



## LUNG HEALTH

One in five New Brunswickers suffer from some form of respiratory health disease, and our programs range from prevention of lung disease, to education, patient advocacy and support for tobacco cessation, chronic conditions such as Asthma, Chronic Obstructive Pulmonary Disease (COPD), lung cancer, and lung transplants. Programs include:

### Patient Education and Support

Providing information, resources, personal counselling services for patients and the general public, including:

- Support Program for Lung Transplant Patients
- YogaBreathe - an enjoyable lung rehabilitation program
- Tobacco reduction programs in schools and workplaces

### Professional Development

Providing education and resources for respiratory health professionals to improve patient diagnosis and care, including:

- An annual Symposium for Health Professionals
- Developing and sharing information through list serves and conference calls

### Advocacy

Promoting policy and legislative changes to improve lung health, such as:

- Improving the Smoke-Free Places Act
- Improving the implementation of the provincial COPD strategy

## AIR QUALITY & ENVIRONMENTAL HEALTH

The quality of the air we breathe has an effect on lung health, particularly in those who already suffer from lung disease. In fact, the Canadian Medical Association estimates the total cost of illness and death in New Brunswick from air pollution to be almost \$17 million and causes approximately 54 deaths per year.

The New Brunswick Lung Association undertakes projects and advocacy work that help improve air quality, set standards for air emissions and reduce exposures. We also work on climate change mitigation and adaptation because many of the sources Greenhouse Gasses (GHG's), which cause climate change are also sources of air pollution. Reducing GHG emission can have a significant impact on air quality. The predicted effects of climate change will result in conditions that can have a negative impact on lung health including poorer air quality and increased infectious diseases.

### I would like more information on\*

- Asthma
- COPD
- Quitting Smoking
- Radon
- Indoor Air Quality
- Outdoor Air Quality
- Other \_\_\_\_\_

\*Please see reverse

Air quality and environmental health programs include:

### Public awareness campaigns to test and mitigate homes for Radon

The leading cause of lung cancer for non-smokers.

### Drive Electric NB

A program to make it easier for New Brunswickers to replace their fossil-fueled vehicle with an electric vehicle. This replacement reduces your driving-related greenhouse gas emissions by 75%.

### Woodstove Change-Out Campaign

Offers rebates for replacing old polluting stoves with certified low emission stoves, and provides education on best burning practices.

### Canadian Network for Human Health and the Environment

With over 400 member organizations across the country this network provides knowledge translation for complex environmental health issues and helps Canadians take action to reduce exposures.

### Your Healthy Home

A website that demonstrates how to reduce toxins in your home: [www.yourhealthyhome.ca](http://www.yourhealthyhome.ca)

### Air Quality Health Index

The Lung Association was instrumental in developing and implementing this index across the country.

### Advocacy

Through participation on national committees the Lung Association is developing new air pollution legislation and ambient air standards which will be in force across the country.