

Unhealthy air, unhealthy lungs, unhealthy communities

MONYA DE

LOS ANGELES: Growing up in the Midwest, I observed the way that West Coast trends would work their way eastward, starting out quirky and curious, then changing the way we lived our lives for the better. There was kale; there was yoga; there was recycling. But when it comes to air quality, California, and particularly Los Angeles, is not leading the way toward better health.

In their State of the Air 2016 report released in April, the American Lung Association gives Los Angeles County an F in air quality and the city itself ranks high-

The research program's recent report, *The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment* (<<https://health2016.globalchange.gov/>>), found that climate change can wreak havoc on not only the quality of the air we breathe, but on that of the water we drink and the quality of our food. These adverse effects threaten to harm those who are most vulnerable and in need.

Children, seniors, low-income communities, those with chronic disease, and some communities of color disproportionately bear the

emergency. Add to that the black cloud of soot that descends over our city each time one of our increasingly frequent wildfires occurs (another consequence of climate change) and it's not hard to understand why local pharmacies do a brisk business in inhalers and Claritin.

Climate change represents an opportunity to stop an almost completely preventable epidemic of respiratory illness. According to the California Department of Public Health, 650,000 California adults miss work at some point during the year due to asthma, resulting in 11.8 million missed days of work. That is a needless waste of human capital that affects everyone.

Air quality strains precious health care dollars; the total charges for asthma hospitalizations in 2010 were over \$1 billion (including \$155.6 million for repeat hospitalizations). More than half of that money came from Medicare and Medi-Cal. And we need to head off a future filled with kids whose growth has been stunted by steroid inhaler use.

California has always been a leader in healthful trends to me. This is why I support California moving forward with the Clean Power Plan. Not only will it reduce the carbon pollution that causes climate change, but it will also lead to less soot and smog-forming pollution, resulting in significant health benefits immediately.

We would expect to see dramatic improvements like the East Coast has impressively demonstrated with its cleaning up of

power plants. But California has the opportunity to do even more, which is why I support Senator Lara's Super Pollutant Reduction Act (SB 1383), which would drastically cut the emissions of super pollutants - soot, fluorinated gases and methane like those that came spewing out of Aliso Canyon-pollutants that are tens to thousands of times stronger than carbon in their climate change impact.

Reducing these emissions provides immediate health benefits to our most at-risk communities. It is up to our leadership to ensure those most vulnerable among us are not forced to bear the brunt of climate change or air pollution. Like the canary in the coal mine, their suffering means that the rest of us are next.

Monya De IS MD MPH, Internal Medicine, Los Angeles

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est in the nation for worst ozone pollution. Why? Climate change, the rise in global temperatures due to the adverse impact human activity, including the burning of fossil fuels, could be a major culprit.

Pollution from gasoline-burning vehicles and coal power plants fills our air and embeds itself in our lungs. According to the U.S. Global Change Research Program (GCRP), the rising temperature of our planet exacerbates this problem. Heat and a lack of rain traps particulates in our air, increasing the suffering of people with asthma and allergies and creating new cases.

health impacts of climate change. The American Lung Association reports that 3.1 million people living in poverty across Los Angeles County are especially at risk for poor air quality. Other key climate impacts noted in the GCRP report include heat waves, extreme weather events, decreased food safety, infectious diseases, and psychological stressors.

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Free FLEX seminar on college admissions

India Post News Service

FREMONT, CA: FLEX College Prep proudly presents a rare and unique seminar providing up-to-date insider information about the college admissions process for high school students.

The Seminar aims to demystify the process, provide reliable information, and help students and parents develop a successful college admission or application strategy. This seminar draws from the expertise of former college admissions officers including Harvard, Stanford, Yale, U Chicago, UC Berkeley, UCLA, USC and many more.

The seminar will be held on Saturday, June 4, from 10am-12pm at Room 3201 Bldg. 3; Ohlone College, 43600 Mission Blvd, Fremont. Free Parking is available.

The seminar will also be held on Saturday, June 4th, 2-4pm at Hillview Community Center (Multi

ate Admissions; Senior Manager, Research and Evaluation at Hispanic Scholarship Fund; English Teaching Assistant, Mexico City; Gates Millennium Scholar, Seton Elm Ivy Award from Yale, and Fulbright Scholar; B.A in History from Yale; Ed. M in International education Policy from Harvard.

The aim of the Seminar is to empower students, grades (8-12) and families, with information that can be used to plan for college admissions and to manage the stress associated with this process.

Topics:

- Simulation of a Mock Admissions Committee- Demystifying the admissions process by going behind the Admissions Office's closed doors and addressing how schools select applicants for admission.
- Overview of UC Admissions and Current Trends
- A Glimpse into Flex's own Ap-