

減少空氣污染對健康危害之個人策略

Personal strategies to minimize impacts of air pollution on respiratory health

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Air pollution risk is a function of the hazard of the pollutant and the exposure to that pollutant. Air pollution exposure can be expressed for an individual, for certain groups (e.g. children), or for entire populations. Air pollution causes stroke, heart disease, lung cancer, and chronic and acute respiratory diseases, including asthma, COPD and pneumonia. The World Health Organization reports that each year 7 million people were killed by indoor and outdoor air pollution. Sometimes you can't even see it, but air pollution is everywhere.

For several years, air pollution problems in Taiwan have been a major concern and have mobilized all government departments. On Dec. 17, 2017, thousands of people took to the streets in Taichung and Kaohsiung to demand government restrict consumption of coal in energy production and set higher fee rates for pollutant emissions to give back their basic human rights to "breathe clean air." Environmental groups hope that an even more comprehensive approach is taken to reduce air pollution in Taiwan.