Air quality as a risk factor for heart attack? It may sound strange, but worsening air quality puts people at risk for heart attacks and other cardiovascular (CV) conditions, especially among people who are already vulnerable. More than 1.5 million people in the United States suffer from heart attacks and strokes each year. Millions more have high blood pressure or heart rhythm disorders, putting this priority population especially at risk from particle pollution’s effects. Million Hearts® is dedicated to driving implementation of evidence-based public health and clinical strategies that help prevent CV events. With that in mind, we recently launched a webpage to spread awareness about particle pollution and CV health, with resources to help track local air quality. Use the resources in this newsletter to learn about the connection between heart health and particle pollution to help keep people healthy this summer and beyond.

—Janet Wright, MD, FACC

Do This!
Share the EPA Air Quality Index with networks and people at risk. Particle pollution puts people with CV conditions at higher risk for heart problems or stroke. Post this tool on your websites and social media so people can check air quality before they go outside for physical activity. Those at risk should avoid going outside on days ranked “orange” or worse and instead choose indoor versions of their favorite activities.

Quick Fact
One in three American adults has heart or blood vessel disease and is at higher risk from air pollution, which can trigger heart attacks and strokes and arrhythmias.