



HARFORD COUNTY LHIC

July 2020 Newsletter

Public Health Brief: Air Pollution

The harmful effects of elevated air pollution on health have been well researched. Studies show exposure to air pollution results in decreased lung function, chronic bronchitis, asthma, and other adverse pulmonary effects. Long-term exposure leads to an increased risk for premature death among people age 65 and older, even when exposure is at levels below the National Ambient Air Quality Standards. Particulate matter (PM) is a mixture of solid particles and liquid droplets found in the air. The term "air pollution" is a measure of the PM in the air. Particles less than 2.5 micrometers in diameter are known as fine particles or PM 2.5, which pose the greatest risk to health. Air pollution is generally reported by the average daily density of fine particulate matter (PM 2.5) in micrograms per cubic meter ($\mu\text{g}/\text{m}^3$).^{1, 2}

Vehicle emissions, stationary power generation, other industrial and agricultural emissions, residential heating and cooking, reemission from terrestrial and aquatic surfaces, and the manufacturing, distribution and use of chemicals and natural processes are just a few sources that contribute to outdoor air pollution.³

Read the full brief [here](#).



Image: Pollution

Let's Talk About Health Webinar Series

University of Maryland Medical System is offering a 30-minute lunchtime webinar series on various health topics called, "Let's Talk About Health."

The upcoming webinar is titled, "Accessing Health Care/Ask Me 3®." Ask Me 3® is an approach that encourages patients and families to better understand health conditions with asking three simple, specific questions of their health care providers and what they can do to stay healthy.

The webinar will be on Wednesday, July 15th at 12pm. Click [here](#) to register.

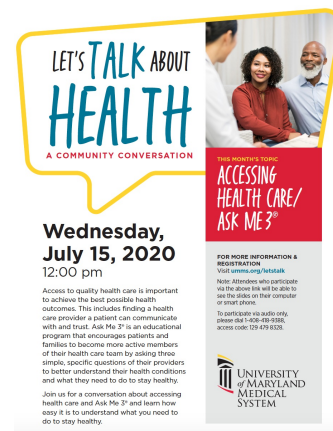


Image: Let's Talk About Health Flyer

APHA COVID-19 Conversations

The American Public Health Association offers a webinar series on the science-based approach to addressing COVID-19.

The next webinar will be, "Reopening Colleges and Universities During COVID-19 — Keeping Students and Communities Healthy" held on Wednesday, July 8th from 5 - 6:30. Click [here](#) to register.



Image: Cover page for the 2019 Health Equity Report

Upcoming Events and Meetings

Save the Date for the Virtual 2020 Annual LHIC Meeting on **Thursday, October 22nd from 8:00-11:30AM**. Click [here](#) to RSVP.

For any questions, please contact Ronya Nassar at ronya.nassar@maryland.gov.



Image: Annual LHIC Save the Date Flyer

Publications of Interest

[Potential Indirect Effects of the COVID-19 Pandemic on Use of Emergency Departments for Acute Life-Threatening Conditions — United States, January–May 2020](#)

Source: Morbidity and Mortality Weekly Report

[The Coronavirus Disease 2019 \(COVID-19\) Outbreak and Mental Health](#)

Source: The Journal of the American Medical Association

[How Medical Education Is Missing the Bull's-eye](#)

Source: The New England Journal of Medicine

Contact Ronya Nassar at ronya.nassar@maryland.gov with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | www.harfordcountyhealth.com

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