

HEALTHY ENVIRONMENT



THE NATURAL AND BUILT ENVIRONMENTS

have a significant impact on health and well-being and may also affect cognitive functioning.

INDOOR AIR POLLUTION, most often caused by heating and cooking sources, and **OUTDOOR AIR POLLUTION**, most often caused by oil and natural gas, agriculture, and transportation, are associated with respiratory and cardiovascular issues. There is emerging evidence that they may also increase risk of dementia.



INCREASED RESIDENTIAL GREEN SPACE MAY ALSO PROTECT BRAIN HEALTH.

Studies have shown that those with greater access to green space have better overall brain functioning compared with those who do not live near green space.



DUE TO A LONG HISTORY OF SYSTEMATIC DISCRIMINATORY PRACTICES AND POLICIES, environmental hazards often disproportionately affect neighborhoods that are historically underserved. This is known as environmental racism. Those who live in these neighborhoods are often most negatively affected by the environment and may be at higher risk for dementia.



COMMUNITIES HAVE TAKEN STEPS TO ADDRESS ENVIRONMENTAL RISK THROUGH:

- Planting more trees and plants across all communities.
- Promoting the use of renewable energy sources, like solar and wind.
- Developing more green space and walkable communities.
- Supporting expanded public transportation options and bike paths.



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