

# Your Health

and the air you breathe

SPRING 2005

## air quality

What are you  
going to do  
about it?



Your Health is published twice per year by the British Columbia Lung Association and is distributed to some 25,000 members of the medical and health promotion communities, educators, Lung Association donors and others interested in respiratory health. Signed articles do not necessarily reflect Association policy. Material may be reprinted with credit given to the Association and Your Health.



## British Columbia Lung Association

2675 Oak Street  
Vancouver, BC V6H 2K2  
Tel: 604-731-5864  
BC residents outside the Lower  
Mainland, call toll-free 1-800-665-5864  
Fax: 604-731-5810  
info@bc.lung.ca  
www.bc.lung.ca

**Executive Director:** Scott McDonald

**Editors:** Derek Moscato, Erin Mills

### Contributing Writers:

Tara Marshall  
Erin Mills  
Derek Moscato  
Gordon Price  
June Yoo Rifkin

**Graphic Design:** Laura Galloway

### Medical Advisory Committee:

Dr. John Blatherwick  
Dr. Kevin Elwood  
Dr. Richard J. Finley  
Dr. John Fleetham  
Dr. Lindsay M. Lawson  
Dr. David Martin  
Dr. Nestor Müller  
Dr. Peter Paré  
Dr. Darlene Reid  
Dr. Jeremy Road  
Dr. Robert Schellenberg  
Dr. David Speert

### Executive Committee:

Dr. E.A. Allen  
Mr. Gary Chapple  
Dr. Dick Donevan  
Mr. Mike Ellis  
Dr. Kevin Elwood  
Mr. Richie Gage  
Mrs. Muff Hackett  
Mr. Doug Hill  
Mrs. Marilyn Lawrence  
Mr. Keith Murray  
Mrs. Walda Reszitynk

# contents. . .

- 3** Kicking the habit online with Quitnow.ca
- 3** **A Towering Success** *The 4th Annual Climb the Wall: The Stairclimb for Clean Air.*
- 4** Web Wizards say NO to tobacco
- 4** SWAT storms local schools
- 5** **Tobacco-free TV!** *Knowledge Network's "Kick Butt" puts the squeeze on Survivor, The Apprentice.*
- 6** **Air pollution: It's our problem** *Participate in these events and programs to help keep the air we share clean.*
- 7** **The plane truth** *Coming to grips with air quality impacts of the aviation industry.*
- 8** **Air Quality Workshop** *Explores innovation and public policy.*
- 8** **The 2005 IUATLD-NAR Conference:** *Challenges to TB Control.*
- 9** **Airshed planning** *A new approach to improving air quality in communities.*
- 10** **Climate change** *Doing nothing about it is no longer an option.*
- 11** **Indoor air quality easy as 1-2-3** *The truth about improving the air environment in your home.*
- 12** **Pesticides** *They may help keep your yard looking nice, but there could be negative health impacts.*
- 13** **Mow down backyard pollution**
- 14** **Field Notes**
- 15** **The Lung Association's 2005 Golf Privilege Club** *It's a great year for golfing in British Columbia.*
- 15** **Top 10 tips for a healthy home this spring**

## calendar of events

### MAY 2005

- 3** World Asthma Day
- 9** Spring Fundraising Campaign
- 31** **World No Tobacco Day**  
WWebWhizKids "Say NO to Tobacco" web page design contest winners announced

### JUNE 2005

- 1** Fresh Air Photo Contest
- 8** Clean Air Day
- 15-17** BC Lung Association Annual General Meeting

### JULY 2005

- 4** Summer Fundraising Campaign

### SEPTEMBER 2005

- 10-11** 21st Annual Bicycle Trek for Life & Breath

## BETTER BREATHERS CLUBS OF B.C.

Better Breathers Clubs from around the province meet at various times throughout the month. For information on a club in your local region, visit the BC Lung Association website at [www.bc.lung.ca](http://www.bc.lung.ca)

# Kicking the habit online with QuitNow.ca



**T**he Lung Association and the B.C. government have introduced the province's first interactive website to assist British Columbians in quitting smoking and to find the support, information and tips they need to keep them motivated through the process of quitting.

QuitNow.ca is an Internet-based quit smoking program that is available free of charge to BC residents anytime and anywhere.

## A Towering Success

*A record number of British Columbians stepped up for clean air at a Lung Association fundraiser on February 20, 2005. More than 335 participants climbed the 739 stairs to the top of the Sheraton Vancouver Wall Centre Hotel — the highest building in downtown Vancouver — in the 4th Annual Climb The Wall: The StairClimb For Clean Air.*

"The sheer number of participants taking part this year, their enthusiasm, and their commitment to clean air is unbelievable," said Sarah teHennepe, the Lung Association's organizer for the event. "It says a lot about the importance of clean air issues in British Columbia."

This year's new milestones didn't stop with the record number of climbers. The event also saw the introduction of a Firefighters Challenge Division, which had firefighters climbing the downtown Vancouver landmark in full gear. Also promising to be a record-breaker is the final fundraising total, which is expected to be more than \$80,000 at final count.

The success of this year's Climb The Wall punctuates the rising concern for air quality in the province, which is impacted by a wide range of factors including industry, automobile emissions and wood smoke. Recent research findings show that air quality continues to have negative health impacts for people, even when standards are met.

"Nothing is more important to our lung health than the quality of the air we breathe," said Scott McDonald, Executive Director of the BC Lung Association. "The StairClimb for Clean Air is not only a key fundraiser for the Lung Association's vital lung health programs, but it raises awareness of clean air issues across the province."

Something as simple as breathing is a challenge for one in five British Columbians. The BC Lung Association—with the support of events like Climb The Wall—helps them breathe easier through advanced medical research, health education and community support services.

To donate to Climb The Wall, or to get more information about the 2006 event, visit [www.stairclimb.com](http://www.stairclimb.com) or call 1-800-665-5864.



Stairclimb enthusiasts from across BC raised more than \$80,000 for lung health programs and research in the province.

"More than half a million people in B.C. over age 15 smoke and we know the majority of them want to quit," said Brenda Locke, Minister of State for Mental Health and Addiction Services. "QuitNow.ca is the best web-based cessation program available, customized for a British Columbia audience."

"Along with our partner in this project, the BC Lung Association, we expect to reach people who prefer to access the smoking cessation tools that work for them at any hour of the day." The QuitNow.ca site is operated by the BC Lung Association and its staff of experts in tobacco cessation, and funded by the Ministry of Health Services.

Even though British Columbia has the lowest smoking prevalence rate in Canada (16 per cent of the population, compared to the national average of 21 per cent), there is room for improvement. Research indicates that even among people who are committed to quitting smoking, it often takes a number of quit attempts before they are successful.

"We are particularly concerned about the smoking rate among people ages 20 through 44," said Locke. "Many of them have young children who are exposed to tobacco smoke. Many of these smokers have been addicted to tobacco for a decade and may be experiencing chronic diseases from smoking."

"We know there is a large proportion of the population who seek health information on the Internet and who want to quit smoking," Scott McDonald, Executive Director of the BC Lung Association said.

"The online peer support, expert counsellors who can guide individuals through the quitting process and a directory of local and provincewide cessation resources, coupled with the ability to log on anytime and receive support and information when people need it, means the website will reach a lot of people."

Informing British Columbians of the resources available to prevent, reduce or eliminate tobacco use is one of the commitments of B.C.'s Tobacco Control Strategy, which was released earlier this year.

This past winter, the BC Lung Association was on hand at the Take5 Cafe in downtown Vancouver to sign smokers up on the QuitNow.ca website. Chris Martin, Manager of the Take5 Granville, displays the Internet address for the free smoking cessation program.

---

**"We know the majority of them want to quit"**

---

British Columbians can access the interactive tobacco cessation website free of charge at [www.quitnow.ca](http://www.quitnow.ca).

# Web wizards say NO to tobacco

**T**he information age has morphed today's kids into Internet-savvy web wizards—and provided the British Columbia Lung Association with another medium for promoting the “Say NO to Tobacco” message to those who are most at risk.

In B.C., about 20 children start smoking every day. To take aim at this statistic, the BC Lung Association, in partnership with the British Columbia School Superintendents' Association, developed an innovative and creative program—the WWebWhizKids Web Design Scholarship Challenge.

The WWebWhizKids program, which has been running for five years, blends an important health education message with a forum that interests youth. B.C. students in grades five to 12 are challenged to use their technological talent to create a web page or website that addresses the topic “Say NO to Tobacco.”

“This program is a way to reach out to young students and help them learn about respiratory health,” said Kelly Ablog-Morrant, Director of Health Education and Program Services at the BC Lung Association. “It encourages youth, especially girls, not to smoke as the incidence of young smokers is still high.”

Three winners in each of three age categories are awarded a \$500 technology grant for their school, which will be used to enhance technological learning. Students that participate can create a page or site individually, as a team, or as a class project. In fact, WWebWhizKids was designed to blend easily into the curriculum of B.C. schools by incorporating computer, research and critical thinking skills. It's these elements of the program that also teach the students the truth about tobacco.

“Students are learning about the importance of living tobacco-free by making use of their research and analytical skills,” said Ablog-Morrant. “This program enables kids to learn the facts and then, thinking for themselves, contradict the hidden marketing messages of tobacco. Through their work on their web page, they will have found out that cigarettes won't make you sexy, cool or attractive but they can give you yellow teeth, bad breath and life-threatening diseases.”

But according to Ablog-Morrant, the best part of the program is the peer-to-peer messaging.

“One of the most important aspects of the WWebWhizKids design challenge is that participating students are helping to promote our tobacco-free message,” she said. “Whether they simply show their web pages to their friends or have it posted online, they are passing the positive respiratory health message on to their peers. And it's an effective message because it was designed by one of their own.”

---

To find out more about the WWebWhizKids program visit [www.bc.lung.ca](http://www.bc.lung.ca) or contact the BC Lung Association at 1-800-665-5864.

## SWAT storms local schools

The music is pulsating. Tension ripples through the crowd. Suddenly, the room is stormed by a group of guys in SWAT gear. Moving into formation, they immediately break into their party tactics and perform a helicopter manoeuvre.

This isn't your average SWAT team. Instead of special weaponry and tactics experts, this group is full of anti-tobacco specialists . . . with some phat dancing talent.

SWAT—Students Working Against Tobacco—is a two-year pilot program funded by Health Canada. Modelled after successful programs in the United States, it takes an

innovative approach to smoking cessation and prevention in the grade eight to 12 population. SWAT aims to help make the shift in social norms towards the denormalization of tobacco. And, they plan to do this through theatre, hip hop music and breakdancing.

“This is not a preachy program. We are not telling kids not to smoke,” said Christina Tonella, leader of the Tobacco Reduction Strategy at Vancouver Coastal Health. “Rather, we are trying to change the social norms around tobacco use. We're trying to show that people who choose not to smoke are cool.”

That's the unique aspect of SWAT: the program gets through to high school kids at their level. Students are exposed to SWAT through a series of high-impact, multi-media presentations that deliver messages of tobacco prevention, cessation and peer support.

But is it effective? The response, thus far, has been incredible. There are already nine participating schools through the lower mainland area, with some schools getting 200 to 300 students involved in the program.

“It grabs young people's attention through the dancing and breakdancers. It appeals to young people's interests,” said Tonella. “We also have cool SWAT gear that appeals to young people. If they see our cool SWAT team wearing it, they want it too. We give out SWAT gear at shows and events.”

And if cool t-shirts, wristbands and sweatshirts weren't enough, you should see their ride. The SWAT team rolls in a fully decaled van, donated by the BC Lung Association, which gets a lot of attention on the road and enhances the SWAT brand. Other means of maintaining and extending the unique SWAT brand in the high school community include attending extra curricular and athletic events, sponsoring school dances, providing dance classes and generally getting involved in as many student activities as possible.



Michael Bean, SWAT Coordinator

---

For more information about SWAT, check out [www.swatbc.ca](http://www.swatbc.ca).

# Tobacco-Free TV!

Knowledge Network's "Kick Butt" puts the squeeze on *Survivor*, *The Apprentice*

The latest installments from mainstream reality television shows, said by some to be growing staler by the minute, have some critics predicting the imminent demise of the programming genre. But an upcoming reality show being produced and broadcast by BC's public educational broadcaster may quiet some of the naysayers.

Knowledge Network is producing an innovative, B.C.-based reality series that follows five Lower Mainland smokers as they commit to kicking their habit. Beginning production early last spring, the cast was asked to "Butt Out" and the cameras followed through the toils, tears, and successes of their journey until World No Tobacco Day on May 31. Tune in during May when each of the five contestants will be profiled on-air as they go through the various stages of withdrawal and celebrate with them as they reach each smokeless milestone. As key targets are reached, incentives and prizes will be awarded to keep the participants motivated to reach their ultimate goal of quitting smoking for good.

Competition for viewers notwithstanding, perhaps the show will have a fan in Donald Trump, whose *Apprentice* program captivated reality TV fans in 2004. In a recent interview with ABC News, Trump claimed that he never had a cigarette in his life, and encourages his children to do the same.

"We are very excited to bring our viewers a different kind of reality series: one that is intended to support and motivate people to quit smoking or refrain from taking it up altogether," says Sarah MacDonald, director of programming, television and new media at Knowledge Network. "Knowledge Network hopes that the viewers will learn about the addictive nature of nicotine."



Veda Peters, tobacco education coordinator for the BC Lung Association, is joined by the cast of the "Kick Butt" television program at a National Non-Smoking Week publicity event in Vancouver.



Kick Butt participants will attempt to quit smoking in front of a public audience. The program, funded in part by the Lung Association, airs on Knowledge Network this summer.

*Kick Butt* is funded in part by Health Canada, the BC Lung Association and the Kaiser Foundation.

For more information about the program, visit [www.kickbutt-tv.com](http://www.kickbutt-tv.com).

**GREAT EVENTS. . .**  
**GREAT PEOPLE. . .**  
**GREAT CAUSE!**

The Lung Association's **SUPERTEAM** is made up of British Columbians from all walks of life who participate in events or personal challenges to raise money and awareness for lung health programs, services, and research in the province.


Members may participate in any organized event throughout the province that already takes place — such as the Vancouver Sun Run, fun runs, marathons, triathalons, or bike races. They can also commit to undertake personal challenges like walking around the Stanley Park Seawall, cycling a long distance, climbing the Grouse Grind, or hiking another mountain. Any activity that is a personal challenge qualifies as a **SUPERTEAM** event.

Participants commit to fundraising a minimum \$100 from their friends, families, and co-workers to support the important work of the British Columbia Lung Association.

**SUPERTEAM** members are provided with the latest in online fundraising technology, including a personal web page and a state-of-the-art email pledge system that makes fundraising easy.

To learn more about the Lung Association's **SUPERTEAM** or to register please visit [www.superteam.ca](http://www.superteam.ca) or call our office at 1-800-665-5864.

JOIN THE LUNG ASSOCIATION'S  
**SUPERTEAM**  
AND MAKE A DIFFERENCE  
IN BRITISH COLUMBIA

THE  LUNG ASSOCIATION™  
British Columbia

# air pollution

## It's our problem

**A**ir pollution is a problem affecting the health of British Columbians across the province. Even relatively low levels of air pollution are associated with health effects. And, while the health effects of outdoor air pollution can be unnoticeable in the short term, there may be long term or cumulative effects.

People most vulnerable to air pollution are children, the elderly, people with suppressed immune systems and people with lung and heart disease. However, even healthy individuals are at risk.

*Every British Columbian can do a few small things to help keep the air we share clean.*

### What else can you do for clean air?

#### Participate in these events and programs!

##### One Tonne Challenge

[www.climatechange.gc.ca/onetonne](http://www.climatechange.gc.ca/onetonne)

The Government of Canada is challenging Canadians to reduce their annual greenhouse gas emissions by one tonne. The average Canadian produces five tonnes of greenhouse gases each year so one tonne is a reduction of about 20 per cent. The challenge provides participating Canadians with tips and suggestions for accomplishing the one tonne goal.

##### Commuter Challenge

[www.commuterchallenge.ca](http://www.commuterchallenge.ca)

The National Commuter Challenge runs from June 5 to 11, 2005. It is a friendly competition between Canadian communities to encourage the use of sustainable modes of transportation to and from work. So do your part by walking, cycling, busing or carpooling to work. Or, if you already use a sustainable mode of transportation, get others on board.

##### Clean Air Day

[www.ec.gc.ca/cleanair](http://www.ec.gc.ca/cleanair)

Clean Air Day is June 8, 2005.

This day was proclaimed by the Government of Canada to increase public awareness and action on clean air and climate change. It is part of the Canadian Environment Week.

##### Bike To School Day

[www.waytogo.icbc.bc.ca](http://www.waytogo.icbc.bc.ca)

Bike to School Day is June 9, 2005. This is a program designed to encourage youth to choose environmentally friendly forms of transportation. In B.C., almost half of children travel to schools in a car. That's up from less than one in three ten years ago and most of these trips are less than one kilometre long. This program aims to enable more children to walk, bike, rideshare or take public transit to school.

##### Car Free Day

[www.carfreeday.ca](http://www.carfreeday.ca)

On September 22, 2005, Canada will participate in International Car Free Day. This day is celebrated by more than 100 million people in about 1,500 cities around the world. The aim of Car Free Day is to reduce the average person's dependence on cars and reap the benefits, which include emissions reduction and cleaner air.

##### International Walk to School Week

[www.iwalktoschool.org](http://www.iwalktoschool.org)

Walk to School Week is October 3 – 7, 2005. The goal of this international program varies from community to community. Some walks rally for safer streets, some to promote healthy living and others are to help conserve the environment and keep the air free of car emissions.

#### This is your call to action.

Individuals, businesses and communities can all make choices to reduce our impact on the air we breathe.

Things you can do at home, work and school include:

- **Use public transit or alternative transportation** (i.e. riding your bike, walking, carpooling etc.)
- **Make home energy improvements** (i.e. improved insulation, caulking, weather-stripping)
- **Use energy-efficient bulbs and appliances**
- Use your woodstove wisely; **never burn garbage, plastic or cardboard**
- **Turn off your engine when idling** for more than 10 seconds, except in traffic
- **Recycle** – it takes less energy to create a new product using recycled materials
- **Compost** or use a wood chipper when disposing of yard waste



# The plane truth

Coming to grips with  
air quality impacts of the  
aviation industry

**While automobile traffic and industry seem to be two of the most visible culprits when it comes to the quality of our air, there's another purveyor of emissions. . . which happens to be flying over our heads.**

Airplanes have emerged as a significant contributor to air pollution in recent decades, a trend that has been spurred on in part by increasing air travel across the board and the continued expansion of airports.

According to *E: The Environment Magazine*, airports cause as much pollution as power plants, incinerators and oil refineries, although they are subject to less regulation. "The hundreds of thousands of airplanes taking off, landing, taxiing and idling each day across the country create smog, contribute to global warming and severely impact local air quality," says the publication.

The Natural Resources Defence Council, a non-profit environmental group in the United States, points out that "many airports rank among the top 10 industrial air pollution sources in their cities, including airports in Los Angeles, Washington, and Chicago."

Just across British Columbia's southerly border, in Washington State, a 1990s airplane emissions study was published by the Seattle watchdog group The Regional Commission on Airport Affairs, which concluded that "jet aircraft emissions permeate the atmosphere and leave residue on residential and business properties, in our lungs, on the ground and in the water."

"It is not enough to point the finger at only one part of the problem, such as private vehicles, forcing these owners to comply with regulations when other sources are allowed to continue to pollute. All sources must be required to be clean."

---

**"Jet aircraft emissions permeate the atmosphere and leave residue on residential and business properties, in our lungs, on the ground and in the water."**

---

According to the Greater Vancouver Regional District, mobile sources of emissions "include light-duty vehicles such as passenger cars and trucks, heavy-duty vehicles, buses, trains, airplanes, ships, agricultural and construction equipment

and other sources such as off-road vehicles. This category accounts for about 53% of "smog-forming pollutant" and 39% of greenhouse gas emissions in the Lower Fraser Valley." Air traffic accounts for 1 to 2% of this figure.

B.C. airport officials are cognizant of the airport emissions situation. A report published by the Vancouver International Airport Authority, entitled "Airside Capacity Study 2000," links increased emissions to taxiway congestion.

"For the landing and takeoff cycle, the least efficient mode of operation is taxi/idle, and this is when the production of hydrocarbons and carbon monoxide is the highest," reads the report. "Oxides of nitrogen are also generated at lower levels."

## **So how can people make a difference when it comes to aviation-based air pollution?**

The Natural Resources Defense Council believes that taxes on jet fuel would encourage airlines to increase their efficiency. "Consumers can also help," says the Council, "by demanding that airports be subject to the same rigorous standards and reporting requirements as their industrial neighbors."

## **WEB LINKS:**

Greater Vancouver Regional District's *Bridgeport Area Special Monitoring Studies* conducted to obtain a first indication of the air quality status in the area near the Vancouver International Airport. <http://www.gvrd.bc.ca/air/studies.htm>

Vancouver International Airport Authority, *Airside Capacity Study 2000* <http://www.yvr.ca/pdf/authority/AirsideCapacityStudy.pdf>

Northwest Environment Watch Fact Sheet: *Air Travel Heats Up . . . the Planet* [http://www.northwestwatch.org/reforms/climate\\_airtravel.asp](http://www.northwestwatch.org/reforms/climate_airtravel.asp)

Natural Resources Defence Council, *FAQ: Airport Pollution* <http://www.nrdc.org/air/transportation/qairport.asp>

## Air Quality Workshop explores innovation and public policy

On March 11, the BC Lung Association hosted the 2nd Air Quality and Health Workshop, a day-long event for air quality and public health professionals that featured a distinguished panel of speakers.

With presentations and discussions on a variety of air quality issues and current air quality studies in B.C., the forum provided the more than 100 workshop attendees with future direction on air quality management and protecting public health.

"The objective of the workshop was to provide air quality managers and public health professionals with results of current research relevant to air quality management and public health," said Dr. Menn Biagtan, Program Manager with the BC Lung Association and organizer of the event. "The workshop is a unique forum where the air quality managers, policy makers and public health practitioners meet and discuss how these findings can be applied in their everyday work, and in planning future air quality management."

Dr. Sverre Vedal, keynote speaker at the event, opened the workshop by presenting an overview of air quality and health. He commended the use of science to better the understanding of the health effects of air pollution, while also calling for industry professionals to ensure the findings are utilized.

"New scientific findings have advanced our understanding, but the most important needs of policymakers are still not met," he said.

The full slate of presentations dedicated to emerging local and national issues underscored a growing concern for air quality in the region. The forum covered a wide range of clean air topics, from air quality initiatives between Canada and the U.S., the burgeoning area of clean diesel programs, to the impact of air pollution on the health of British Columbians. Experts also discussed drive-by monitoring, a new tool for public health officers and air quality managers.

For more information about BC Lung Association workshops and educational events, please visit [www.bc.lung.ca](http://www.bc.lung.ca).

## 2005 Tuberculosis Conference takes on a newfound sense of urgency

This year's IUATLD (International Union Against Tuberculosis and Lung Disease) North American Region 9th Annual Conference, "Challenges to TB Control", covered a wide range of TB topics, from the effect of the disease on children, to the growing concern of HIV/Tuberculosis co-infections in the developing world, to the impact of TB on aboriginal and immigrant communities in British Columbia.



This year's conference took on a newfound sense of urgency, spurred on in part by the aftermath of the tsunami disaster in Southeast Asia and the ensuing awareness of global health concerns that it had raised.

According to Dr. Menn Biagtan, Conference Secretary of the IUATLD-NAR, the event provided a vital forum for the exchange of ideas and information on the issue. "Although trends suggest that Canada is advancing toward elimination, other factors – including migration

– mean that tuberculosis will remain a health risk in this country. Internationally, the issue of HIV/Tuberculosis co-infections has emerged as a major cause for concern."

TB remains an illness that threatens many British Columbians. It's one of the leading causes of death from infectious disease worldwide – and each year, an estimated 8 million new cases of TB occur.

A conference highlight: Dr. Gerald Mazurek, Medical Officer & Epidemiologist with the Center for Disease Control and Prevention in Atlanta, explored the recent innovation of testing for TB using blood tests – something that could be introduced to North America in the near future. And another leading international tuberculosis expert, Dr. Asma El Sony of Sudan, led a presentation on the growing TB problem in that country.

The educational conference, hosted by the BC Lung Association, was held at the Sheraton Vancouver Wall Centre Hotel in Vancouver.



**Fight lung disease  
with a will ...  
*yours.***

---

Bequests are powerful medicine against lung diseases such as asthma, lung cancer, emphysema, cystic fibrosis, and many others. Your gift will mean real progress through the support of vital medical research and important lung health programs in your community.

For more information on leaving a lasting legacy, contact the BC Lung Association.

---

**Because when you can't breathe,  
nothing else matters.**

---

THE  LUNG ASSOCIATION™  
British Columbia

**604-731-LUNG  
1-800-665-LUNG  
[www.bc.lung.ca](http://www.bc.lung.ca)**

There's a **new approach**  
to improving air quality in communities:

# airshed planning.

**Airshed planning is a process that results in the development of a multi-stakeholder airshed management plan. As air quality affects public health, the environment, and the economy, airshed planning addresses how pollutants from several sources may collectively affect the quality of air in a given airshed.**

This process helps communities focus on issues that are most important to them, and allows for a shared stewardship approach. The result is a collaborative plan of action for the common goal of clean air. As air has no political boundaries, airshed planning brings multiple levels of government and stakeholders such as businesses, industry, the health sector and the general public together to develop local actions.

“Addressing emissions from sources such as wood stoves, open burning, industry and vehicles can be best accomplished through a community-based participatory process that results in the development of an airshed management plan,” said June Yoo Rifkin, Air Quality Planner with the BC Lung Association.

“This multi-stakeholder approach engages all stakeholders to play a part in reducing emissions and doing their part for the air we share.”

Air quality management plans have been developed for the Greater Vancouver Regional District, the Fraser Valley Regional District, Whistler, Quesnel, Prince George, and the Bulkley Valley-Lakes District. Air quality initiatives are also underway in several communities including the Capital Regional District, the BC/Washington State international airshed, the Sea-to-Sky airshed, the South, Central and Northern Okanagan Regional Districts, as well as in Golden, Nelson and Kamloops.

## What is an airshed?

The term airshed is used to describe an area where the movement of air tends to be hindered by local geography and by weather conditions.

The most obvious example of an airshed would be a mountain valley, typical of many communities in British Columbia, which are limited by the influence of winds and the circulation of air.

Air sheds are susceptible to poor air quality because the pollutants can get trapped and prevented from dispersing when the air is still.

**“The quality of air we breathe is a locally shared responsibility for every region in the province.”**

The BC Lung Association supports airshed planning initiatives around the province because it builds a community's capacity to take action.

“Health effects should be the driver in air quality management,” said Yoo Rifkin. “This approach emphasizes that the quality of air we breathe is a locally shared responsibility for every region in the province.”

**For more information on airshed planning please contact the BC Lung Association at 1-800-665-5864 or visit [www.bc.lung.ca](http://www.bc.lung.ca).**

## thank you!

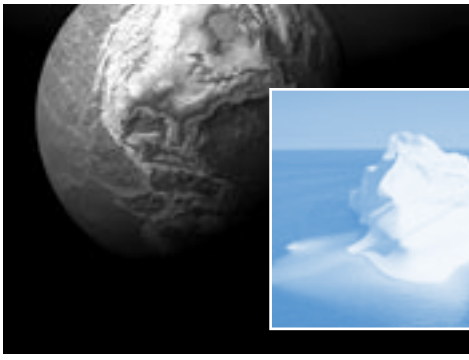
To our 2005  
Climb The Wall:  
The StairClimb For  
Clean Air sponsors –  
Thank you for supporting  
clean air in B.C.

### We would especially like to thank:

The Sheraton Vancouver Wall Centre Hotel	CAMACC Systems Inc.
One Wall Centre The Residences	Phillips, Hager & North
Pfizer Canada Inc	Investment Management Ltd
Boehringer Ingelheim	Borden, Ladner, Gervais LLP
News 1130	Yaletown Walk & Run
Global Television	Adidas
VANNET Newspapers	ABC Recycling Ltd
AirCare	TD Canada Trust
CitaHealth Management Inc	Merck Frosst

### Thanks also to:

Mark James Group
Wildflower Trails and Wine Tours
Royal BC Museum
3M
Hot Hit Productions
Tearoom T
Purdy's
HoneyBar Products International
Flash 5 Energy Foods
Sunstar Butler



# Doing nothing about climate change is not an option

By Gordon Price

(reprinted with permission from *Business in Vancouver* – February 22-28 issue)

When it comes to climate change, there are three kinds of stories:

Every few days new indicators of climate change are reported: “Global warming melting Antarctica... Evidence suggests global warming enhances destruction of ozone.”

Then there are the serious warnings from important people: “Task force calls on G-8 to combat global warming.”

Then, in response, a columnist or commentator will ridicule the junk science and environmental radicalism that has hijacked the media. The more frequent and ominous the report, the greater and more strident the denial: “Global warming? A gloom/doom myth... The danger is hot air, not global warming.” The current darling of this school is Jurassic Park novelist Michael Crichton for the twist he casts on climate change in his new thriller *State of Fear*, well documented with fact-filled doubt.

---

## Could the climate go catastrophic? Is it already too late?

---

This creates a counter-response, of course, and the game is on: experts arguing, details disputed, the public confused, the politicians confounded. So long as doubt deters action, however, the critics of Kyoto prevail.

For business, the problem is how seriously to take the possibility of climate change, and how to respond in the short term. No one really thinks Kyoto will solve the problem, but should decision-makers in business simply shrug it off and adopt the defence of doubt?

That might work — if it wasn't for the first kind of coverage. The constant drumbeat of consequential evidence is relentless. Every time another ice ledge falls off an Antarctic shelf, every time another species shows up in places it hasn't been seen before, every time there's another story on how it's been the hottest period of weather since whenever, the sense of dread increases.

Could the climate go catastrophic? Is it already too late? The anxiety is stoked in the words of apocalyptic preachers and in the books on the collapse of civilizations that destroyed their environment.

Unfortunately, that's not the best climate, so to speak, in which to make short-term decisions that can cost millions. If business leaders say, “Hey, the risk is not established well enough to justify the cost” or “There are higher priorities on which to allocate our resources,” they might be making sensible points, but it looks as though they're not taking responsibility for the health of the planet, only the responsibility to make a profit, and damn the consequences.

That is not, as they say, a sustainable strategy, not when the drumbeat keeps getting louder and the science more assured. As the monitoring of the planet increases, so does the demand for political action: the longer delayed, the more radical the response.

In fact, many businesses and governments are already assuming climate change is real and are changing their way of doing things, literally at ground level, whether in more sustainable infrastructure, by adopting green building standards, or by planning new communities like Southeast False Creek.

Nonetheless, top North American leadership, whether business or political, with few exceptions is either hesitant or in denial. George Bush Sr. established the bottom line when he said at the 1992 Rio Earth Summit that “the American way of life is non-negotiable.”

The current American president says nothing at all, so completely is climate change off his table.

It has left those leaders who would take the issue seriously in a moral quandary. Why should Canada undertake any but the most token actions when our major competitor will not take any serious action at all? Why should we disadvantage ourselves when it will likely make little difference, given the use of carbon fuels in emerging economies?

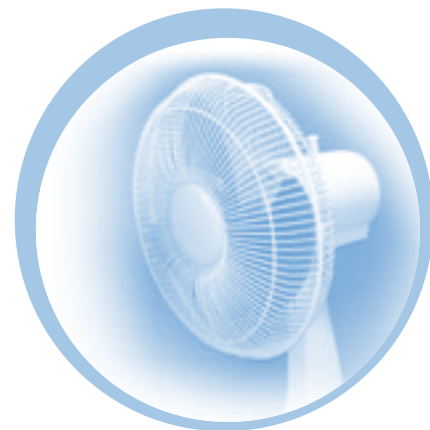
Conclusions? Climate change is real, even if we don't know the degree. Kyoto is a doable challenge and prepares us for more drastic measures if required; it might even give us a competitive advantage over time. Not responding is not an option. It indicates those who would do nothing in the face of an escalating threat are either stupid, cynical or irrelevant.

---

Gordon Price, an adjunct professor of community and regional planning at UBC, is a former Vancouver city councillor. His e-mail address is [pricetags@shaw.ca](mailto:pricetags@shaw.ca). His column appears monthly in *Business in Vancouver*.

# Indoor air quality easy as 1-2-3

*The truth about improving the air environment in your home*



## Did you know that the average person spends up to 90 percent of their time indoors?

That means the quality of the air you breathe inside is just as important as the air you breathe outside. While outdoor air pollution has long been a concern, indoor air quality is often neglected. To improve the indoor air quality of your home, here is what you need to know: **source control** and **ventilation**.

“The only way to improve the quality of the air indoors is to remove the source of the problem,” said June Yoo Rifkin, Air Quality Planner with the BC Lung Association. “All it takes is some detective work to figure out where the pollutants are, and then remove the source.”

And, it doesn't have to be difficult. Major improvement can be made to the home environment by using relatively simple remedies. For instance, mould grows in damp areas and can be associated with health problems, such as headaches, dizziness, nausea, fatigue, shortness of breath, coughing or sneezing and irritation of the eyes, nose, throat and skin.

Using source control and ventilation, the problem can be taken care of quickly and effectively. First: **source control**—attack the cause of the problem. With mould, the source is excess moisture. To be corrected, the moisture needs to be addressed as cleaning up the mould will not stop the problem from reoccurring. This can include repairing a leak and

any sources of moisture.

Second: **ventilate**—circulate the air, keeping dampness from building up. Use a fan or open the window when showering or cooking. Ensure the relative humidity in your home is between 30 to 50 per cent by purchasing a hygrometer.

Basic source control and ventilation are far more important than using air cleaner or purifier products when it comes to improving the air quality of your home. In fact, the BC Lung Association does not recommend or endorse any air cleaner products because they are ineffective, unnecessary in most cases, and potentially pose health risks.

---

**“The only way to improve the quality of the air indoors is to remove the source of the problem.”**

---

“People can be really misled when it comes to air cleaners. It is important to understand that there is very little medical evidence that air purifiers benefit respiratory health,” said Yoo Rifkin.

“Some models actually release ozone which is a hazard to your health. You have a far better chance of improving the indoor air in your home by removing the source instead of adding something to it.”

Generating irritants is not the only negative aspect of air cleaners or purifiers. They can be quite costly, not just for the initial purchase of the unit but also for general maintenance such as filter replacements. The units are limited with the amount and types of air or pollutants they can address, such as the inability to address scents or capture the pollutant particles that have already landed on upholstery, carpet and furniture.

If you are considering purchasing an air cleaner, even after knowing all the negatives, the BC Lung Association can provide you with the latest information on air cleaners.

**When you can't breathe,  
nothing else matters.™**

**Help fight air pollution . . .  
support your Lung Association**

THE  LUNG ASSOCIATION™  
British Columbia

**1-800-665-LUNG**

---

**For more information please take the *Healthy Home Audit* at [www.lung.ca/cando](http://www.lung.ca/cando), or contact the BC Lung Association at 1-800-665-5864.**

# Pesticides: poisons and pollutants

**P**esticides may help keep your yard looking nice, but they could have a negative impact on the health of you and your family.

Cosmetic pesticides, which are made up of chemicals that are carcinogenic or potentially carcinogenic, are typically used for pest management, weed management and growth enhancement to keep lawns and gardens looking their best.

When it comes to your yard, you can control your exposure to the dangerous chemicals. The average person is exposed to pesticides by direct contact, such as spraying the lawn. However, exposure can also be indirect and includes wind blown inhalation, ingestion or by unknowingly spreading the chemical residue from your clothes and the bottom of your shoes.

Whatever the method of exposure, these dangerous chemicals can be transported into your home, be ingested by young children or pets, and be circulated, by natural runoff, through your neighbourhood and watershed. The result? Serious health problems.

The use of cosmetic pesticides is associated with both short-term and long-term health issues. Symptoms of brief exposure include headaches, fatigue, shortness of breath, vomiting, and loss of consciousness. The long-term health effects of pesticide exposure are difficult to measure because of the complex mix of chemicals to which people are exposed, but it is speculated that long-term health issues include adverse effects on behaviour and the nervous, immune and endocrine systems, and forms of cancer such as non-Hodgkins lymphoma, leukemia and soft tissue sarcome.

***The best way to avoid these health issues is to not use cosmetic pesticides.***

## Here are some green tips to help you embrace natural gardening:

### Promote healthy soil

- Get your soil's pH and mineral content tested by collecting about 1/4 cup from about 10 spots around the lawn, mixing it all together and taking it to your provincial Department of Agriculture.
- Use lime to increase your soil's pH if plants are vulnerable in acidic soil.
- Use organic fertilizer, such as compost, to increase the nutrients available to plants, to improve soil structure and water-holding capacity and to encourage earthworm and microorganism populations. Chemical fertilizer only provides nutrients and can get washed into groundwater as a source of nitrate contamination.
- Hire a lawn-care company, rent an aerator or use a garden rake to aerate your compacted lawn soil. A healthy population of earthworms provides this service over the long term.

- For healthy lawn turf, mow high (3"), mow often and leave the clippings, which will provide a third of the nitrogen requirements of the grass.
- Add a low-growing clover to your lawn to provide nitrogen naturally through microorganisms that live on the roots and procure nitrogen from the air.

### Increase biodiversity

- Trees, shrubs and a variety of plant species attract a diversity of birds and insects to act as natural controls on each other, so that no one species gets out of balance. Native plant species are the best adapted to local conditions.
- Try substituting alternative ground covers such as creeping or wooly thyme, spreading junipers, creeping jenny, mosses, ferns and wild flowers for lawns.

- Add perennial beds to create a garden, rather than a yard.
- Reconsider what constitutes a weed on your lawn. Besides providing nitrogen, clover stays green in the dry heat of midsummer. Assorted lawn covers provide a variety of textures and colours and is less likely to encourage an insect attack, such as one of white grubs or chinch bugs.

### Ensure you grow the right plants for the conditions present

- Consult your local garden club or center for advice on appropriate trees, shrubs, plants and turf grasses for your climate zone.
- Place plants according to whether they thrive in sun, shade, dry and/or wet areas.
- Choose plants native to your area.



If you do have an infestation of a particular pest population, use non-toxic or food grade products to remedy the situation. The following are a few simple, non-toxic solutions to combat various pests:

#### Dandelions:

- Treat with boiling vinegar and hand weed in moist soil

#### Ants:

- Sprinkle borax mixed with a bit of icing sugar on the hill
- Pour boiling water over the hill
- Sprinkle bone meal or cayenne pepper across the ants' point of entry in the hill

#### Chinch Bug:

- Place a wet old sheet or newspaper over the dead patch of grass. Chinch bugs will cling to the bottom

#### Earwigs:

- Trap them in rolls of damp newspaper

#### Slugs:

- Slugs will drown in dishes of beer or brewers yeast and sugar placed among plants
- Trap slugs under boards placed in the garden

#### Gypsy moths:

- Scrape tan, oval-shaped egg masses off hard surfaces in fall, winter or early spring
- Wrap a couple layers of burlap around a tree trunk and fold over the top about mid-July. This will trap the pupating larvae

A full list of the above tips can be found at [www.lung.ca/cando](http://www.lung.ca/cando). For more information, please contact the BC Lung Association at 1-800-665-5864 or visit [www.bc.lung.ca](http://www.bc.lung.ca).

## MOW DOWN backyard pollution

**While you are exercising your green thumb in the backyard this summer, there are small but powerful steps you can take to help keep the skies above you blue.**

The small engines of lawnmowers, leaf blowers and weed trimmers contribute to the formation of smog, which exacerbates heart and lung disease. The inefficient motors of these garden tools release high levels of pollutants into the atmosphere. In fact, using an older, inefficient gasoline-powered lawnmower for an hour creates almost as much pollution as a new car driven about 550 kilometres.

"We generally think of cars and industry as sources of air pollution but there are things in our own backyards that can contribute to poor air quality," said June Yoo Rifkin, Air Quality Planner with the BC Lung Association. "There are ways to make your yard environmentally friendly."

And it can start with retiring the old, polluting lawnmower.

**"There are things in our own backyard that contribute to poor air quality"**

A whole range of new lawn care products offer greener options than older, inefficient, gas-powered models. Alternatives include electric or cordless rechargeable mowers and the push mower, which is ideal for the environment and provides the user

with some good exercise too. If you choose to stick with a gas-powered mower, new models produce dramatically lower emissions than older machines.

"While trading in old, inefficient garden equipment can limit the amount of pollution created in your backyard, it is not the only option," said Yoo Rifkin. "There are many green alternatives that help reduce air pollution and still maintain a healthy yard."

Alternatives include:

- Composting and using a wood chipper to reduce the number of trips to the landfill and the amount of methane gas released by the landfill
- Raking instead of using a gasoline-powered leaf blower
- Planting trees, shrubs and low-maintenance plants, which will provide shade, absorb carbon dioxide, produce oxygen and require less watering
- Instead of burning, try reusing and recycling as much organic material as possible:
  - Leave grass clippings on the lawn to add nutrients while reducing the evaporation and the need for water
  - Add compost to retain moisture and require less watering.
  - Use a mulching mower
  - Mow and water only as needed.
- Avoiding the use of pesticides which not only release chemicals into the air but also pose risks to you and your family's health

"Every little bit helps keep the air and environment unpolluted," said Yoo Rifkin. "And we can all start right in our own backyards."

**For more information on air pollution call 1-800-665-5864 or go online to [www.lung.ca/cando](http://www.lung.ca/cando).**

#### Cosmetic pesticides:

non-essential pesticides that are chemical or biological substances used to destroy living things such as insects, plants, and fungi for the purpose of enhancing the appearance of a lawn or garden. Cosmetic pesticides, which include insecticides, herbicides and fungicides, are commonly sold as sprays, liquids, powders or combined with chemical fertilizers.

# Field Notes



The Monk McQueen's Invitational Golf Tournament raised \$5,000 for the BC Lung Association. Executive director Scott McDonald (second from right) accepted the donation on behalf of the Lung Association.

Representatives from the BC Lung Association, including Victoria area director Mike Ellis (far right) and Programs and Education Director Kelly Ablog-Marrant, met up with British Columbia MLAs in the provincial capital this past winter to raise awareness of COPD (Chronic Obstructive Pulmonary Disease).

The cast of the Knowledge Network's quit smoking TV program, Kick Butt, smoked a final cigarette at a Vancouver pub before filming of the reality show commenced. The program is funded in part by the BC Lung Association.

To raise awareness of the Lung Association's smoking cessation programs, UBC student and part-time Lung Association staff member Tara Marshall displays a jar containing a month's worth of cigarette butts generated by the average pack-a-day smoker.



Better Breathers members from Lower Mainland chapters joined the Lung Association for some Christmas cheer in December. The clubs support people with COPD, asthma, and other forms of lung disease. For more information about clubs around the province, visit [www.bc.lung.ca](http://www.bc.lung.ca) or call 1-800-665-LUNG.



BC Lung Association staff and volunteers were on hand at Take5 Café in downtown Vancouver to launch National Non-Smoking Week in January. They were signing up smokers to the Lung Association's free online tobacco cessation program QuitNow.ca.

A group of Vancouver Firefighters took part in this year's Stairclimb for Clean Air at the Sheraton Vancouver Wall Centre Hotel on February 20. The event raised over \$80,000 for lung health programs and research in the province.

## A great year for golfing

by Tara Marshall

With promises of more sunny days around the corner, many people are eagerly awaiting the spring golf season. Over the years, golfers have supported the BC Lung Association through a vital fundraising initiative, the **Golf Privilege Club**. All proceeds from the program go towards lung health research, programs and services. This year the program boasts 60 new courses and a variety of discounts to suit the needs of every golfer.

The Golf Privilege Club offers the best deal on golf in the West with a grand total of 265 courses throughout British Columbia, Alberta, and Washington listing discounts. Golfers enjoy reduced green fees including 2-for-1's, 4-for-3's, and discounts on pro-shop purchases and golf carts. Each discount is valid from one to an unlimited number of plays.

Most deals can be found in British Columbia at the 157 courses involved. Alberta also offers discounts at 91 courses and Washington State at 17 courses. From Enderby to Nanose Bay, Rossland to Fort Nelson, courses large and small are supporters of the program.

To learn more about the specific golf course listings or to order a book please call 1-800-665-5864 or visit our website at [www.bc.lung.ca](http://www.bc.lung.ca). Happy golfing!

### Join us on the journey!



September 10 & 11, 2005

2 days • 200 km

Support your BC Lung Association  
and earn great prizes!

(minimum fundraising of \$375)

**Bicycle Trek**  
for Life & Breath



**Register today!**

[www.bc.lung.ca](http://www.bc.lung.ca)

604-731-5864 or 1-800-665-5864

THE  LUNG ASSOCIATION™  
British Columbia

## Top 10 tips for a healthy home this spring

### 1. Open up

- Open your screened windows and let in the fresh air.

### 2. Get a hold of mould

- Look for condensation on windows, white powdery stains on exposed concrete wall, discoloration on wall, ceilings or floors.

### 3. Bye-bye bunnies . . . and other creatures

- Use a damp cloth and work from the top down in every room.
- Reduce your clutter – magazines, stuffed animals etc. In the bedroom, remove dust collectors such as carpet and cover your mattress with a mattress encasement.
- Have your furnace inspected annually.

### 4. No butts about it

- Control second hand smoke by prohibiting smoking in your home.

### 5. Earth, wind and fire

- Have your wood stoves and fireplaces inspected annually by a WETT (Wood Energy Technology Training) certified professional.
- Ensure fresh air supply to avoid back-drafting.
- Ensure smoke detectors and carbon monoxide detectors are working properly.
- Inspect your chimneys and flues for corrosion and blockages.
- Avoid storing wood indoors. Storing wood indoors is a haven for biological contaminants.

### 6. Mission: Emission

- Select low emission carpets, cushions and adhesives.
- Ensure proper ventilation when using or installing products of emission.
- Store hazardous products in sealed containers in the garage, or away from the living areas of the home.
- Vinegar, baking soda and vegetable oil are great non-toxic alternatives to household products.

### 7. Appliance compliance

- Clean your dehumidifiers and humidifiers often with hot water and vinegar.
- Clean the coils on your air conditioner and check for mould.

### 8. Radon alert

- Check for foundation cracks and seal foundations appropriately.

### 9. Pest arrest

- Remove the source: clean up promptly after cooking, remove garbage bags from the kitchen to avoid insects and other pesky visitors.

### 10. Do what you can do

- To learn more about improving air quality in your home, see the Health Home Audit at [www.lung.ca/cando](http://www.lung.ca/cando), or call our information line at 1-800-665-5864.

# Golf Privilege Club®

MEMBERSHIP BOOK

only  
**\$35<sup>00</sup>**

2005

*Swing into  
Spring!*

\$35 gets you great discounts  
on golf & more!

Membership pays off in just  
1 or 2 rounds!

*The more you play,  
the more you save!*

Enjoy:

- Free golf! 2-for-1 & 4-for-3 green fees
- 265 courses across British Columbia, Alberta, and Washington State
- Discount golf vacations

*To order your 2005 Golf Privilege Club membership book, call 1-800-665-LUNG or visit [www.bc.lung.ca](http://www.bc.lung.ca)*

*Join the Lung Association's*

# Golf Privilege Club

*Today!*

THE  LUNG ASSOCIATION™  
British Columbia

[www.bc.lung.ca](http://www.bc.lung.ca)