

Health Risks

of Long-Term Exposure to Pollution



Pollution isn't just bad for the planet—it's bad for you too. Long-term exposure to pollution can harm your body and mind in ways you might not realize. Let's break it down.

DID YOU KNOW?

- Long-term air pollution exposure reduces life expectancy by an average of 2 years worldwide.
- 9 out of 10 people globally breathe polluted air.
- Noise pollution increases the risk of heart disease by 30%.

Air Pollution: Breathing Toxic Air

Lung Damage: Pollution causes asthma, chronic bronchitis, and reduces lung growth.

Heart Problems: Increases the risk of high blood pressure, heart disease, and strokes.

Brain Health: Long-term exposure can affect memory and focus, and even increase the risk of mental health issues.

Weakened Immune System: Makes it harder for your body to fight off illnesses like the flu or colds.



Water Pollution: Contaminated Water, Contaminated Health

Digestive Issues: Polluted water can cause long-term stomach diseases.

Toxins: Lead and mercury harm kidneys, brain, and liver.

Developmental Risks: Polluted water can impact youth growth and brain health.

Land Pollution: Toxic Soil, Toxic Food

Food Contamination: Pollutants in soil can contaminate crops, leading to harmful chemicals in our food.

Reproductive Health Issues: Chemicals in soil can affect hormones and fertility over time.

Increased Cancer Risk: Pesticides and soil toxins raise the risk of certain cancers.



WHAT CAN YOU DO?

- Protect Yourself!
- Reduce Pollution
- Stay Informed



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