

## **Weather and Your Lung Health The Facts May Take Your Breath Away!**

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We breathe the lower atmosphere and that's the layer where, of course, we find weather. So, how is air quality affected by weather? Inversions, the chemistry of ozone creation, wind, precipitation, and amount of insolation are all key elements of our daily weather that play a role in the cleanliness of the air we breathe. We'll also examine how the broadcast meteorologist can convey a clear message about air quality and what elements of the on-air presentation are most critical to the viewer and more importantly to those with respiratory distress. These and other questions will be answered as we take a comprehensive look at air quality.

What exactly are the effects of air quality on lung health? The American Lung Association's 2010 State of the Air Report will be used to provide an overview of the current air quality in our region, and governmental standards in place to help regulate pollution levels and protect public health. This will be followed by a discussion on how poor air quality affects everyone's health and puts those with lung diseases, such as asthma and COPD, at higher risk. Lastly, recommendations will be provided for actions that individuals can take to reduce pollution and protect themselves on days with poor air quality.

### **Presenters' Bios**

**Nick Morganelli**, a Broadcast Meteorologist and teacher, has devoted more than 10 years to the mission of the American Lung Association of MA and New England. Speaking out against dirty power plants, emceeing or volunteering at events, and serving on the board, he is committed to promoting lung health and fighting lung disease. He holds a B.S. in Meteorology from Lyndon State College and has been in broadcasting for nearly 25 yrs. In the fall he will begin his 6<sup>th</sup> year teaching secondary sciences at Community Christian School in his home city of Westfield where he also serves on the City Council. Nick says: "As a father of four, anything I can do to keep our environment as clean as possible for them is a priority" A fun fact about Nick: He counts the rainbows he's seen and is currently at 85 !

**Katie King** is the Massachusetts Director of Health Promotion and Public Policy for the American Lung Association of New England. In this capacity, she advocates for statewide policy change and implements educational campaigns and programs to improve lung health across the state. Katie holds a BA in Sociology from Boston University and is a Master's Degree candidate at the Boston University School of Public Health with a concentration in Health Policy and Management.