weight</li><li>• Preterm birth</li></ul>	<ul style="list-style-type: none"><li>• Early life mortality</li><li>• Chronic disease in later life</li></ul>
<b>Infancy</b>	<ul style="list-style-type: none"><li>• Respiratory infections</li></ul>	<ul style="list-style-type: none"><li>• Infant mortality</li></ul>
<b>Childhood</b>	<ul style="list-style-type: none"><li>• Asthma</li><li>• Reduced cognitive function</li><li>• Skin and eye irritation</li></ul>	<ul style="list-style-type: none"><li>• Lung growth and function</li><li>• Brain development and maturation</li></ul>
<b>Adolescence</b>	<ul style="list-style-type: none"><li>• Narrowing of arteries</li><li>• Psychotic experiences</li><li>• Metabolic disturbance</li></ul>	<ul style="list-style-type: none"><li>• Cardiovascular disease</li><li>• Obesity</li><li>• Type 2 diabetes</li></ul>

# Case study: Awaab Ishak

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- Two-year-old boy, from Rochdale, died in December 2020 from black mould related respiratory illness
- His father repeatedly tried to raise concerns with the housing provider
- **Legal reforms known as "Awaab's Law,"** require timely repairs for damp and mould in social housing
- His case underscores the critical need for improved housing conditions and quicker action from housing providers

# Case study: Ella Adoo Kissi-Debrah

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- Lived on South circular road in Southeast London
- Developed severe asthma at 7 years old which led to her death in 2013 aged 9
- Ella's death certificate is the **first in the world to list air pollution as a cause of death**
- Her case highlights the critical need for stricter air quality measures and better education on the health impacts of air pollution

# Ethics

Received: 10 May 2024 | Revised: 13 June 2024 | Accepted: 14 June 2024

DOI: 10.1111/apa.17336

ACTA PÆDIATRICA  
NURTURING THE CHILD WILEY

PERSPECTIVE

## EAP statement: Communicating air pollution risks to children and families

European Academy of Paediatrics Strategic Advisory Group on Ethics on behalf of the European Academy of Paediatrics, EAP, Brussels, Belgium

Mark Hayden<sup>1,2</sup> | Heather Lambert<sup>1,3</sup> | Ann De Guchteneere<sup>1,4</sup> | Joe Brierley<sup>1,5</sup> 

‘As there is now strong evidence of harm from even low levels of air pollution, failure to disclose this knowledge to families is paternalistic and arguably makes paediatricians complicit in an **ongoing mass breach of children's rights.**’

### Letters

## Why doctors need to advocate for clean air

**Dr Heather Lambert** and **Dr Mark Hayden** say the General Medical Council is wrong to sanction doctors over climate protests



What are the barriers to acting on  
air pollution?

# Barriers to acting on air pollution

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- **Competing stressors**
  - “my headspace is occupied with higher priority issues”
- **(Mis)understanding the problem**
  - “this is a problem for other experts”
- **Maintaining their standing**
  - “getting action wrong could hurt my reputation”
- **Lack of inspiration or action they could take**
  - “It’s unclear what action I could take/role I could play”
- **Overcoming helplessness**
  - “there’s nothing that my patients can do”

So what next?



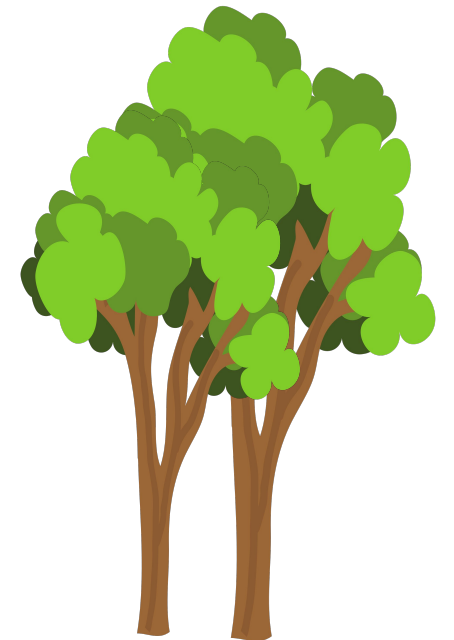
# 1. How do I build my knowledge?

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## Barrier: (Mis)understanding the problem

Remember.....

- You probably already know quite a lot
- You don't need to know *everything* to be able to communicate about it
- The research has already been done, and summarised
- Choose ways of learning that work for your style



# Tools for change

[Home](#) | [Key topics](#)

## Air Pollution Companion

Welcome to the Air Pollution Companion – a ‘one stop shop’ to learn about air pollution and child health, and integrate it into your practice. This resource was developed by the Clean Air Fund Partnership team, which includes three Clinical Fellows working alongside RCPCH policy experts.



### Build your knowledge

For anyone interested in learning more about air pollution and its impact on child health.

[Build your knowledge](#)



### Talk to patients

For child health professionals who want to make talking about air pollution 'business as usual'.

[Talk to patients](#)

### Advocate for change

For health professionals who want to advocate for broader systemic change to improve air quality.

[Advocate for change](#)



### Learn from case studies

Explore our library of case studies highlighting projects and professionals working to improve air quality.

[Case studies](#)



### The clean air community

Discover more about our national and international networks focused on air pollution and child health.

[Clean air community](#)



### Explore Clean Air Clinics

For policy makers, NHS leaders and child health professionals. Read more about these innovative clinics.

[Clean air clinics](#)



# Tools for change



<http://vimeo.com/1048838716/a509147f5a?ts=0&share=copy>

# Tools for change

- Use our ‘Air Pollution in the UK’ Position Statement recommendations to support local advocacy
- Print out the ‘Quick read’ to put on the desk of people in power



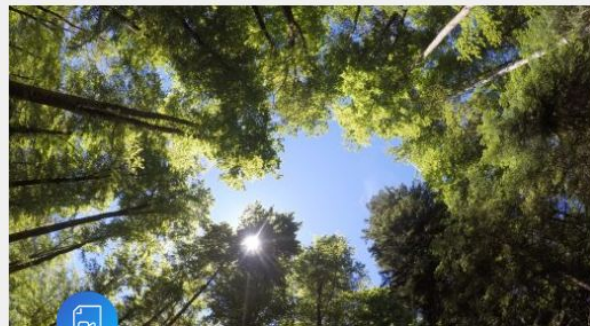
<b>1</b>	<b>Right to clean air</b>	<p>i. Enact a Clean Air Act to establish a legal right to clean air in all four nations of the UK.</p> <p>ii. Meet the 2005 WHO Air Quality Guidelines for PM2.5 by 2030, and develop a clear strategy to meet the 2021 WHO Air Quality Guidelines.</p>	UK government and devolved administrations; Secretary of State for Environment, Food and Rural Affairs
<b>2</b>	<b>NHS</b>	<p>iii. The NHS should lead by example by mandating the implementation of the Clean Air Hospital Framework across all NHS organisations.</p>	NHS England, Scotland and Wales; HSC Northern Ireland
<b>3</b>	<b>Schools</b>	<p>iv. Ensure children's health in schools is protected by monitoring outdoor PM2.5 and NO2 levels in all UK schools. Grant local authorities the power to close or divert roads when air pollution near schools exceeds limits.</p> <p>v. Implement a national rollout of the school streets initiative, ensuring adequate access for disabled students and those needing to travel by taxi. Improve infrastructure to facilitate active travel to school where school streets are not feasible.</p>	Department for Education (and equivalent departments in the nations); local authorities
<b>4</b>	<b>Transport</b>	<p>vi. Invest to ensure half of urban journeys in the UK can be walked or cycled by 2030.</p> <p>vii. Ensure all UK residents have access to regular, affordable and accessible public transport systems.</p> <p>viii. Implement clean air zones with careful consideration to economically disadvantaged groups and disabled people, and alongside simultaneous improvements in public transport and active travel infrastructure.</p>	Department of Transport (and equivalent departments in the nations); Metro Mayors; local authorities
<b>5</b>	<b>Housing</b>	<p>ix. In England, expand Awaab's Law to include protection for private rented households. In Scotland, Wales and Northern Ireland, introduce and expand Awaab's Law to include protection for private rented households.</p> <p>x. Ensure that retrofitting schemes focused on improving insulation include clear minimum ventilation requirements and enforce these.</p>	Ministry of Housing, Communities and Local Government (and equivalent administrations in the nations)
<b>6</b>	<b>Wood-burning</b>	<p>xi. Phase out domestic woodburning in urban areas, assist rural residents to transition away from wood as a primary heating source, and support those in fuel poverty with fuel cost assistance.</p> <p>xii. Increase public awareness on the health harms of woodburning.</p>	Department for Environment, Food & Rural Affairs (and equivalent departments/administrations in the nations); Metro Mayors; local authorities;

# Tools for change



Air pollution

**\*NEW\* RCPCH & Hope for the Future Webinar: Developing relationships with politicians to promote clean air for child health**



Air pollution

**\*NEW\* The Air We Breathe: Global Impacts of Air Pollution on Children's Health**

In this webinar, Pallavi Pant, Head of Global Health at the Health Effects Institute, explored the urgent issue of air pollution and its significant impact on children's health worldwide.



Air pollution

**RCPCH Webinar: Upskilling child health professionals to talk about air pollution**

In this webinar, we join the RCPCH's Clean Air Fund Partnership team to explore the barriers to talking to children, young people and their families about air pollution, and to learn how clinicians can overcome them.

# Final reflections

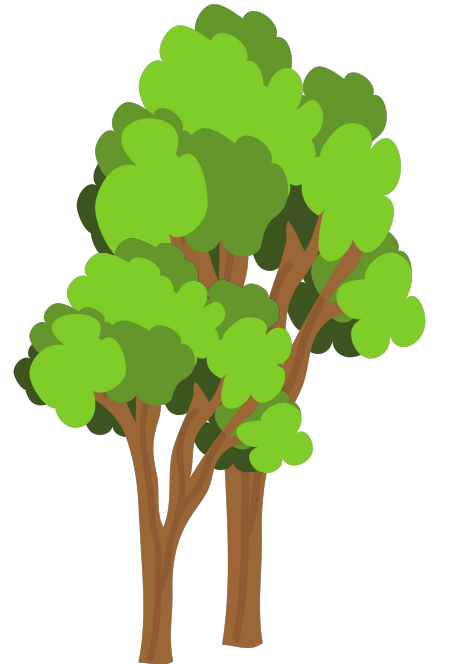
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- Air Pollution is a **major public health threat** globally and we see the clinical consequences daily
- Child health professionals are some of the most **trusted people** in society – we have a moral duty to act
- Taking action on air pollution can be intimidating, but there is lots of **information and support** out there
- Start small – a conversation with a colleague or a patient – it might change the course of their life

# Key resources

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- Every breath we take: the lifelong impact of air pollution. RCP/RCPCH 2016
- Key reports: CMO report 2022, Coroner's report 2021, State of Global Air 2024
- Charities: Global Action Plan, Asthma+Lung UK, Clean Air Fund, Mums for Lungs
- Video: [Asthma and Air Quality - North Central London Integrated Care System \(ncihealthandcare.org.uk\)](https://www.ncihealthandcare.org.uk)
- [Communicating on climate change and health: Toolkit for health professionals \(who.int\)](https://www.who.int)



# References by topic (1)

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## Global Disease Burden and Air Pollution Impact

GBD 2021 Risk Factors Collaborators. (2024). Global burden and strength of evidence for 88 risk factors in 204 countries and 811 subnational locations, 1990–2021: A systematic analysis for the Global Burden of Disease Study 2021. *Lancet*, 403(2162–2203).

Health Effects Institute. (2024). *State of Global Air 2024. Special Report*. Boston, MA: Health Effects Institute.

## Health Impacts of Air Pollution

Fuller, G., Friedman, S., & Mudway, I. (2023). *Impacts of air pollution across the life course – evidence highlight note*. Environmental Research Group, Imperial College London.

UK Health Security Agency. (2022). *Statement on the differential toxicity of particulate matter according to source or constituents*. Available at: [www.gov.uk](http://www.gov.uk) [Accessed 12 June 2024].

Ghosh R, Causey K, Burkart K, Wozniak S, Cohen A, Brauer M (2021) ‘Ambient and household PM2.5 pollution and adverse perinatal outcomes: A meta-regression and analysis of attributable global burden for 204 countries and territories’. *PLoS Med* 18(9): e1003718. <https://doi.org/10.1371/journal.pmed.1003718> [pmid:34582444](https://pubmed.ncbi.nlm.nih.gov/34582444/)

## Key Sources of Air Pollution in the UK

Parliamentary Office of Science and Technology. (2023). *POSTnote 691: Urban outdoor air quality*. Available at: <https://post.parliament.uk/research-briefings/post-pn-0691> [Accessed 12 June 2024].

# References by topic (2)

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## **Indoor Air Pollution**

Royal College of Paediatrics and Child Health. (2020). The Inside Story: Health effects of indoor air quality on children and young people.

Semple, S., et al. (2012). Contribution of solid fuel, gas combustion, or tobacco smoke to indoor air pollutant concentrations in Irish and Scottish homes. *Indoor Air*, 22(212–223).

## **Government and Local Authorities' Role in Mitigating Air Pollution**

Department for Environment Food & Rural Affairs and Department for Transport. (2017). UK plan for tackling roadside nitrogen dioxide concentrations: Detailed plan.

2Bath and North East Somerset Council. (2023). Bath Clean Air Zone: Interim Monitoring Report January to June 2023.

Greater London Authority. (2024). London-wide Ultra Low Emission Zone - Six-month report.

## **Air Pollution and Public Health**

Ashworth, M., et al. (2021). Spatio-temporal associations of air pollutant concentrations, GP respiratory consultations, and respiratory inhaler prescriptions: A 5-year study of primary care in the borough of Lambeth, South London. *Environmental Health*, 20(54).

Environmental Research Group, Imperial College London. (2022). Health impact assessment of current and past air pollution on asthma in London



# Our Air, My Lungs

## Victoria Jackson

Lead Programme Manager -  
Innovation and Research, iHV



Type your questions as you  
think of them during the  
presentations

Use the Zoom Q&A function

- **Name of presenter** you would like to answer your question
- Brief **question**
- **Your name** (if you wish to do so)



# Our Air, My Lungs



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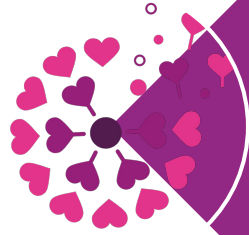


## Resources to support practice

Victoria Jackson: Lead Programme Manager – Innovation & Research

April 2025

# Overview of session



Resources health visitors  
and families wanted



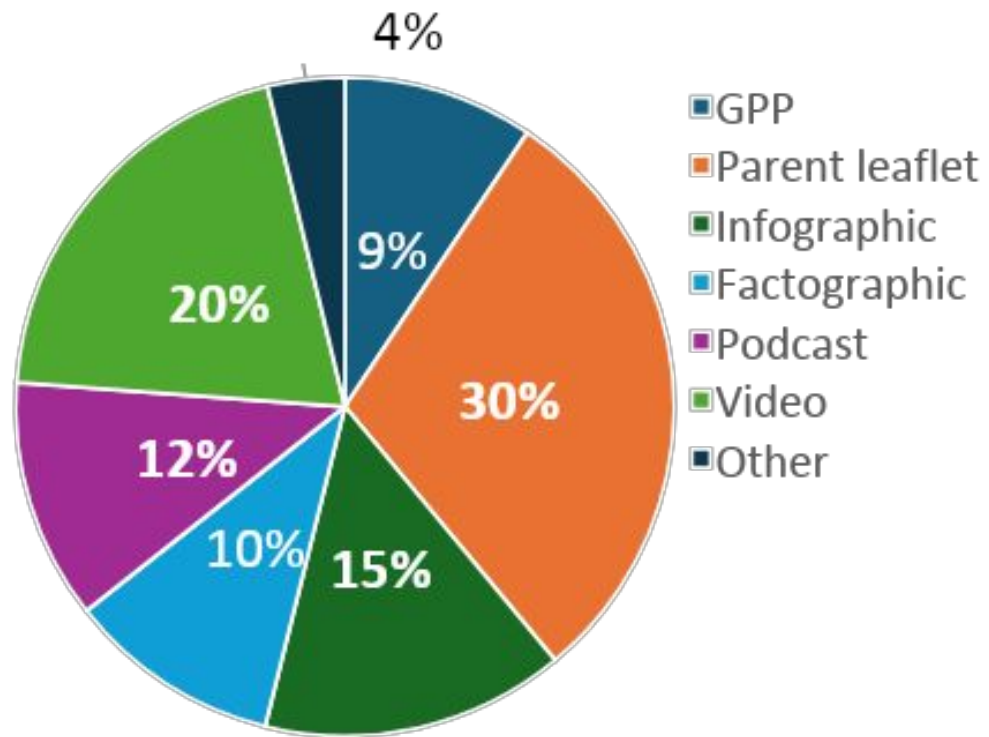
Resources to support  
practice



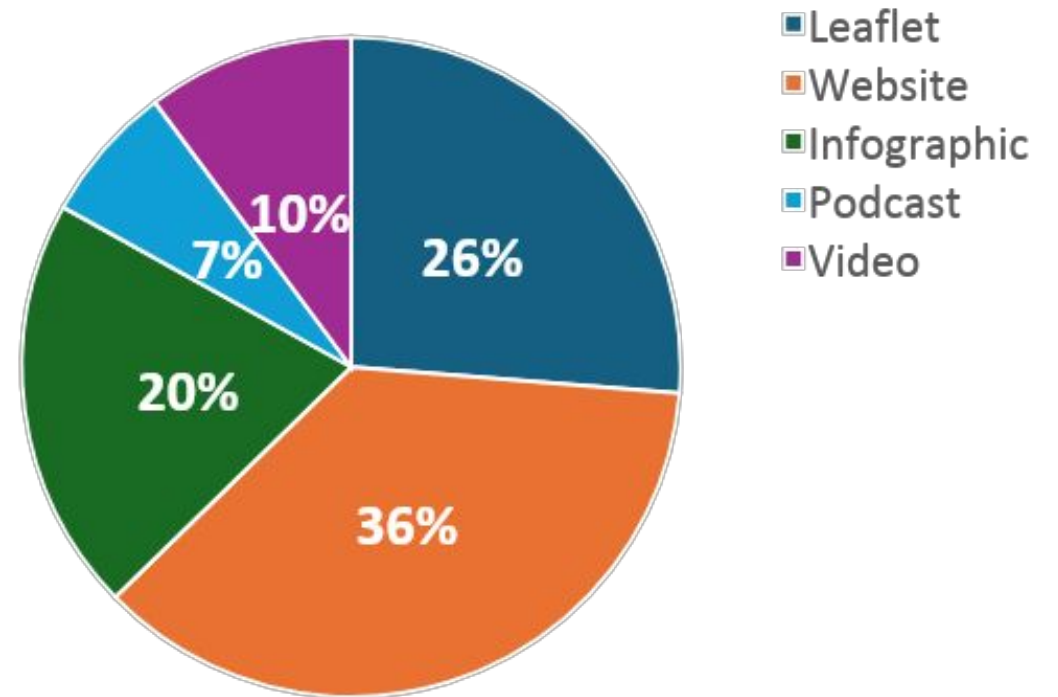
Next steps

# What type of resources?

## Health Visitors



## Families



# Resources available



- **Infographics** on each topic
- **A-Z** of useful organisations
- **Animations** - Parent voice, air pollution, damp and mould, and chronic respiratory diseases
- Awareness raising **slideset** to cascade to colleagues
- **Podcast** on air pollution
- **Parent resource** on about air pollution





Complete  
Resources

Complete  
evaluation  
review

Write and  
publish the  
report

Continue to  
share  
information  
and raise  
awareness

# THANK YOU

## Become a Member Today

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**We will aim to answer as many questions as possible during the live session.**

Use the Zoom Q&A function

- **Name of presenter** you would like to answer your question
- **Brief question**
- **Your name** (if you wish to do so)

# Over to you!



## Help us to tailor our events to meet **your** needs!

- Submit your anonymised responses to the poll
- What more can we do to support you in your practice?
- Email [events@ihv.org.uk](mailto:events@ihv.org.uk) with any suggestions



# Thank you so much for joining us



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## Continue your CPD!

After this event you will be able to access the following resources on the iHV website:

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- This slide set
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**Improving the lives of babies and children with  
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**19 June 2025 at 3:30pm**

**#iHVInsights**

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# Future iHV Event Dates



TOPIC	DATE
Healthy Weight, Healthy Nutrition – Ultra-Processed Foods Webinar	1 May 2025
iHV Evidence-based Practice Conference 2025 - King's House Conference Centre in Manchester	8 May 2025
SCPHN Student Health Visitor Networking Event	22 May 2025

All future dates can  
be found at:  
[bit.ly/4enHn2H](https://bit.ly/4enHn2H)





Thursday 8 May 2025



Manchester | King's House Conference Centre



# Healthier Beginnings



iHV Evidence-based Practice Conference



Hybrid Conference