

# Air pollution

## What can we do

### Individual level

- Walk on quiet streets and avoid busy roads cuts air pollution exposure by 50% according to research.
- Reduce your transport emissions – active travel, public transport, car share, work from home
- Raise awareness – patients, colleagues, lobby your organisation, friends and family
- Try to reduce meat eating

Swap one use items to reusable items (At home and work) ES

### Organisational level

Ensure that electric vehicles are part of the Trusts procurement practices  
Henna

Air pollution monitors - use for 2 weeks and then send off and get average.  
Aarti Bansal

Making active and public transport as easy and affordable as possible, e.g. bike parking, salary sacrifice bike schemes, help with route planning, good reimbursement of driving car for business miles.

Anti-idling policy

Adopt the ICS clean air framework or clean air hospital framework

Monitor air pollution regularly like we do weather

Hospitals to run park and ride buses  
Aarti Bansal

Bus deals for staff  
Aarti Bansal

Parking charges (or at least a permit system) to discourage driving – all our sites are free parking currently

Routeplanner that tells you all the ways to get somewhere prioritizing public transport routes. Use data to engage with public transport companies  
Aarti Bansal

Northamptonshire used a CIC used postcode data against bus routes - at least 1/3 of staff could catch a bus without impacting journey time. Working with council to develop travel plan. Will share report.  
Aarti Bansal

Put air pollution onto trust risk register  
Aarti Bansal

Collaboration with local councils, university and other community stakeholders to enhance messaging and behaviour change and interventions. We have a collab to pilot real-time air quality displays in our hospitals at ICHT in London to show staff and patients what the outdoor air quality is. <https://awair-project.org/>

Royal College of Paediatricians has great guidelines. [https://www.rcpch.ac.uk/key-topics/air-pollution?utm\\_source=Royal%20College%20Of%20Paediatrics%20and%20Child%20Health&utm\\_medium=email&utm\\_campaign=14866990\\_President%27%20update%202025-02-03&utm\\_content=Air%20Pollution%20Companion&dm\\_i=12S1,8UNFY,R4EZQP,10UME6,1](https://www.rcpch.ac.uk/key-topics/air-pollution?utm_source=Royal%20College%20Of%20Paediatrics%20and%20Child%20Health&utm_medium=email&utm_campaign=14866990_President%27%20update%202025-02-03&utm_content=Air%20Pollution%20Companion&dm_i=12S1,8UNFY,R4EZQP,10UME6,1)  
Gareth Thompson

Link in with local organisations that offer cycle confidence training/bike maintenance training for free.  
Mary Pejington

GoTravel Solutions  
Robin Pointon MCHT  
Managing Director  
GO Travel Solutions  
Tel: 07887 950 633  
Email: [robin.pointon@gotravel-solutions.com](mailto:robin.pointon@gotravel-solutions.com)  
Aarti Bansal

Air pollution checklist for (adult) patients: [https://www.actionforcleanair.org.uk/files/air\\_pollution\\_and\\_adult\\_health\\_checklist.pdf](https://www.actionforcleanair.org.uk/files/air_pollution_and_adult_health_checklist.pdf)

Air pollution checklist for children: [https://www.actionforcleanair.org.uk/files/air\\_pollution\\_and\\_childrens\\_health\\_checklist.pdf](https://www.actionforcleanair.org.uk/files/air_pollution_and_childrens_health_checklist.pdf)

<https://awair-project.org/>

ICS Clean Air Webinar  
10th Feb.  
<https://globalactionplan.zoom.us/j/6x3R3SRChCFejingw#/registration>  
Aarti Bansal

Resources

GoTravel Solutions Robin Pointon MCHT  
Managing Director  
GO Travel Solutions  
Tel: 07887 950 633  
Email: [robin.pointon@gotravel-solutions.com](mailto:robin.pointon@gotravel-solutions.com)

Clean air hospital framework: <https://www.actionforcleanair.org.uk/health/clean-air-hospital-framework>

Purple air monitors  
Aarti Bansal

ICS clean air framework: <https://www.actionforcleanair.org.uk/health/ics-framework>

Electric Cars: <https://www.wearepossible.org/actions-blog/clean-cars-for-carers-like-me>

## Ideas for talking to patients/colleagues/friends and family about air pollution

Linking to symptoms, health conditions, identifying as a trigger for exacerbations

Action for clean air website/resources

Where can you find information on air pollution at the postcode level? rt

...Linking patient postcode to air pollution to start the conversation in clinic

Easier to attribute air pollution to symptoms who people who have not moved. Can use example of smoking to help people make link.,

Developing educational resources for clinicians to talk to patients about air pollution

Henna

Mayor of London website has good information about air quality including maps of street level data. Helpful to signpost to patients  
RH

Real time messaging on air pollution to patients and seeing how they respond to them.  
Aarti Bansal

We did pilot training on this at St Barts. We ran 1 hour sessions. Did a basic intro to air pollution, and then ran sessions with an actor to practice in the session and staff swapped into the scenario. Worked well but our trainer has moved jobs, so has stopped...

Promote to staff that if staff don't speak to patients about air pollution being a problem/having an effect on their condition, they think that it doesn't have an effect - I can't remember the source, Black Women's Network (?)  
Henna

## Potential barriers (and ideas to overcome them)

Risk assessments are done as a tick box

Not deemed a high/immediate priority – raise awareness of health harms, add to trust risk register

Clinicians' lack of confidence in talking to pts about air pollution and it's effects on their health conditions

Park and Ride not useable by NHS staff at Royal Derby Hospital  
ES

are we emphasising vehicular air pollution, but not paying enough attention to indoor pollution from eg moulds due to worse damp? rt

Complex to measure  
KPO Team

Discrepancies between UK and WHO "safe" levels of air pollution, what are we aiming for?

Money! Could overcome if could demonstrate financial (and health) benefits

Action for clean air network has educational resources  
Aarti Bansal

Staff engagement, somehow making active/public transport the easy option.

What evidence is there that air pollution falls with moving people from cars with a mix petrol/electric/diesel into big busses with diesel engines? rt

Lack of technology to monitor and measure and diagnose  
KPO Team

Air pollution is a challenge as it doesn't sit within one clear department and overlaps into Public health  
Henna

Encourage staff cycling rather than using public transport  
rt

difficulty of getting air pollution on the agenda as an invisible health threat not at the top of patient and community priorities – hard to prove threat to patients on individual level so sometimes hard to get patient buy-in on getting air pollution onto agenda.