

How much do you know about Air Pollution?

Test yourself and your family with our quick quiz!

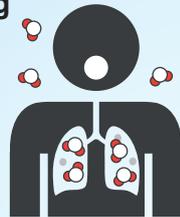
1 How many breaths do we take in a 24 hour period?

- a) 250
- b) 2,000
- c) 25,000
- d) 200,000



2 How many children are breathing toxic air each day in the UK?

- a) None
- b) 1 in 20
- c) 1 in 10
- d) 1 in 3



3 How many deaths are estimated to be linked to air pollution in the UK each year?

- a) 300
- b) 2,000
- c) 40,000
- d) 100,000



4 What is the largest cause of air pollution in the UK?

- a) Road traffic
- b) Industry
- c) Dust from the Saharan Desert
- d) Agriculture



5 Can you name one type of pollution that exhaust fumes contain?

6 On average, who breathes the cleanest air whilst travelling?

- a) Cyclists
- b) Pedestrians
- c) Drivers
- d) Bus passengers



7 Which diseases does air pollution contribute to:

- a) Respiratory (breathing) problems
- b) Cancers
- c) Heart disease
- d) Diabetes
- e) All of the above



8 How can we ensure we breathe cleaner air?

- a) By leaving the car at home – especially for shorter journeys
- b) By walking and cycling on quieter roads away from busy traffic
- c) By walking on the inside of the pavement and avoiding walking on the kerb
- d) By using public transport
- e) All of the above

9 Turning off an engine and then restarting after a minute will cause less pollution than letting it idle whilst stationary.

- True
- False

10 How many balloons would be filled per minute with toxic air from the exhaust of a car whose engine has been left idling when parked?

11 Two thirds of all UK car journeys are under five miles

- True
- False

12 How much physical activity should children aged 5 – 18 have every day?

- a) 5 mins
- b) 15 mins
- c) 30 mins
- d) 60 mins



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Answers

1. **25,000** – that's about 8,640 litres of air every 24 hours! That's over 2,000 m³ of air each day. (British Lung Foundation)
2. **One in three children are breathing toxic air every day in the UK.** (UNICEF)
3. **Air pollution is linked to 40,000 premature deaths each year.** (Every Breath We Take – Royal College of Physicians Report 2016)
4. **Road traffic** – exhaust from petrol and diesel-powered vehicles is the major source of air pollution in the UK. (DEFRA)
5. **Carbon monoxide, hydrocarbons, nitrogen dioxide, carbon dioxide, and particulates.**
6. **Cyclists breathe the cleanest air.** Amazingly, car drivers can be exposed to twice as much air pollution as pedestrians and nine times more than a cyclist. (Kings College, London)
7. **All of the above** – air pollution can affect all the organs in the body. It has even been linked to infertility and dementia. (Every Breath We Take – Royal College of Physicians Report 2016)
8. **All of the above** – for example using quieter streets when you're on a bike or on foot can lower your exposure to air pollution by at least 20%. (Global Action Plan)
9. **True.** Modern car engines do not need to be left running when stationary for longer than one minute. Idling an engine is an unnecessary source of local air pollution. An idling engine can produce twice as much pollution than when it is moving. (Idling Action London)
10. **150 balloons** – the air may contain harmful cyanide, nitrogen oxides and particulates. (Westminster City Council)
11. **True.** By leaving your car at home, especially for shorter journeys, you are helping reduce air pollution for everyone. (Sustrans)
12. **60 minutes** (NHS). Walking or cycling to and from school or college helps children and young people to get the exercise they need to stay healthy (and they'll be breathing cleaner air than if travelling in a car!)

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