



# Utah Asthma Task Force

## Call Notes

### February 7, 2017

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**Next Meeting:** June 6, 2017

#### **Introductions, Updates and Call to Action**

- Member introductions and what they or their organization are doing to influence the school system.
- Open Airways update- the program is currently not operating due to American Lung Association losing their Executive Director; The Utah Asthma Program will provide updates as they are available.
- Webex- apologies to those who attended remotely for audio challenges during some of the meeting. Efforts are being made to improve the system!

#### **Health System Practices Survey, Holly Uphold, PhD (slides are attached):**

- Utah Asthma Program (UAP) partnered with the Healthy Living through Environment, Policy and Improved Clinical Care (EPICC) program to conduct a health systems survey
- Purpose of the survey was to better understand health system practices and foster collaboration between health systems and public health
- Methods- survey was sent to 13 health systems; 10 of 13 responded
- Key asthma results include the following:
  - 50 percent of health systems use a standard, evidence-based protocol for treating patients with asthma. This result seemed high to researchers.
  - 80 percent of health systems use tools within their EHRs to support asthma evidence-based practices.
  - 50 percent of health systems used quality reports in the past year to target asthma.
  - 30 percent of health systems reported that asthma is targeted with self-management plans.
- Next steps
  - Write individual reports for health systems and present reports
  - Provide recommendations
  - Assessment will be conducted again in 2018 to track changes

#### **PM<sub>2.5</sub> Education and Awareness, Dr. Randy Martin, USU (slides are attached):**

- Background- Much of Dr. Martin's research is focused in the Cache Valley area
- Problem
  - State of the Air Report provided by the American Lung Association communicates top polluted cities in the US; SLC area and Logan area have and continue to rank higher on the list- areas have the worst air in the nation on certain days throughout the year
  - Non-attainment areas warrant plan to solve PM<sub>2.5</sub> problem
  - Cache Valley and SLC did not meet attainment goal and are declared "serious" non-attainment
- PM<sub>2.5</sub>
  - Pollution sources: approximately 50% mobile; 12% large industry and 38% area
  - Health concerns (no safe exposure)
    - PM 2.5 can penetrate deep into the lungs
      - Premature deaths

- Increase lung cancer risk
  - Arteriole narrowing and increased blood pressure
  - Brain damage and premature aging
  - STEMI heart attacks
  - Additional studies show Alzheimer's, autism, low birth weight, diabetes and breast cancer risk
  - Visit [uphe.org](http://uphe.org) for more information
- Responsible for visibility reduction and deposition of PM to sensitive materials and environs
- Total financial impact estimated at \$25,182,738 for year 2004 in 2015 dollars
- Composed of five broad compound classes:
  - Crustal elements
  - Light absorbing Carbon
  - Organic Material Carbon
  - Ammonium Sulfate
  - Ammonium Nitrate
    - Ammonium nitrate makes up 40-68% of PM2.5 composition (depending on inversion status)
    - Highest concentration of ammonium nitrate concentration in the country because of agriculture business
- Research
  - USU and Weber State To Idle or Not to Idle Study
    - % of idling cars found
      - Elementary schools (46.3%)
      - Banks (13.5%)
      - Convenience Stores (21.1%)
      - USU drop off (62.5%)
    - Police spot 600 cars unattended and running in 2.5 hours.
    - Findings
      - Humans and cars are a large part of the problem and solution
      - Cars do not need to "warm up" on cold days (intervention opportunity)
  - Utah Winter Fine Particulate Study
    - Collaborative effort between the Utah Division of Air Quality (UDAQ), the Chemical Science Division (CSD) of NOAA, the Environmental Protection Agency's Office of Research and Development (EPA ORD) and local universities
  - Goal- investigate key atmospheric chemical processes, boundary layer dynamic and the interaction between chemistry and metrology that underlie high particulate matter events during inversions
- Call to Action
  - Education, participation and become a citizen scientist- organizations of interest:
    - Breathe Utah
    - Cache Clean Air Consortium
    - Utah Moms for Clean Air
    - Utah Physicians for Health Environments
    - [Citizenscience.org](http://Citizenscience.org) or Citizen Science at the EPA
  - Proceed with caution: air quality monitoring sensors
    - Lots of 'ineffective' sensors



- EPA has “Build your Own Particle Sensor” outreach activity:  
[https://www3.epa.gov/airnow/teachers/gh\\_pmsensorkit\\_handoutandinstructions.pdf](https://www3.epa.gov/airnow/teachers/gh_pmsensorkit_handoutandinstructions.pdf)
- Questions
  - When does your car emit the most emissions? Is the belief that you’re doing just as much harm by driving 2 miles opposed to 10 true?
    - 75% of total emissions occur during the first driving period, however, the less miles you drive the better it is for the environment!
  - Is it true that air is generally cleaner for those who live in the “bench” (higher elevations in the SLC valley)?
    - Not necessarily, the inversion is more consistent in the lower part of the bowl (making the visibility worse) but the pollutants are still present in the “bench”
  - Are masks such as the N-95 or N-99 effective?
    - Yes, if worn properly they do filter sub-micro particles. However, they can cause breathing resistance, which is hard on the body.
- Comments
  - Biking during inversions does put you at an increased risk for health concerns but could be potential trade-off for the exercise. What if more people biked?
  - Utah Physicians for Clean Air has heart health and air pollution related information
  - Smog ratings for cars are an important consideration when buying a new car!

#### **State Plan Update (Nichole Shepard):**

- Advisory board has been meeting regularly to roll out new plan
  - Currently gathering information, reviewing current state plan, scheduling 4 town hall meetings in Weber-Morgan, Price, Tooele, and Tri County and organizing a stakeholder meeting
    - Looking for individuals to sit on panels during town hall meetings
    - Experiencing scheduling barriers for town hall meetings
    - Stakeholder meeting World Café style- May 19<sup>th</sup>, 2017 scheduled to share information and identify goals and gaps
  - Tentatively planning to have a draft ready before next Task Force meeting in June
  - Launch party (July-October)

**Call to Action-** What can you take away from the meeting today to incorporate into your program?