

Health Effects of Air Pollution

C. Arden Pope III

Mary Lou Fulton Professor of Economics



National Association of Clean Air Agencies

Spring Membership Meetings

St. Louis, Missouri

May 5-8, 2013

THE LANCET

The Global Burden of Disease 2010

Volume 376 · Number 9734 · Pages 1-68 · July 3-9, 2010

www.thelancet.com

Breathing contaminants contributes to global burden of disease (GBD)

	Number of attributable deaths	Disability adjusted life-years (DALYs)
Tobacco Smoking	5.7 mil.	5.7%
Second Hand Smoke	0.6 mil.	0.6%
Household air pollution from solid fuels	3.5 mil.	4.5%
Ambient PM air pollution	3.2 mil.	3.1%
Ambient Ozone	0.2 mil.	0.1%

The Benefits and Costs of the Clean Air Act from 1990 to 2020



U.S. Environmental Protection Agency
Office of Air and Radiation
March 2011

SUMMARY REPORT

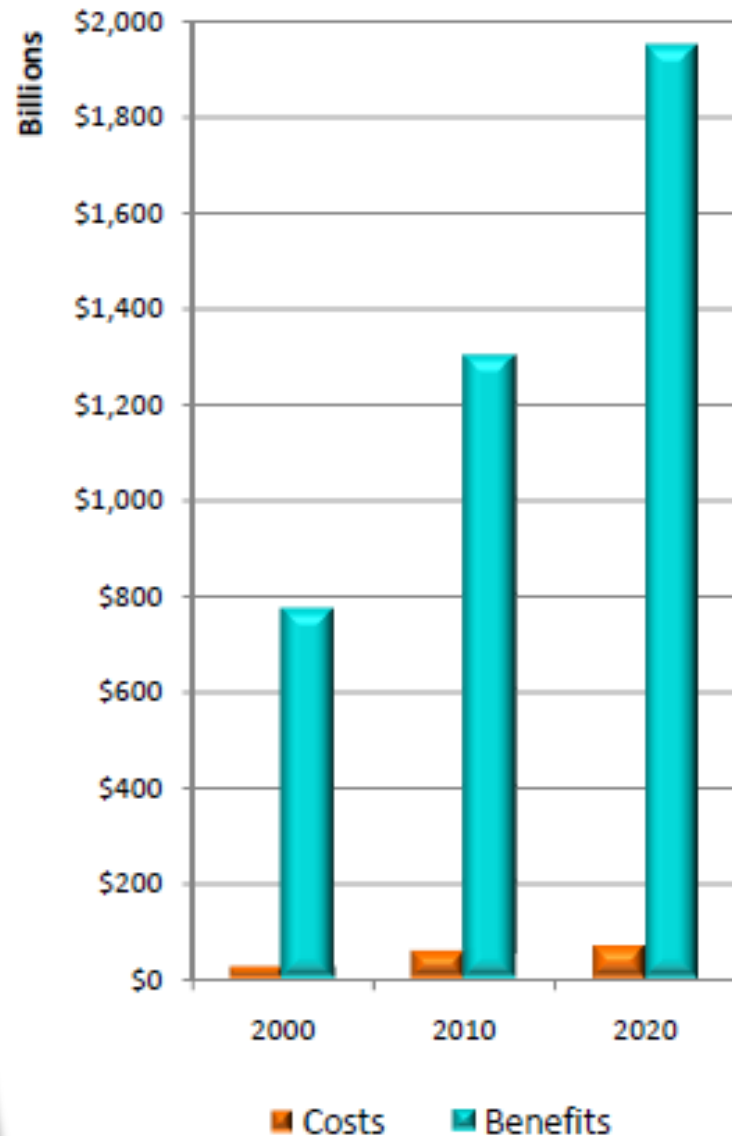


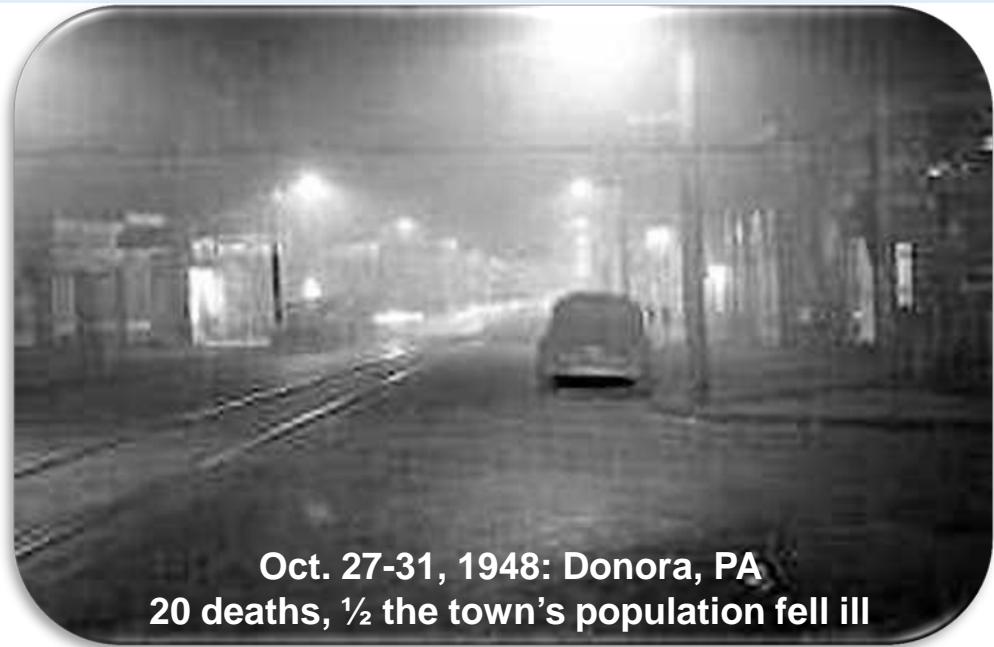
Exhibit 1. Primary Central Estimates of direct benefits and direct costs for the 2000, 2010, and 2020 study target years. (In billions of 2006 dollars). The graph shows the extent to which benefits exceed costs throughout the study period.



Early “**Killer smog**” episodes demonstrated that air pollution at extreme levels can contribute to respiratory and cardiovascular disease and death



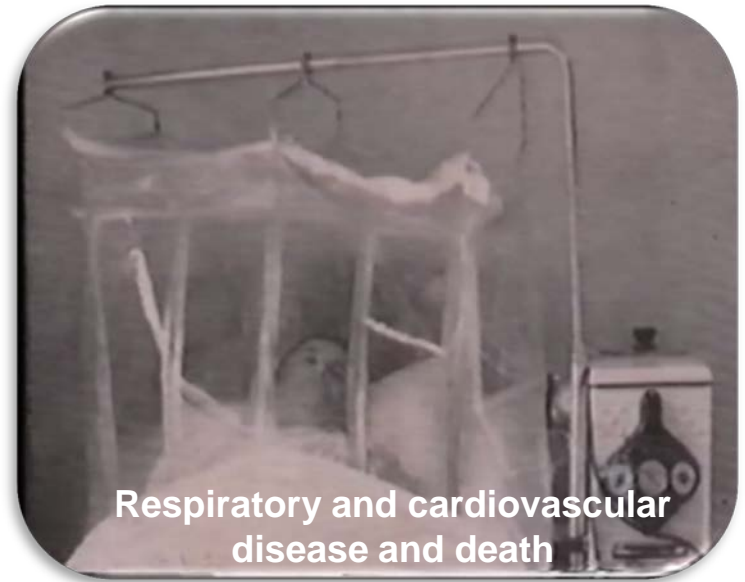
Dec. 1-5, 1930: Meuse Valley, *Belgium*
60 deaths (10x expected)



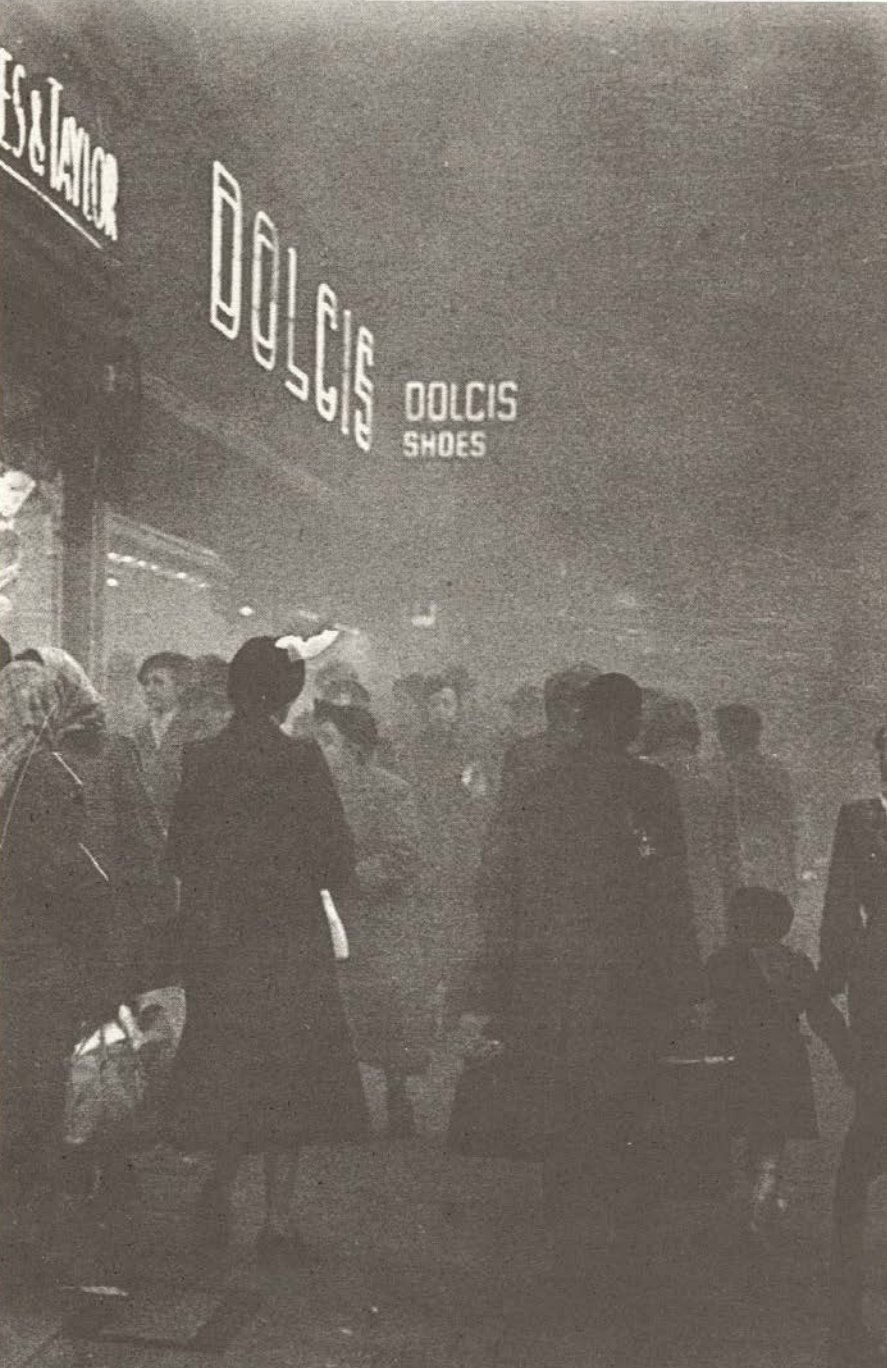
Oct. 27-31, 1948: Donora, PA
20 deaths, ½ the town’s population fell ill



Dec. 5-9, 1952: London--1000’s of excess deaths

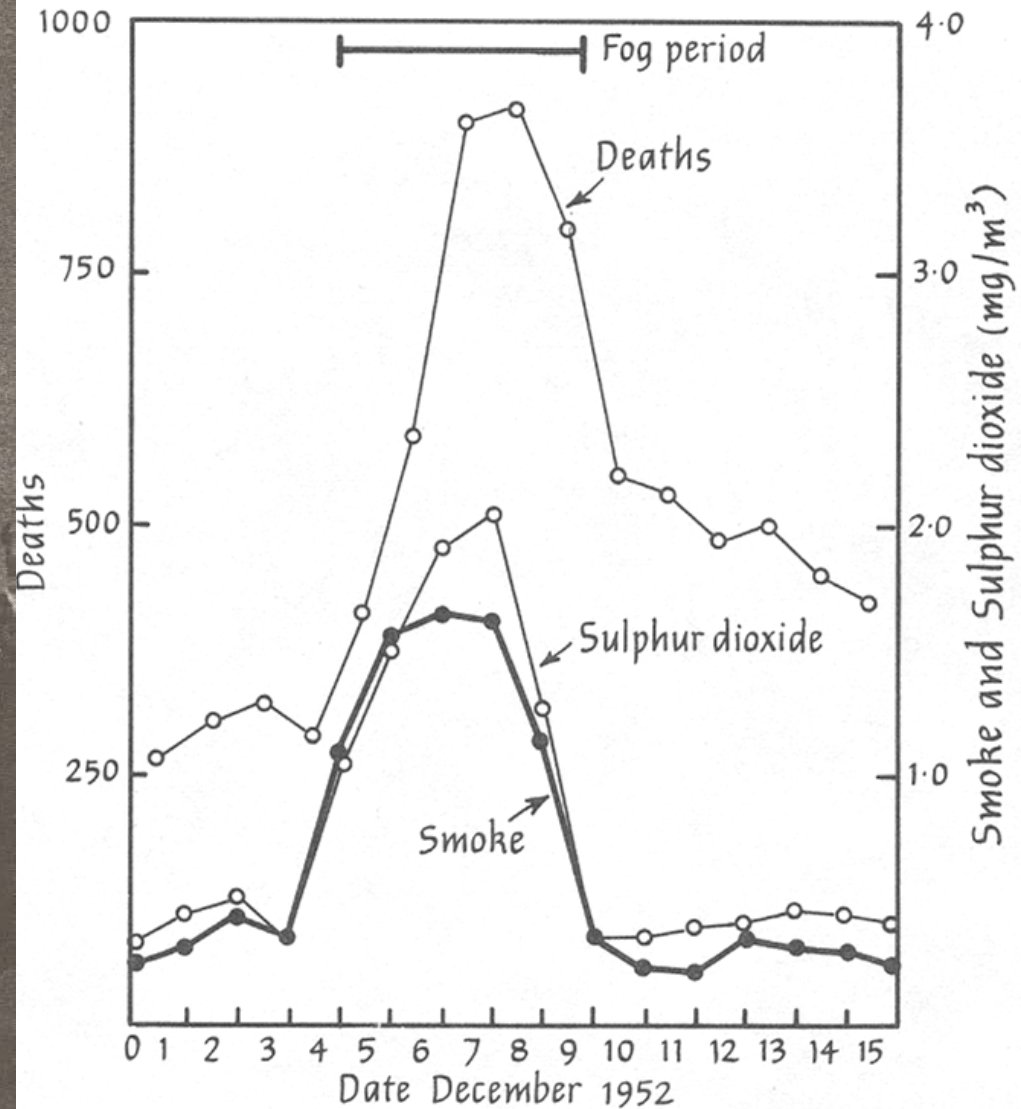


Respiratory and cardiovascular
disease and death



London Fog Episode, Dec. 1952

THE BIG SMOKE



From: Brimblecombe P. The Big Smoke, Methu

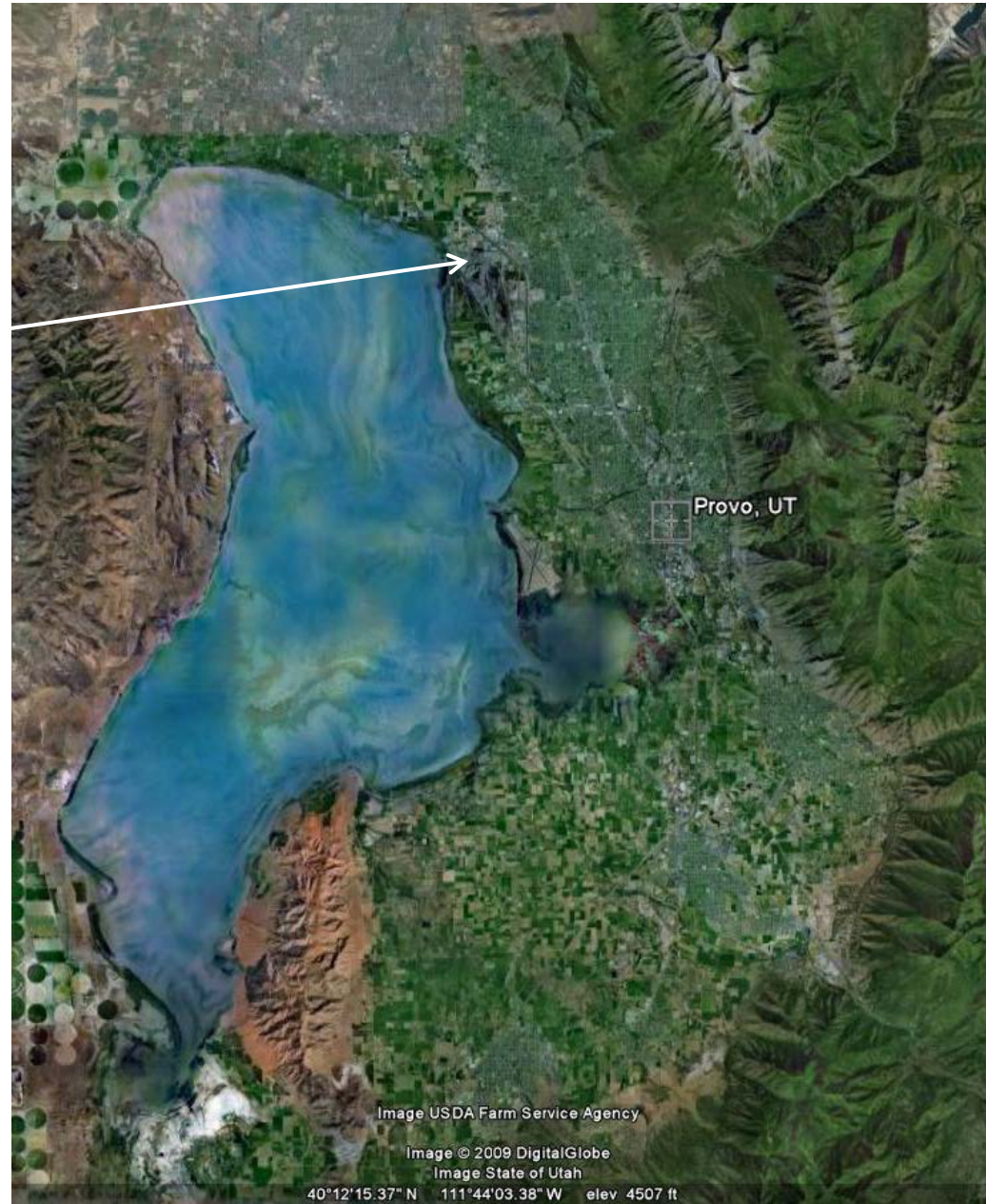


Utah Valley, 1980s

- Winter **inversions** trap local pollution
- Natural test chamber



- Local Steel mill contributed ~50% $PM_{2.5}$
- Shut down July 1986-August 1987
- Natural Experiment



Large difference in air quality when inversions trap air pollution in valley

Utah Valley: Clean day

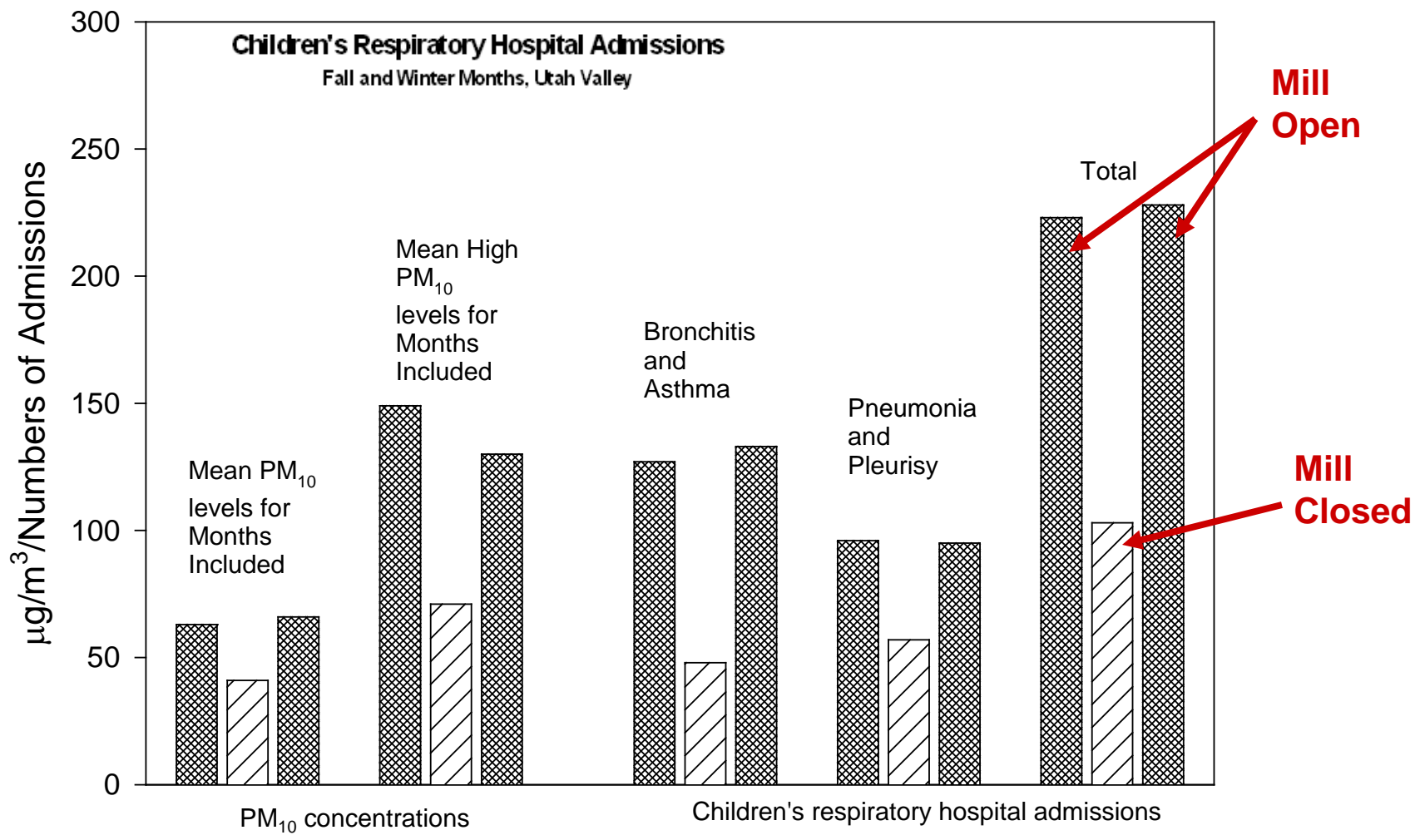


Utah Valley: Dirty day
($PM_{10} = 220 \mu\text{g}/\text{m}^3$)



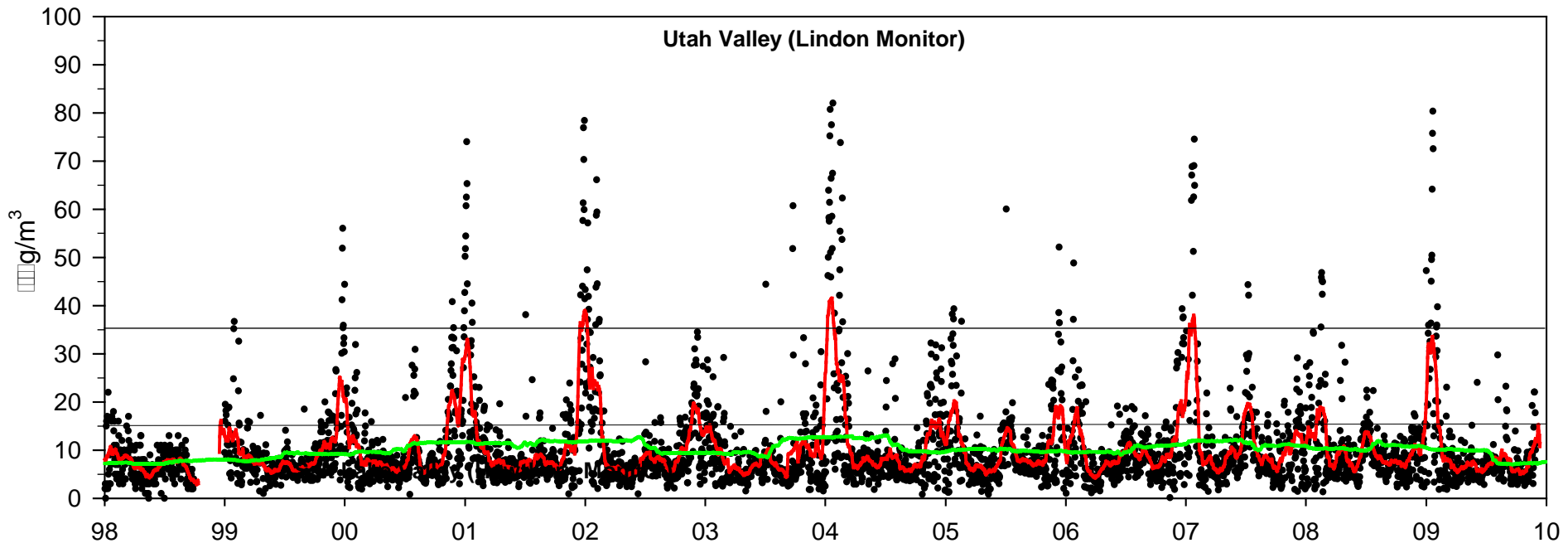


When the steel mill was open, total children's hospital admissions for respiratory conditions **approx. doubled.**



Sources: Pope. Am J Pub Health.1989; Pope. Arch Environ Health. 1991

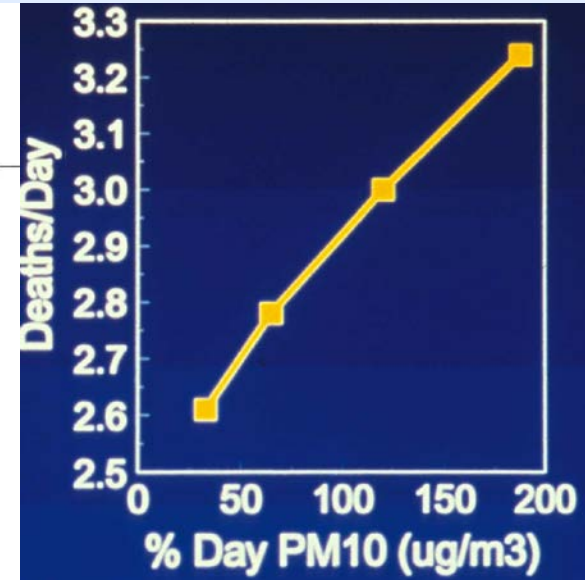
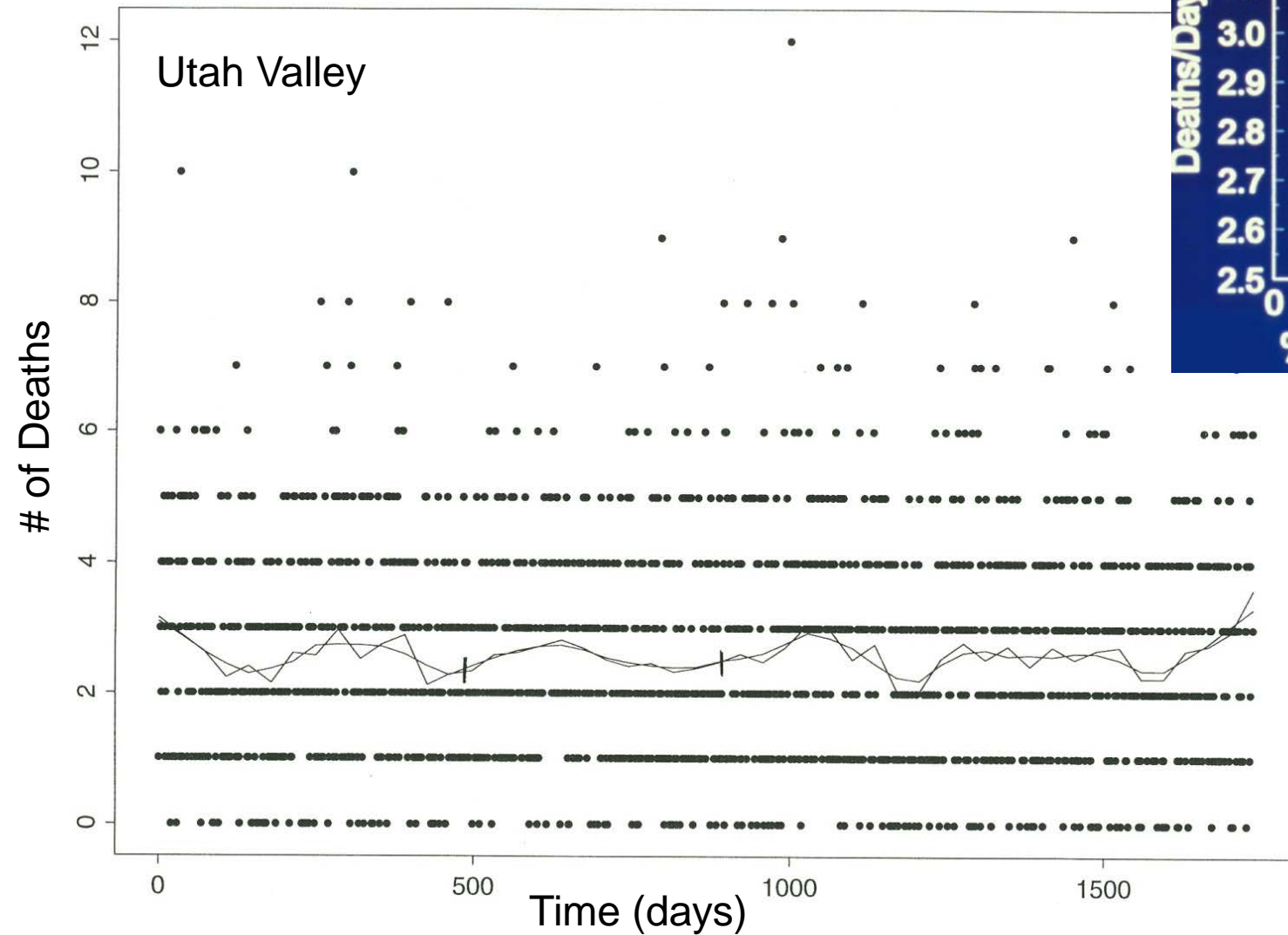
Health studies take advantage of **highly variable** air pollution levels that result from inversions.



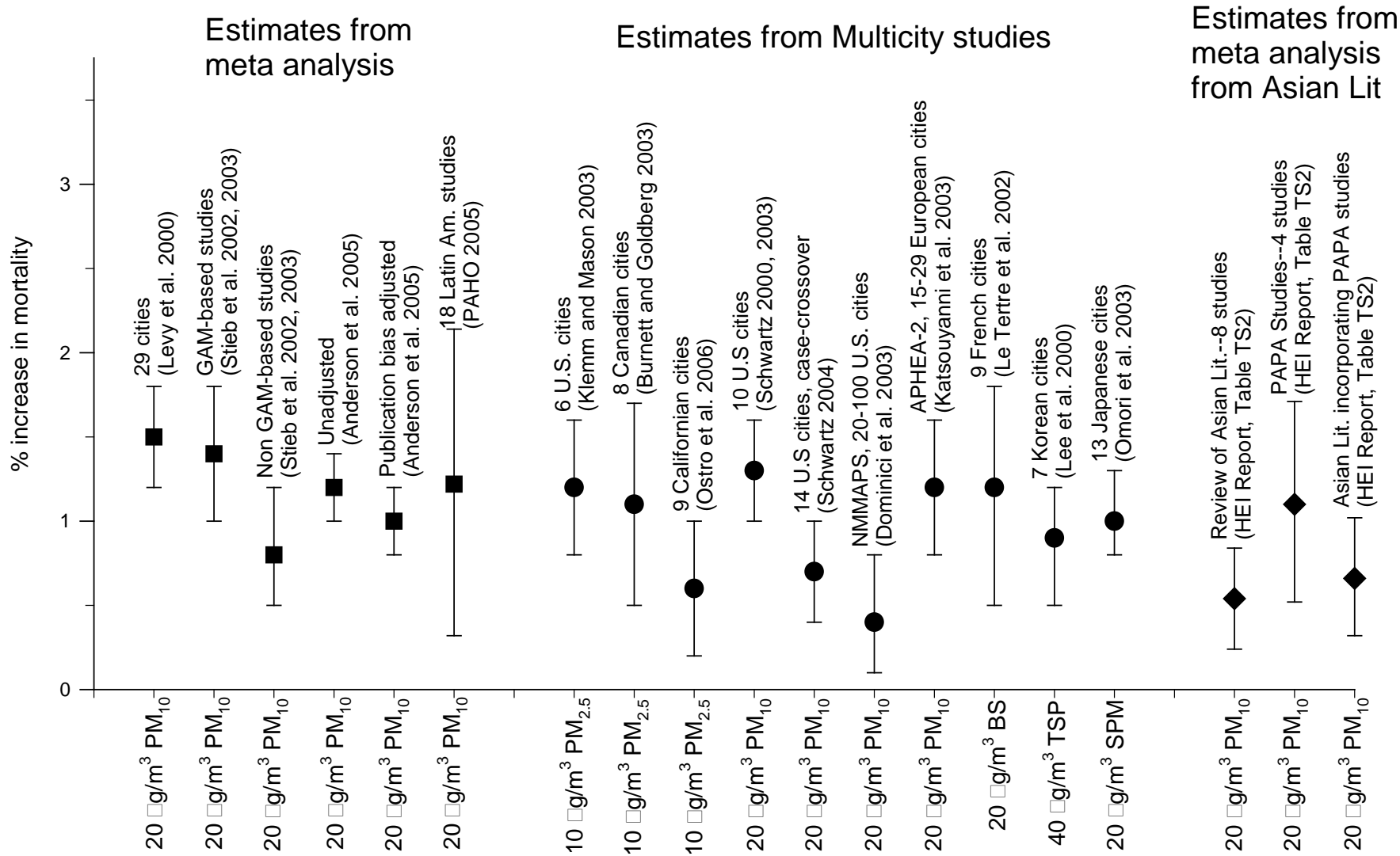
PM_{2.5} concentrations January 1 1998-December 12 2009. Black dots, 24-hr PM_{2.5}; Red line, 30-day moving average PM_{2.5}; Green line, 1-yr moving average PM_{2.5}.



Daily changes in air pollution \longrightarrow daily death counts



Daily time-series studies ***of over 200 cities***



10 $\mu\text{g}/\text{m}^3$ PM_{2.5} or 20 $\mu\text{g}/\text{m}^3$ PM₁₀ → 0.4% to 1.5% increase in relative risk of mortality—Small but remarkably consistent across meta-analyses and multi-city studies.



Jeffrey Anderson

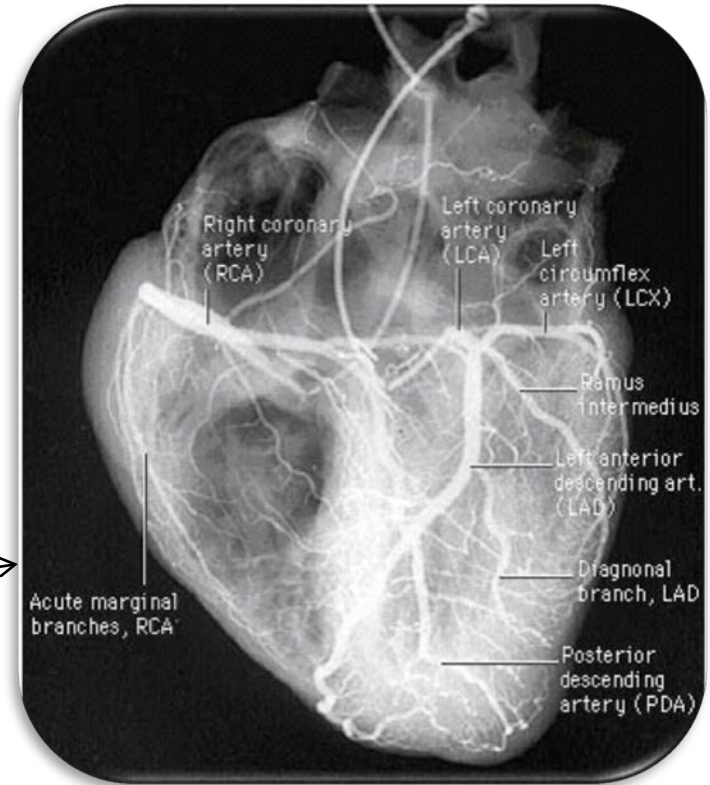
Ischemic Heart Disease Events Triggered by Short-Term Exposure to Fine Particulate Air Pollution

C. Arden Pope III, PhD; Joseph B. Muhlestein, MD; Heidi T. May, MSPH; Dale G. Renlund, MD; Jeffrey L. Anderson, MD; Benjamin D. Horne, PhD, MPH

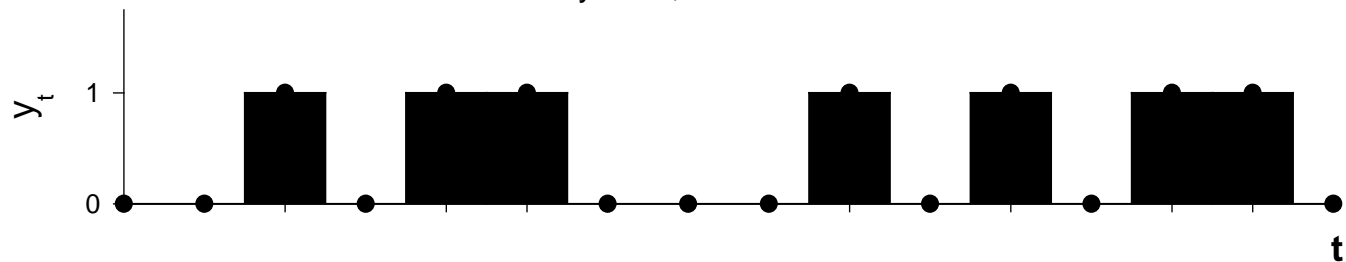
Methods:

Case-crossover study of acute ischemic coronary events (heart attacks and unstable angina) in 12,865 well-defined and followed up cardiac patients who lived on Utah's Wasatch Front

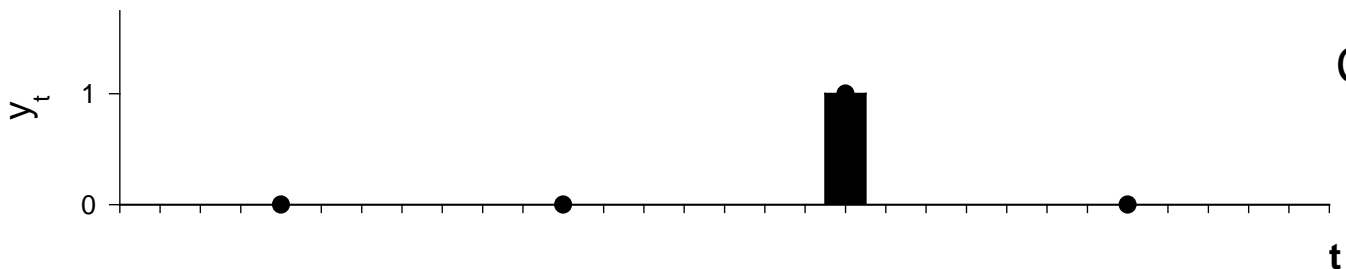
...and who underwent coronary angiography



Binary Data, classic time-series



Binary Data, case-crossover



Conditional Logistic Reg.

Each subject serves as his/her own control.

Control for subject-specific effects, day of week, season, time-trends, etc.—by matching

Conditional logistic regression:

$$\ln \left(\frac{\text{Prob}(Y_t = 1)}{1 - \text{Prob}(Y_t = 1)} \right) =$$

$$\alpha_1 + \alpha_2 + \alpha_3 + \dots + \alpha_{12,865} + \beta(w_0P_t + w_1P_{t-1} + w_2P_{t-2} + \dots)$$

Control by matching for:

All cross-subject differences

(in this case, 12,865 subject-level fixed effects),

Season and/or month of year,

Time trends,

Day of week

Modeling controversies: How to select control or referent periods. Time stratified referent selection approach (avoids bias that can occur due to time trends in exposure) (**Holly Janes, Lianne Sheppard, Thomas Lumley** *Statistics in Medicine and Epidemiology* 2005)

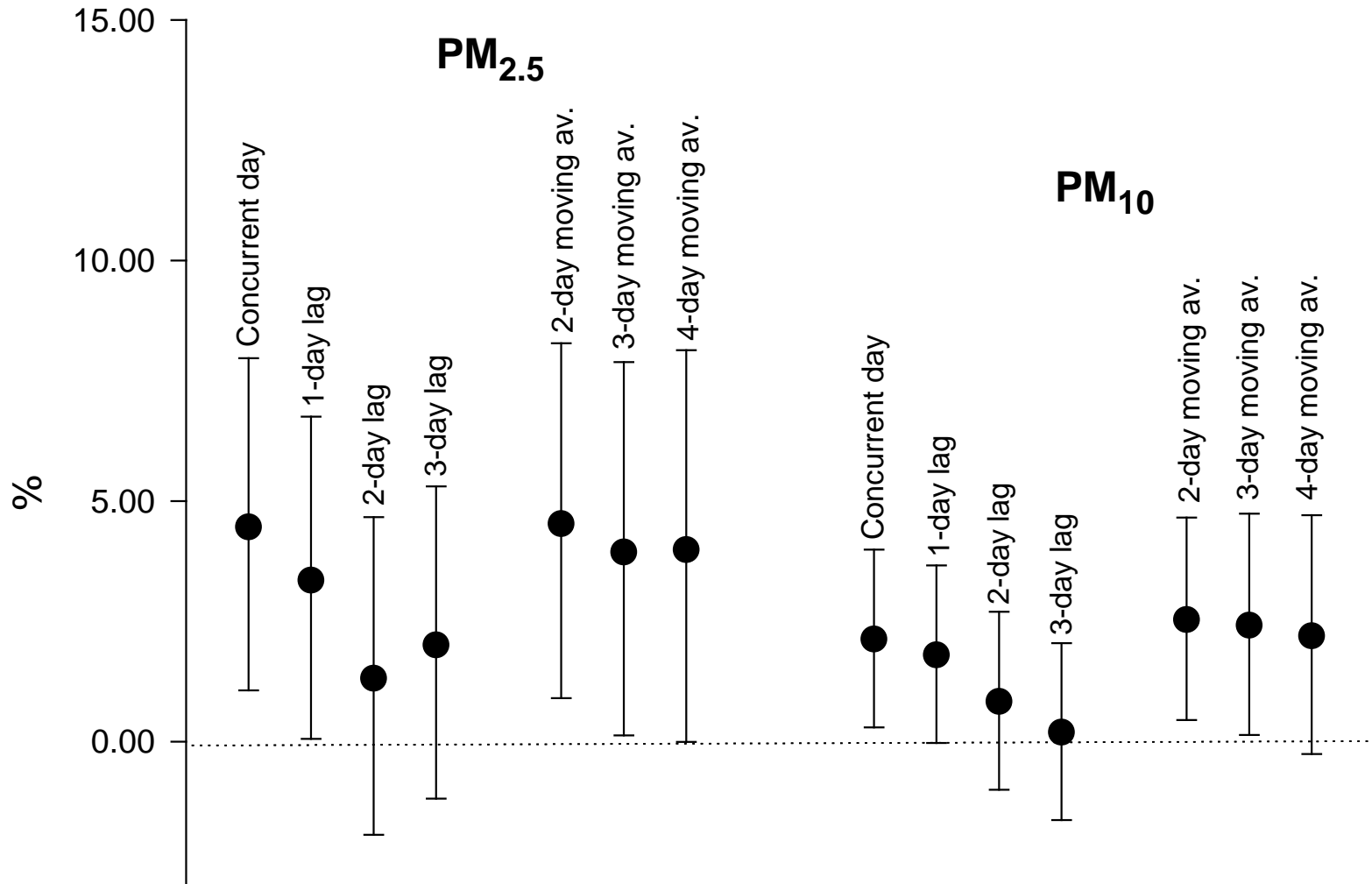


Figure 1. Percent increase in risk (and 95% CI) of acute coronary events associated with 10 $\mu\text{g}/\text{m}^3$ of $\text{PM}_{2.5}$, or PM_{10} for different lag structures.

Short-term PM exposures contributed to acute coronary events, especially among patients with underlying coronary artery disease.

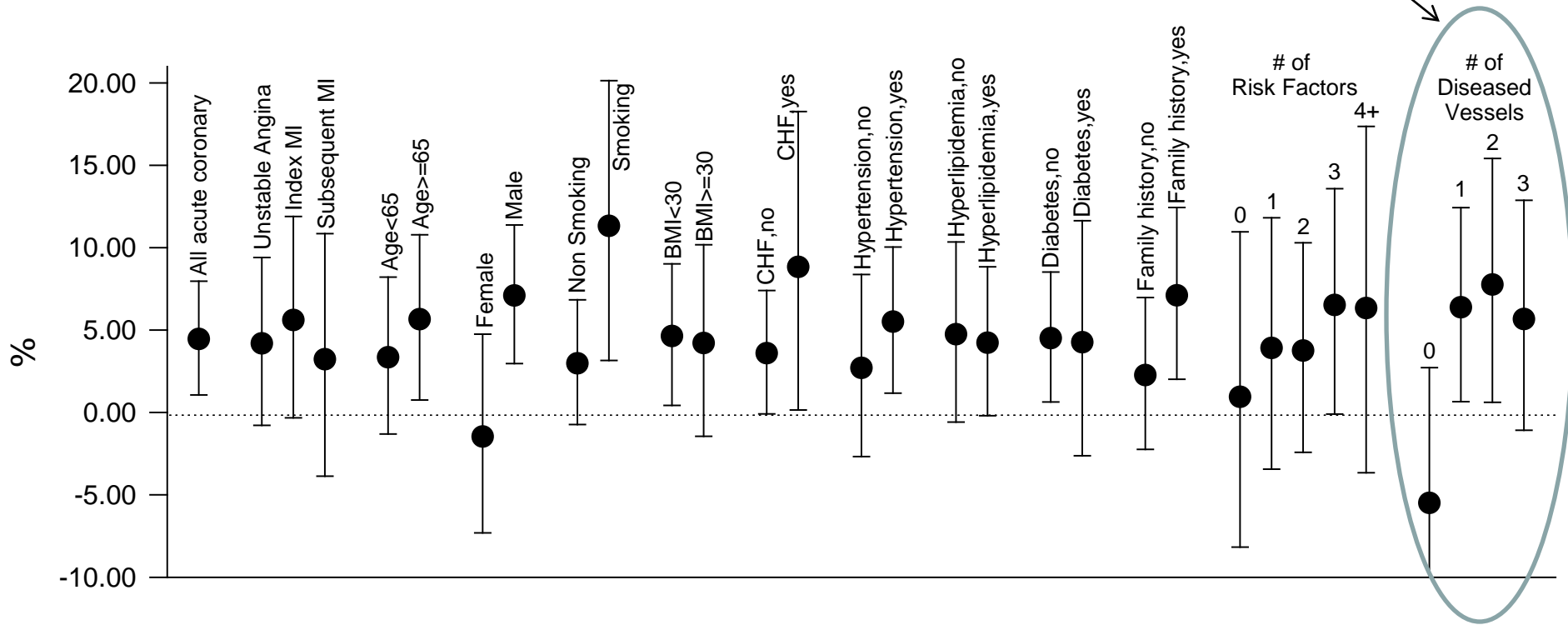


Figure 2. Percent increase in risk (and 95% CI) of acute coronary events associated with $10 \mu\text{g}/\text{m}^3$ of $\text{PM}_{2.5}$, stratified by various characteristics.

Relation of Heart Failure Hospitalization to Exposure to Fine Particulate Air Pollution

C. Arden Pope III, PhD^{a,*}, Dale G. Renlund, MD^{b,c}, Abdallah G. Kfoury, MD^{b,c},
Heidi T. May, MSPH^b, and Benjamin D. Horne, PhD, MPH^{b,c}

Am J Cardiol 2008;102:1230–1234



Dale Renlund



Abdallah Kfoury



Benjamin Horne

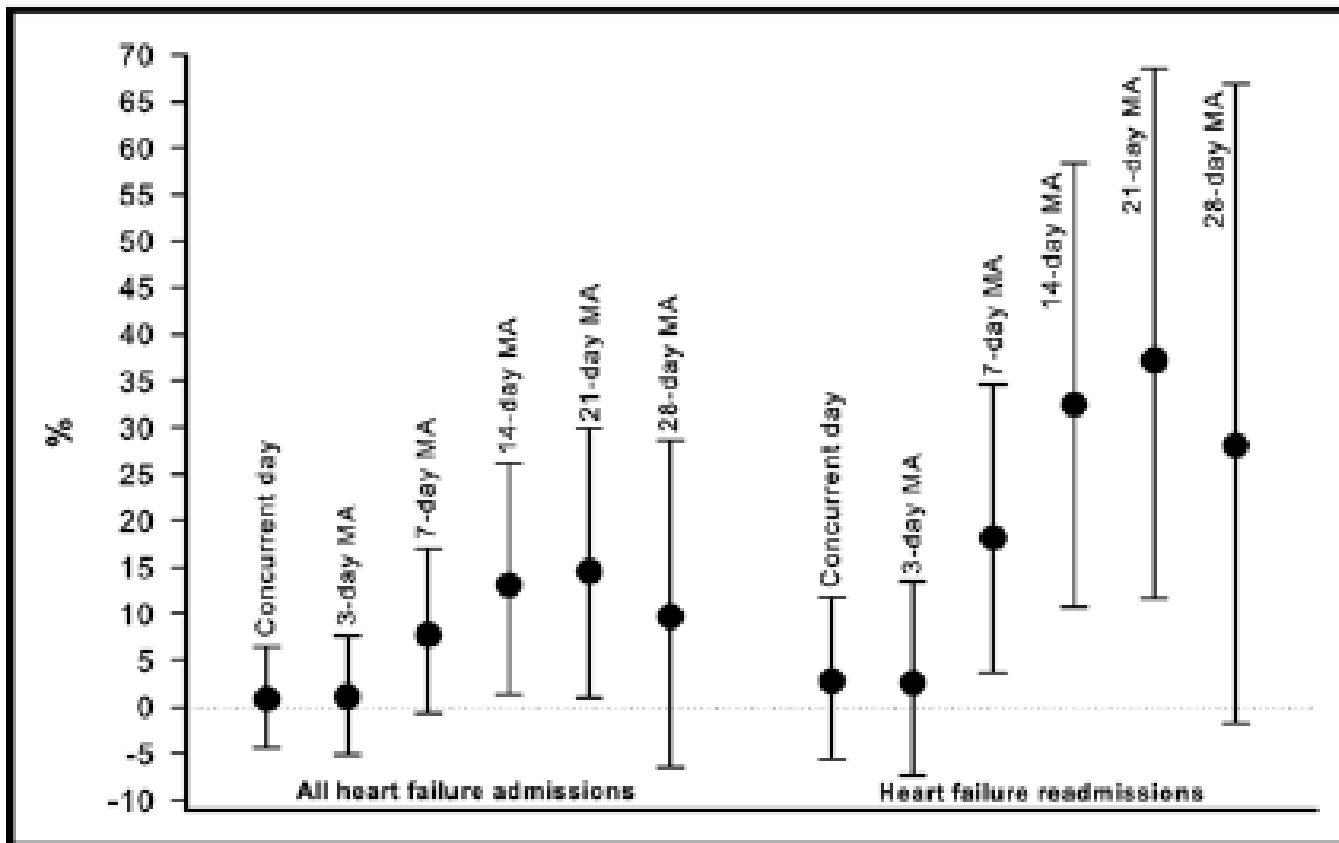


Figure 1. Percent increase in risk and 95% CIs of HF admissions and readmissions, associated with a $10 \mu\text{g}/\text{m}^3$ of $\text{PM}_{2.5}$ for selected lagged moving average (MA) exposures 0 to 28 days.

Atrial Fibrillation Hospitalization Is Not Increased with Short-Term Elevations in Exposure to Fine Particulate Air Pollution

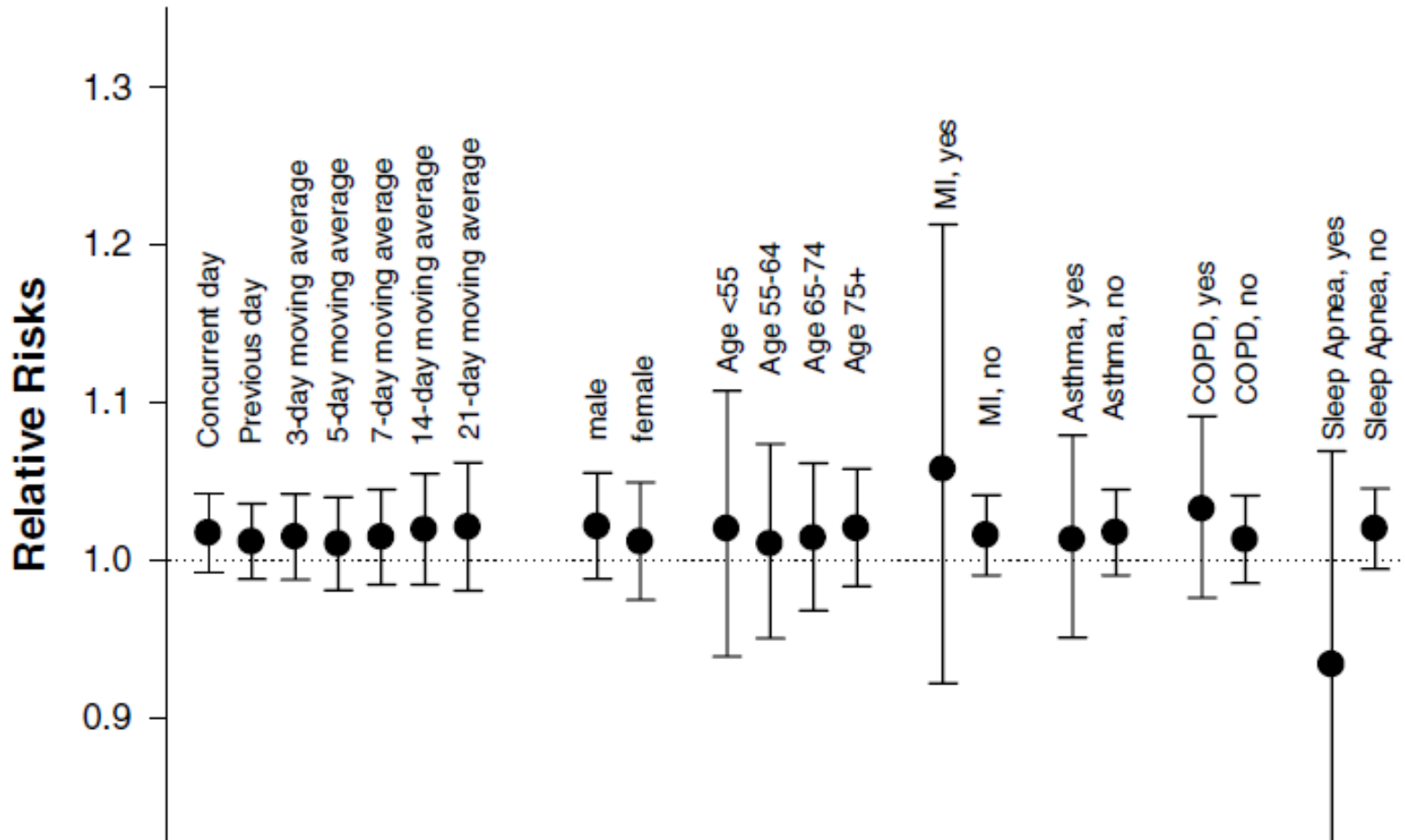
T. JARED BUNCH, M.D.,* BENJAMIN D. HORNE, Ph.D., M.P.H.,† SAMUEL J. ASIRVATHAM, M.D.,‡ JOHN D. DAY, M.D.,* BRIAN G. GRANDALL, M.D.,* J. PETER WEISS, M.D.,* JEFFREY S. OSBORN, M.D.,* JEFFREY L. ANDERSON, M.D.,† JOSEPH B. MUHLESTEIN, M.D.,† DONALD L. LAPPE, M.D.,† and C. ARDEN POPE III, Ph.D.§



Jared Bunch



2011



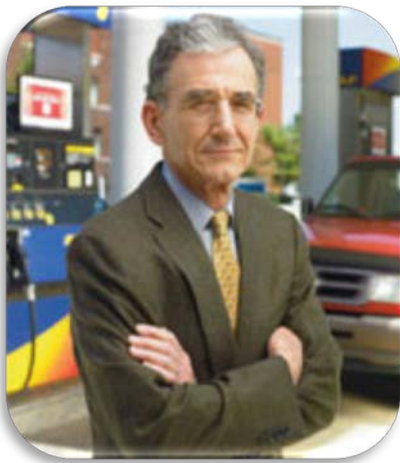
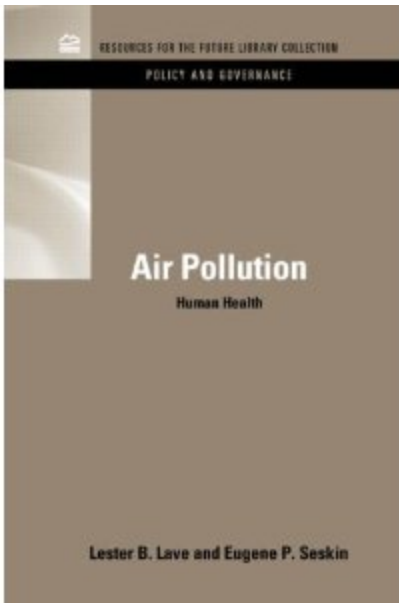
Short-term changes in air pollution exposure are associated with:

- Daily death counts (respiratory and cardiovascular)
- Hospitalizations
- Lung function
- Symptoms of respiratory illness
- School absences
- Ischemic heart disease
- Etc.

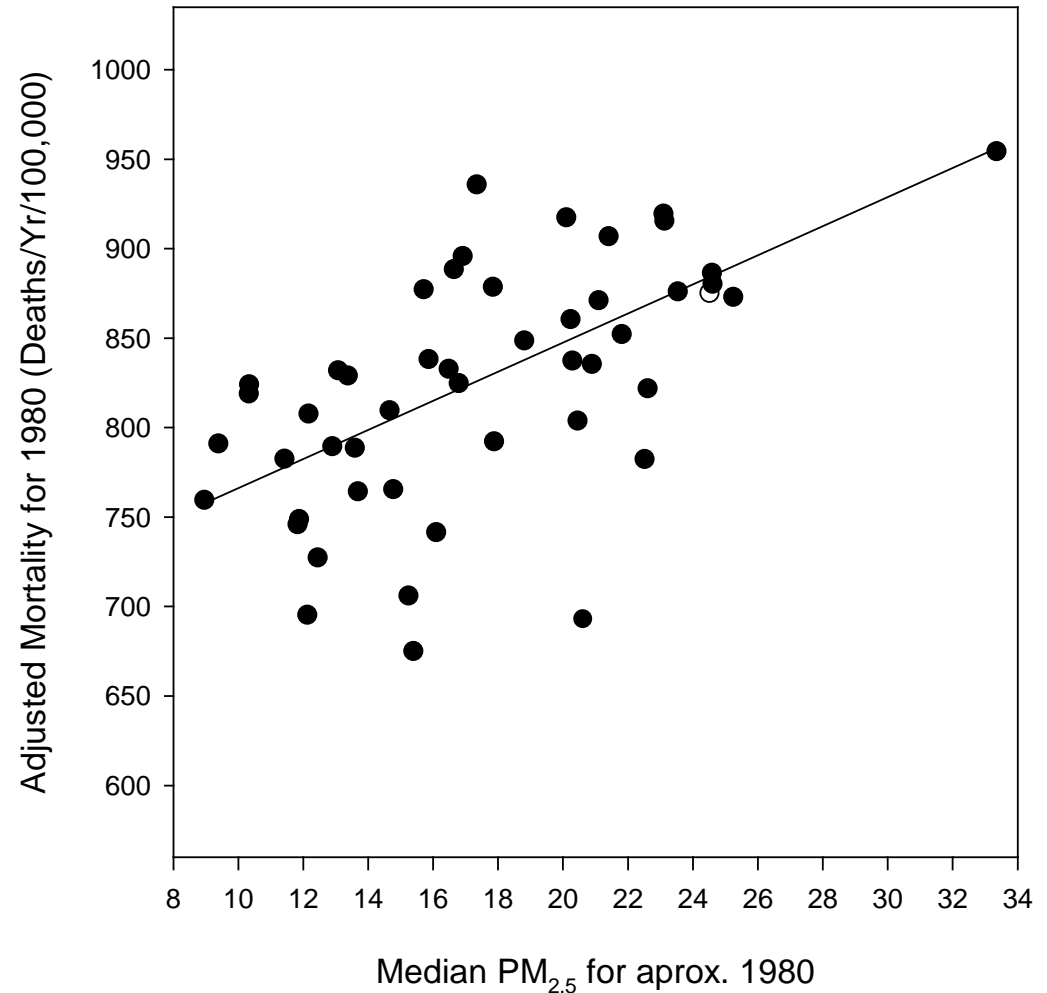




Longer-term air pollution exposure has been linked to even substantially larger health effects.



Age-, sex-, and race- adjusted population-based mortality rates in U.S. cities for 1980 plotted over various indices of particulate air pollution (From Pope 2000).



An Association Between Air Pollution and Mortality in Six U.S. Cities



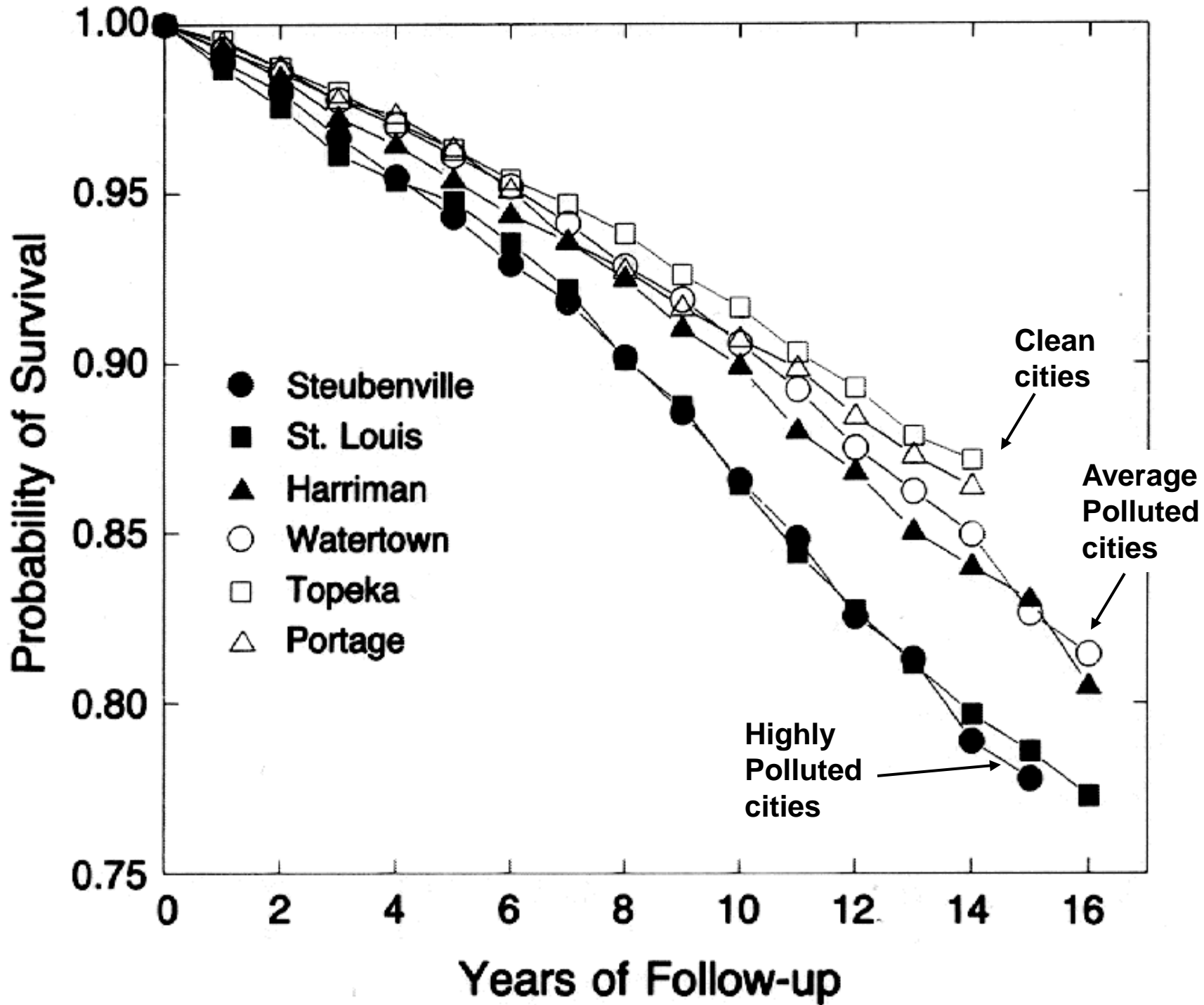
The NEW ENGLAND
JOURNAL of MEDICINE 1993

Dockery DW, Pope CA III, Xu X, Spengler JD,
Ware JH, Fay ME, Ferris BG Jr, Speizer FE.



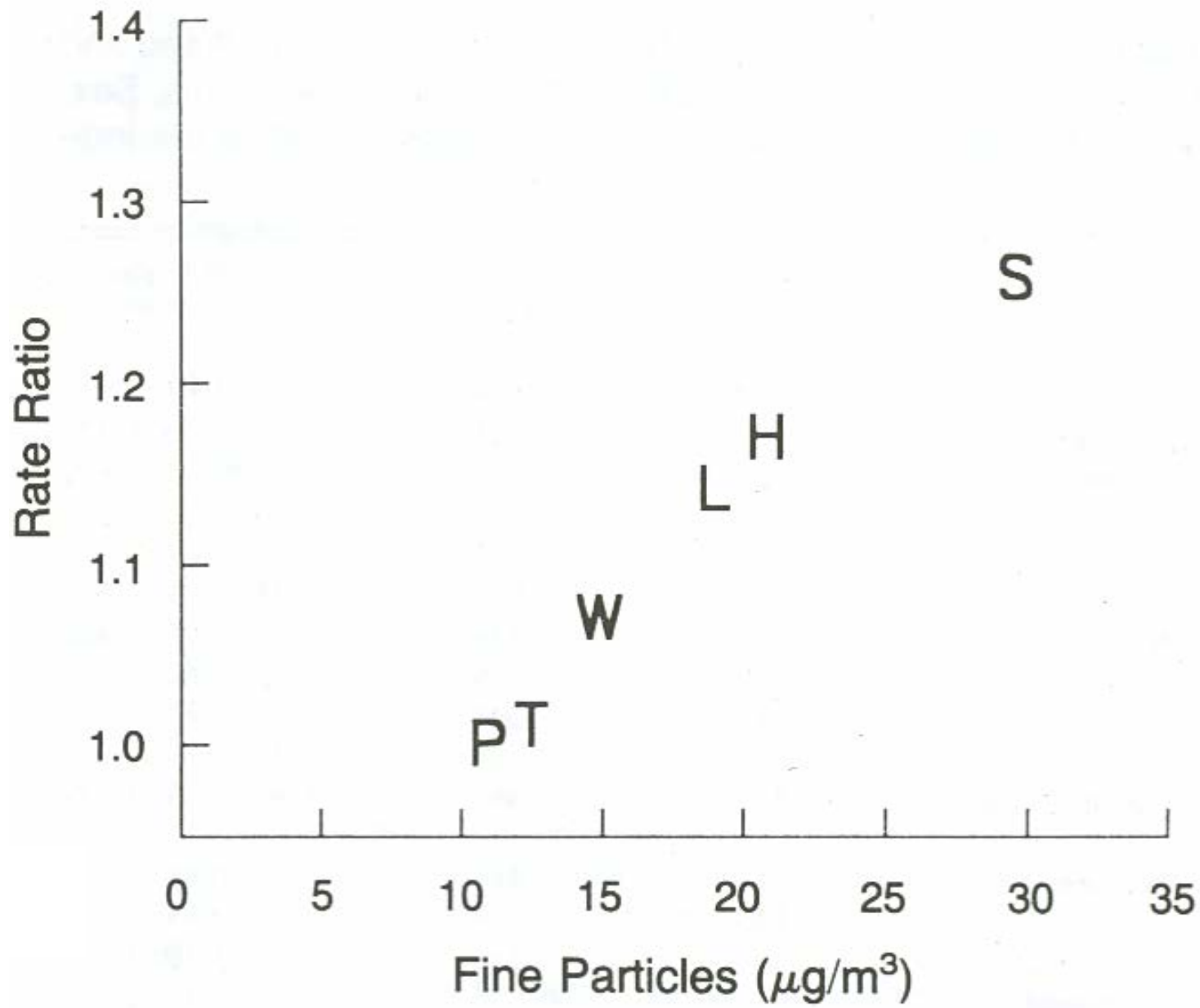
Methods:

- 14-16 yr prospective follow-up of 8,111 adults living in six U.S. cities.
- Monitoring of TSP PM₁₀, PM_{2.5}, SO₄, H⁺, SO₂, NO₂, O₃ .
- Data analyzed using survival analysis, including Cox Proportional Hazards Models.
- Controlled for individual differences in: age, sex, smoking, BMI, education, occupational exposure.



Adjusted risk ratios (and 95% CIs) for cigarette smoking and PM_{2.5}

Cause of Death	Current Smoker, 25 Pack years	Most vs. Least Polluted City
All	2.00 (1.51-2.65)	1.26 (1.08-1.47)
Lung Cancer	8.00 (2.97-21.6)	1.37 (0.81-2.31)
Cardio- pulmonary	2.30 (1.56-3.41)	1.37 (1.11-1.68)
All other	1.46 (0.89-2.39)	1.01 (0.79-1.30)



Lung Cancer, Cardiopulmonary Mortality, and Long-term Exposure to Fine Particulate Air Pollution

C. Arden Pope III, PhD

Richard T. Burnett, PhD

Michael J. Thun, MD

Eugenia E. Calle, PhD

Daniel Krewski, PhD

Kazuhiko Ito, PhD

George D. Thurston, ScD

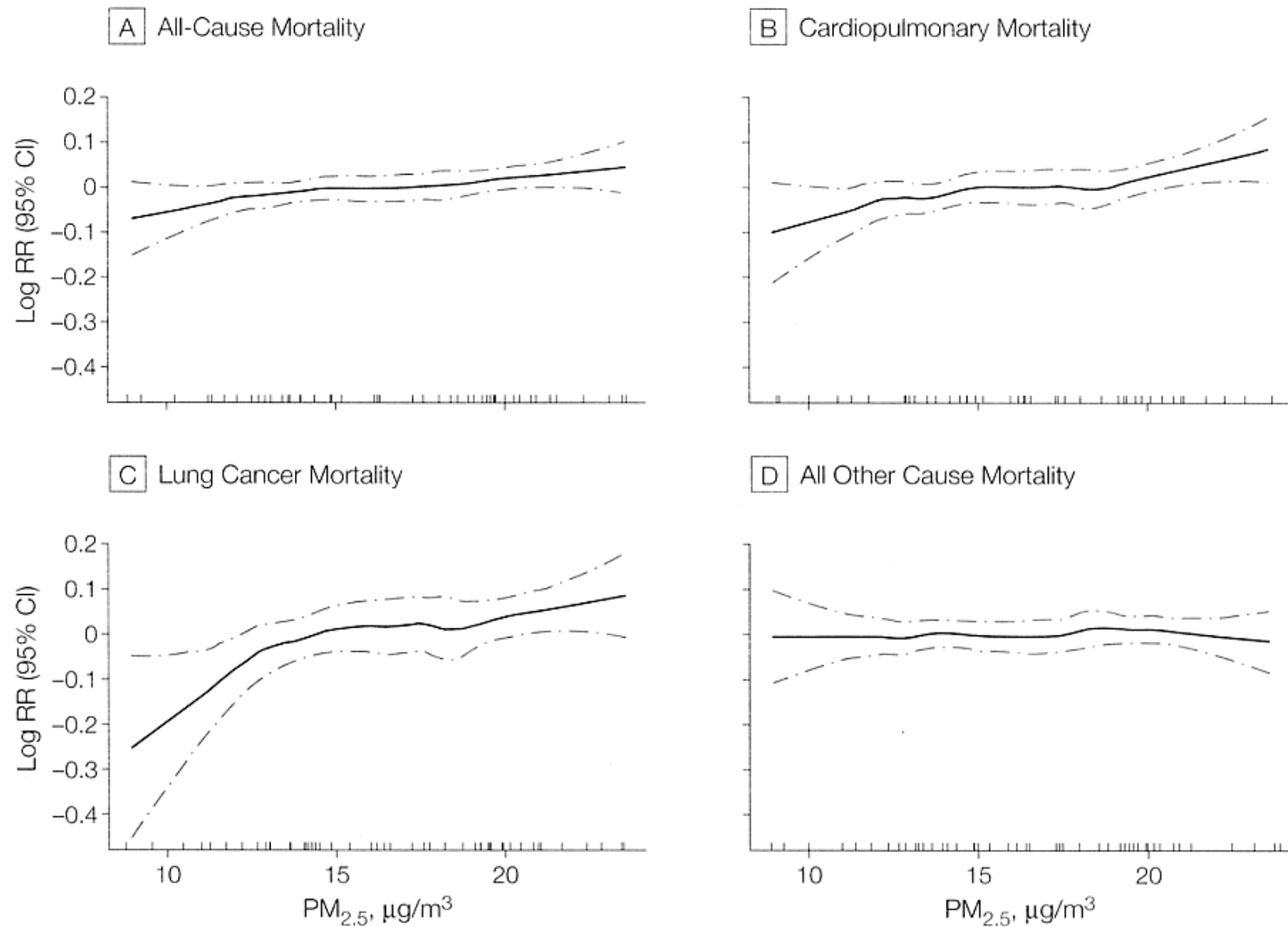
Context Associations have been found between day-to-day particulate air and increased risk of various adverse health outcomes, including cardiopulmonary mortality. However, studies of health effects of long-term particulate air pollution have been less conclusive.

Objective To assess the relationship between long-term exposure to fine particulate air pollution and all-cause, lung cancer, and cardiopulmonary mortality.

Design, Setting, and Participants Vital status and cause of death data were collected by the American Cancer Society as part of the Cancer Prevention II study, a long-term prospective mortality study, which enrolled approximately 1.2 million adults.



Figure 2. Nonparametric Smoothed Exposure Response Relationship



Science

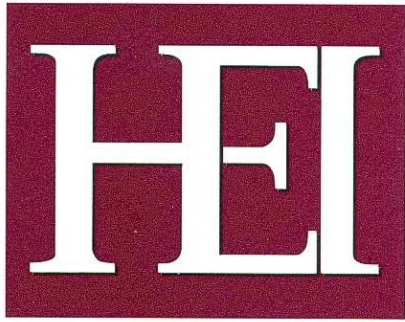
25 July 1997



Showdown Over Clean Air Science

Jocelyn Kaiser

Industry and environmental researchers are squaring off over studies linking air pollution and illness in what some are calling the biggest environmental fight of the decade



Dan Krewski
Rick Burnett
Mark Goldberg
and 28 others

SPECIAL REPORT

HEALTH
EFFECTS
INSTITUTE

July 2000

Reanalysis of the Harvard Six Cities Study and the American Cancer Society Study of Particulate Air Pollution and Mortality

A Special Report of the Institute's Particle
Epidemiology Reanalysis Project

SUPREME COURT OF THE UNITED STATES

WHITMAN, ADMINISTRATOR OF ENVIRONMENTAL
PROTECTION AGENCY, ET AL. *v.* AMERICAN TRUCK-
ING ASSOCIATIONS, INC., ET AL.

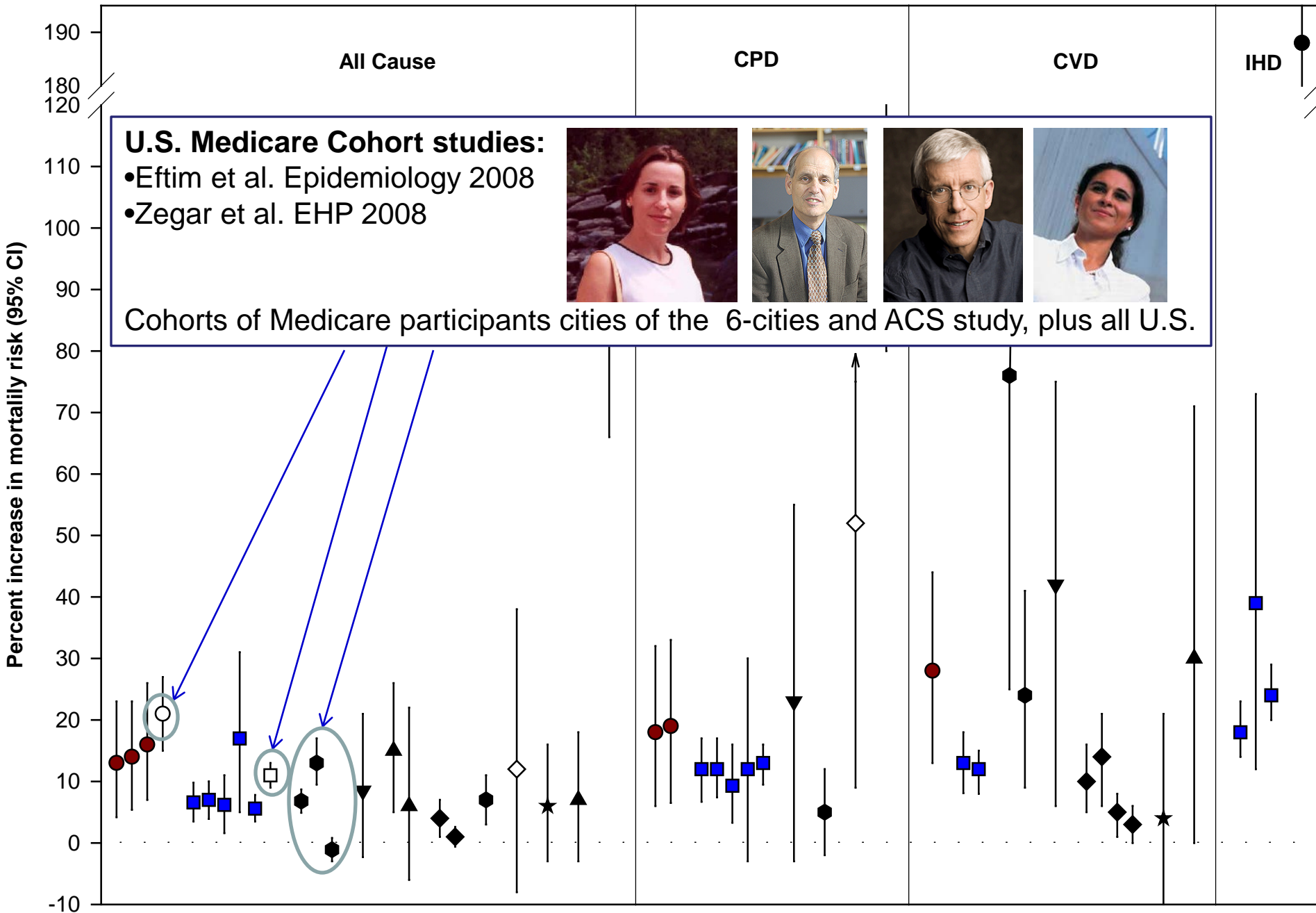
No. 99–1257. Argued November 7, 2000—Decided February 27, 2001*

Legal uncertainty largely
resolved with 2001
unanimous ruling by the
U.S. Supreme Court.



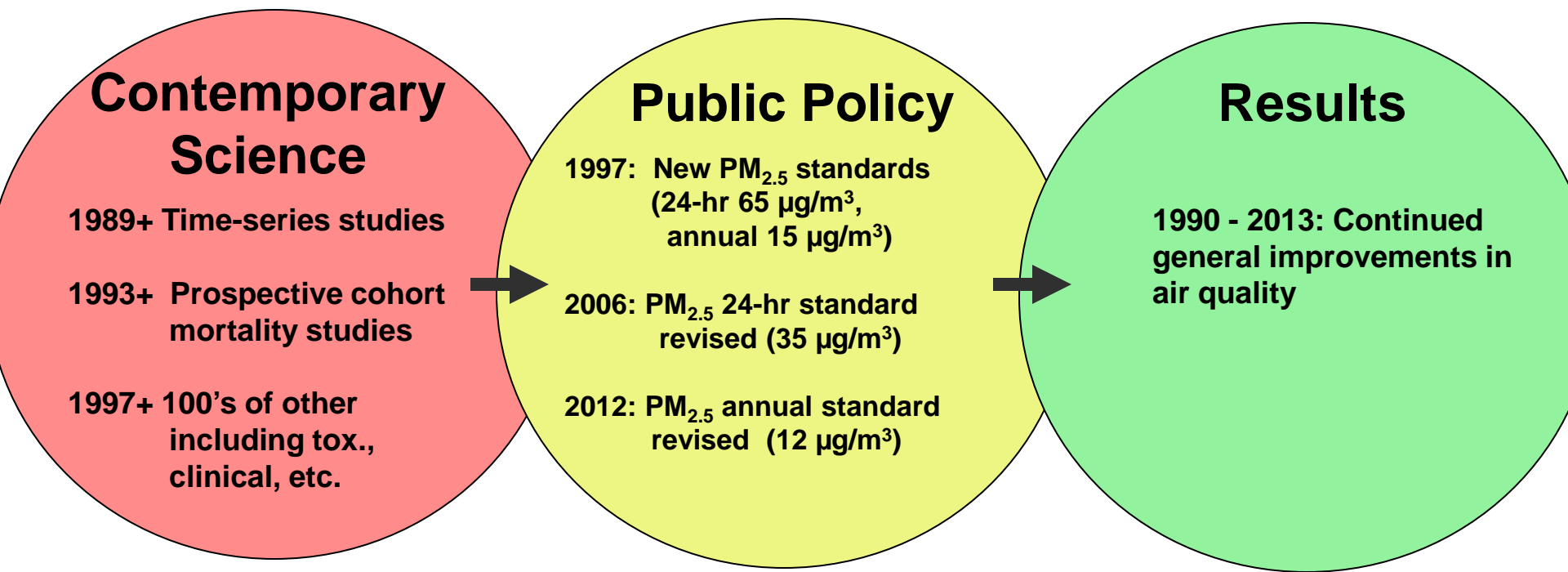


U.S. Medicare Cohort Studies





Modern air pollution science has resulted in new and tighter standards in the U.S. for air pollution—especially PM_{2.5}





So, an obvious question—

Has reducing air pollution resulted in
substantial and measurable
improvements in human health?

Do cities with bigger improvements in air quality have bigger improvements in health, measured by life expectancy?



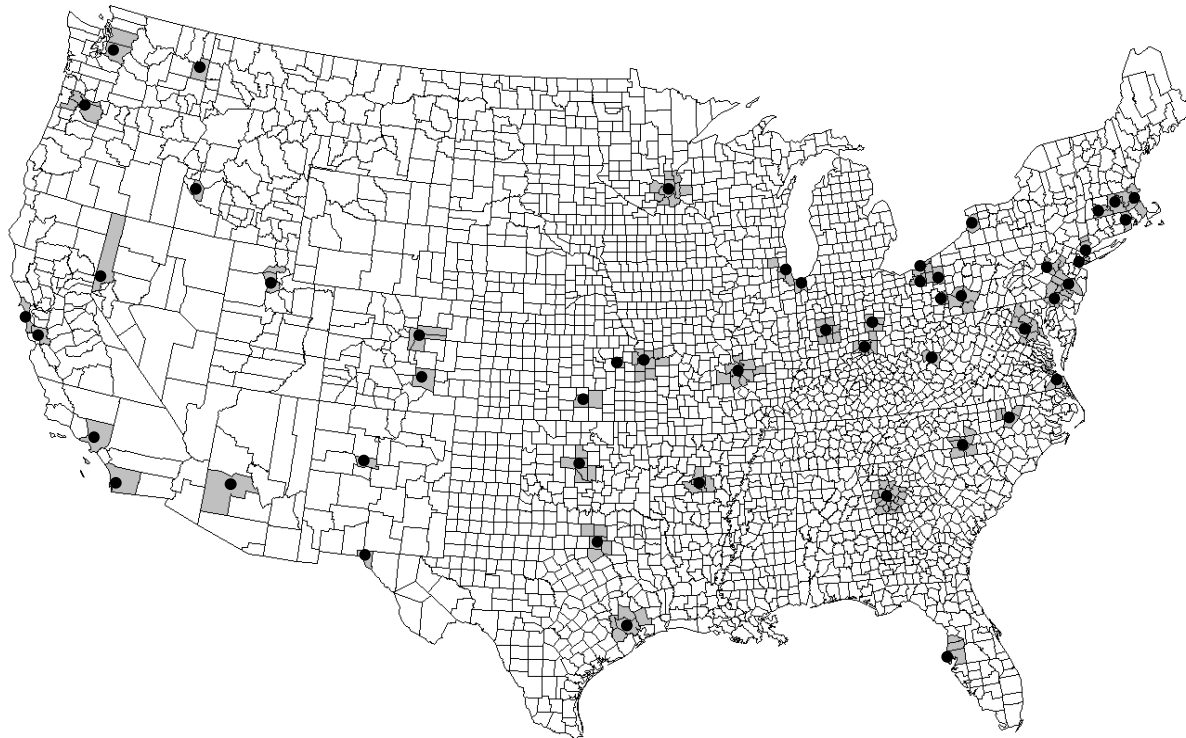
The NEW ENGLAND
JOURNAL of MEDICINE

January 22, 2009

Fine-Particulate Air Pollution and Life Expectancy in the United States



C. Arden Pope, III, Ph.D., Majid Ezzati, Ph.D., and Douglas W. Dockery, Sc.D.



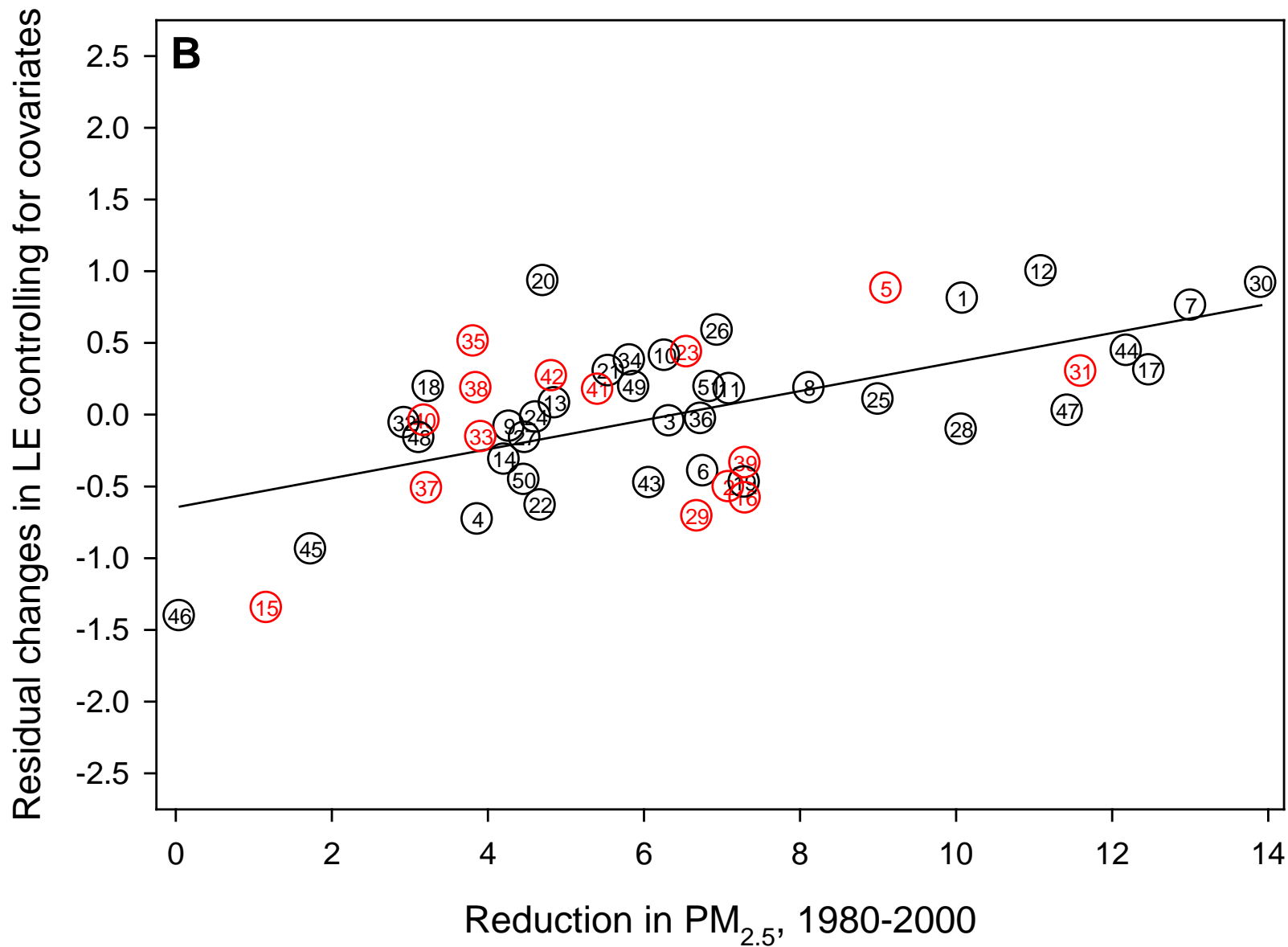
- Matching PM_{2.5} data for 1979-1983 and 1999-2000 in 51 Metro Areas

- Life Expectancy data for 1978-1982 and 1997-2001 in 211 counties in 51 Metro areas

- Evaluate changes in Life Expectancy with changes in PM_{2.5} for the 2-decade period of approximately 1980-2000.



YES. On average, the greater the reduction in air pollution, the greater the increase in life expectancy.





Effect of Air Pollution Control on Life Expectancy in the United States

An Analysis of 545 U.S. Counties for the Period from 2000 to 2007

*Andrew W. Correia,^a C. Arden Pope III,^b Douglas W. Dockery,^c Yun Wang,^a Majid Ezzati,^d
and Francesca Dominici^a*

Epidemiology 2013;



Francesca Dominici

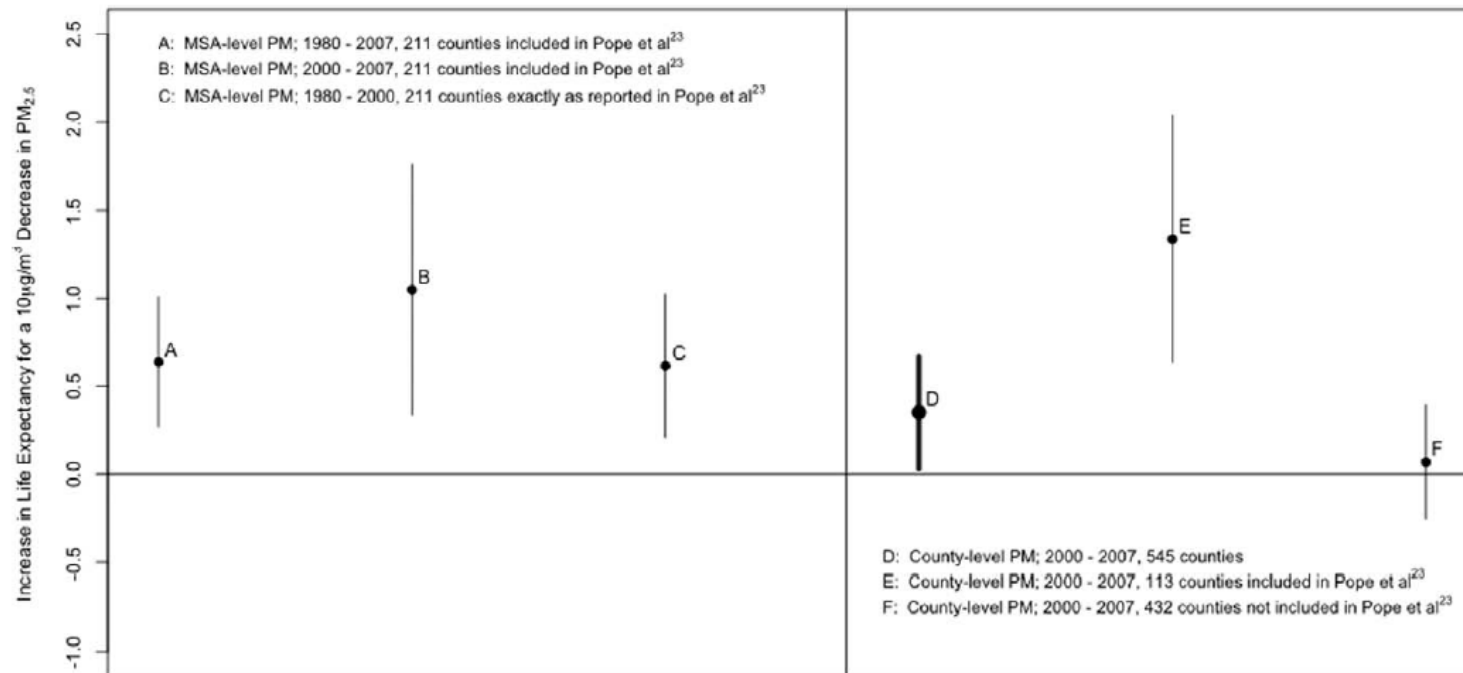
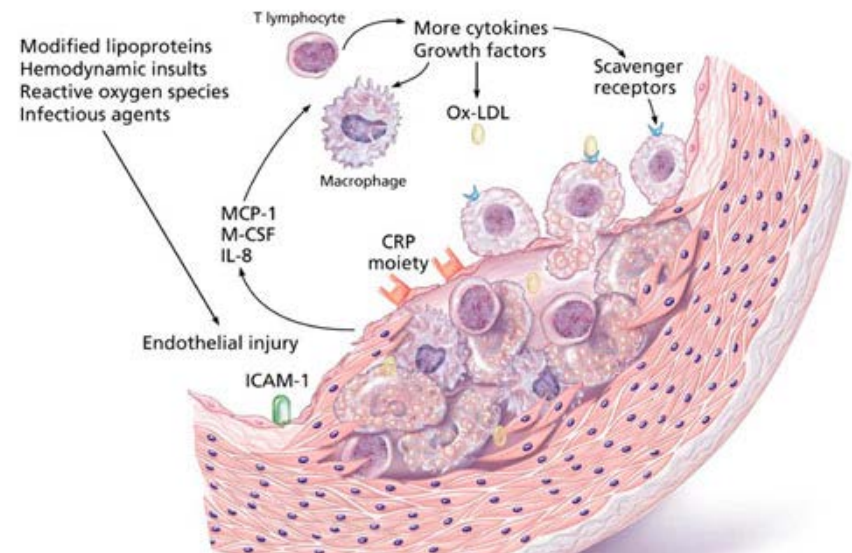
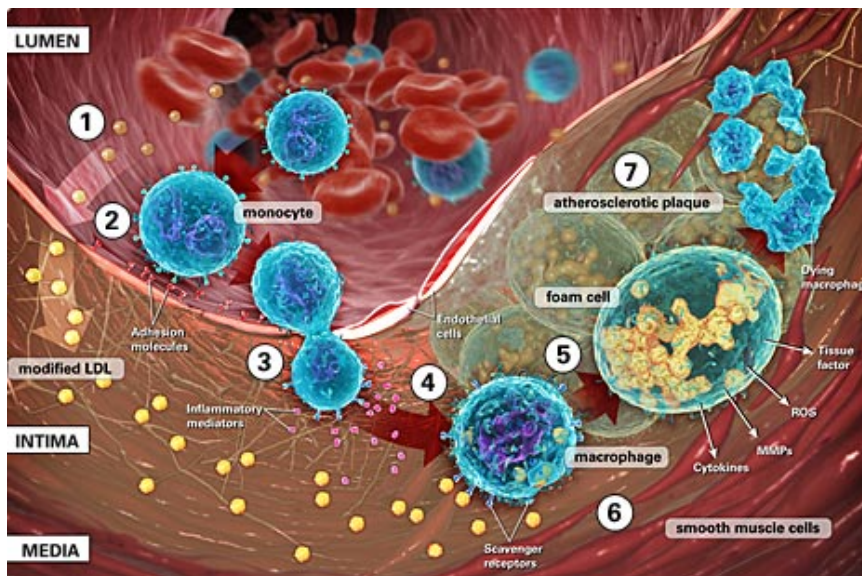


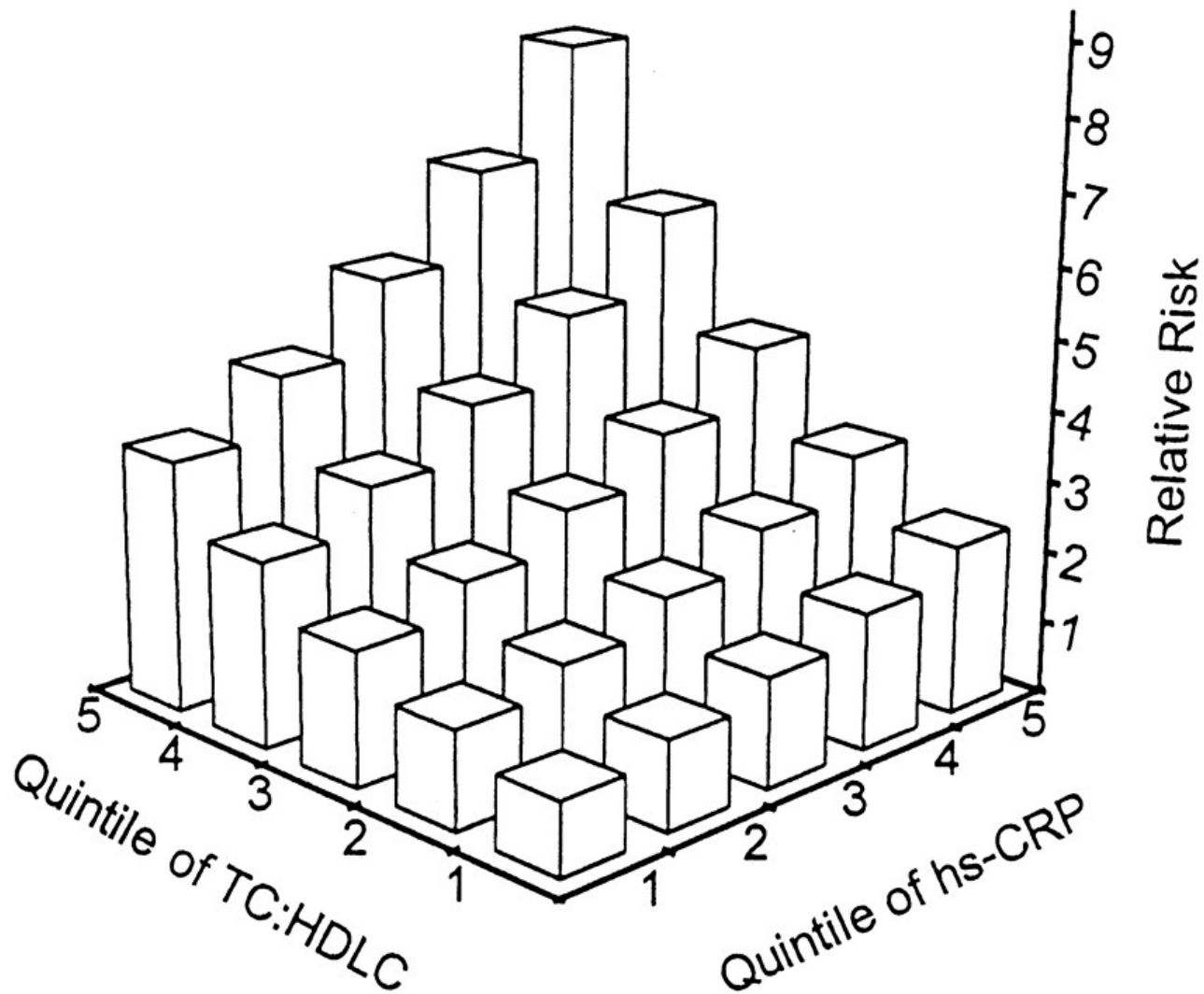
FIGURE 3. Point estimates (circles) and 95% confidence intervals (vertical lines) for the effect of a 10 µg/m³ decrease in PM_{2.5} on life expectancy. Estimates A and B were obtained from data set 3; estimate C was obtained from data set 2. Estimates A, B, and C were adjusted for changes in income, population, proportion of the population that is black, lung cancer death rate, and COPD death rate (model 4, eTable 2a, b, <http://links.lww.com/EDE/A630>). Estimates D, E, and F were obtained from data set 1, adjusted for changes in income, population, proportion of high-school graduates, proportion of the population that is black, proportion of the population that is Hispanic, lung cancer death rate, and COPD death rate (model 3, Table 2).

Cardiovascular disease as part of chronic and acute inflammatory processes.

By the early 2000s, there was increasingly compelling evidence that inflammation is a major accomplice with LDL cholesterol in the initiation and progression of atherosclerosis.

Furthermore, inflammation contributes to acute thrombotic complications of atherosclerosis, increasing the risk of making atherosclerotic plaques more vulnerable to rupture, clotting, and precipitating acute cardiovascular or cerebrovascular events (MI or ischemic stroke).





Paul Ridker

Interactive effects of hs-CRP (marker of inflammation) and blood lipids.

Fine Particulate exposure

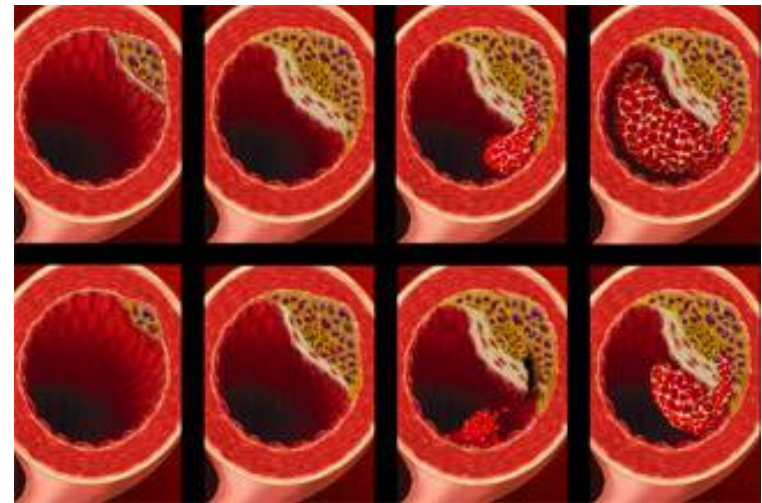
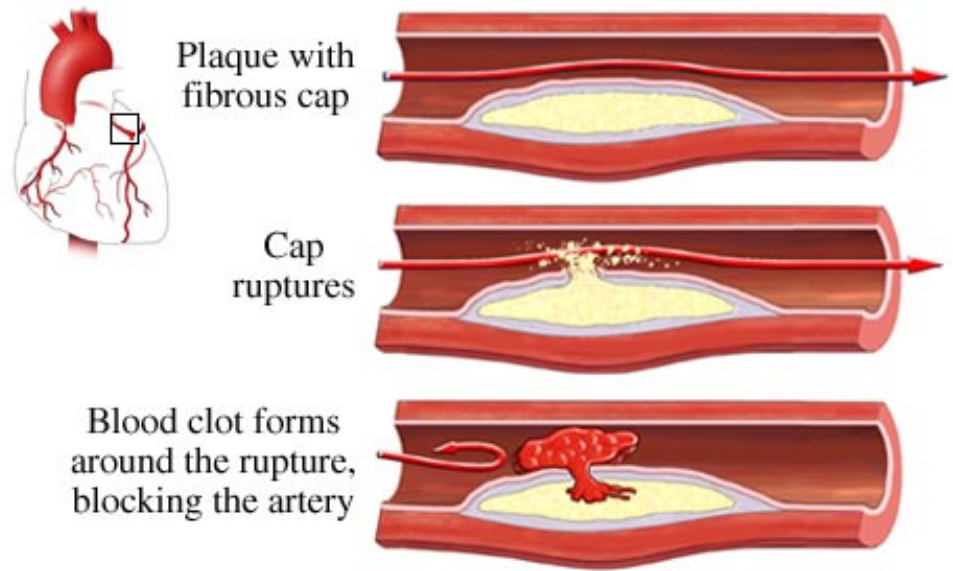


Pulmonary and systemic inflammation and oxidative stress

(along with blood lipids)



Progression and destabilization of atherosclerotic plaques

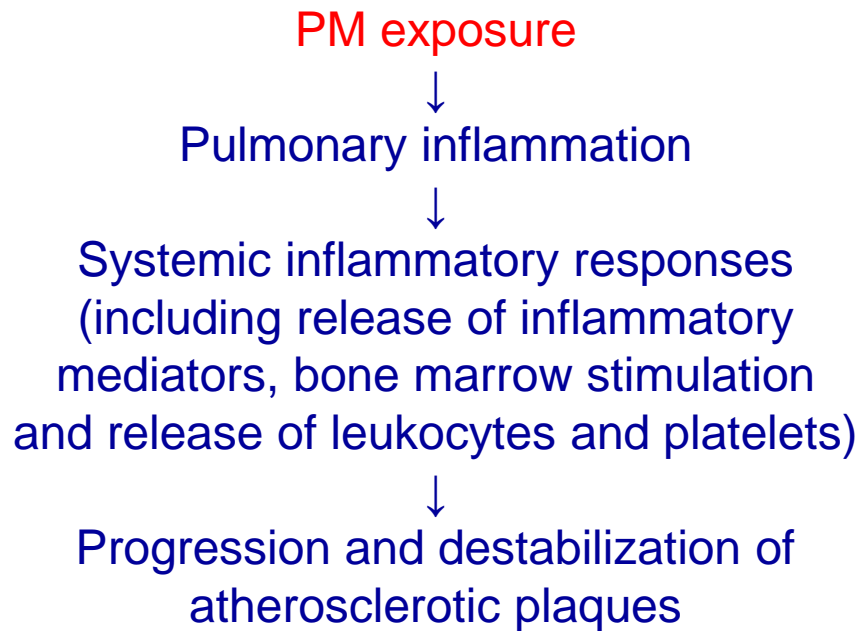




Experimental evidence of biological effects of PM extracted from filters
(Ghio, Costa, Devlin, Kennedy, Frampton, Dye, et al. 1998-2004)

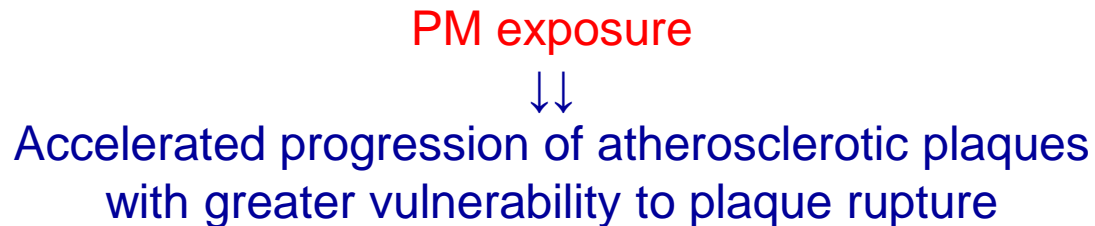
- Acute airway injury and inflammation in rats and humans
- *In vitro* oxidative stress and release of proinflammatory mediators by cultured respiratory epithelial cells
- Differential toxicities of PM when the mill was operating versus when it was not (metals content and mixtures?)

A series of studies by van Eeden, Hogg, Suwa et al. (1997-2002) suggest:



Stephan van Eeden

In rabbits naturally prone to develop atherosclerosis they found that:



James Hogg



Representative Photomicrographs
of Aortic Arch Sections

Normal Chow

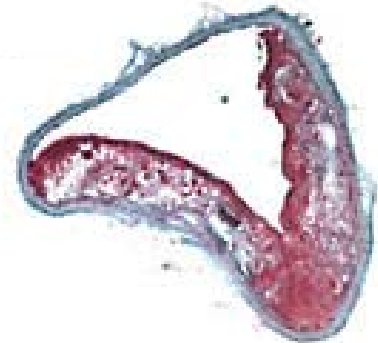
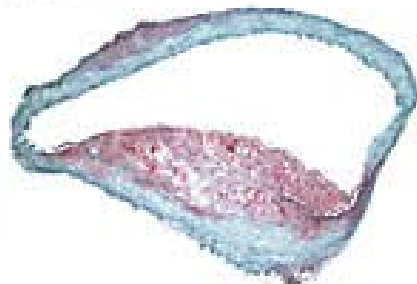
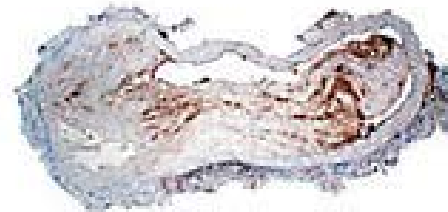
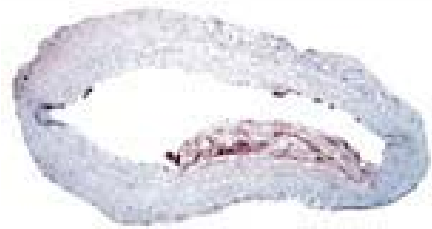
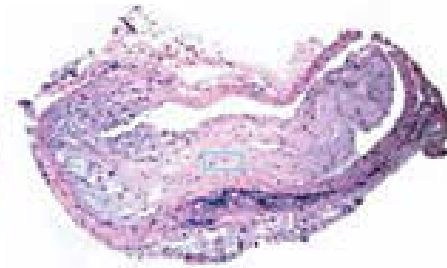
High-Fat Chow

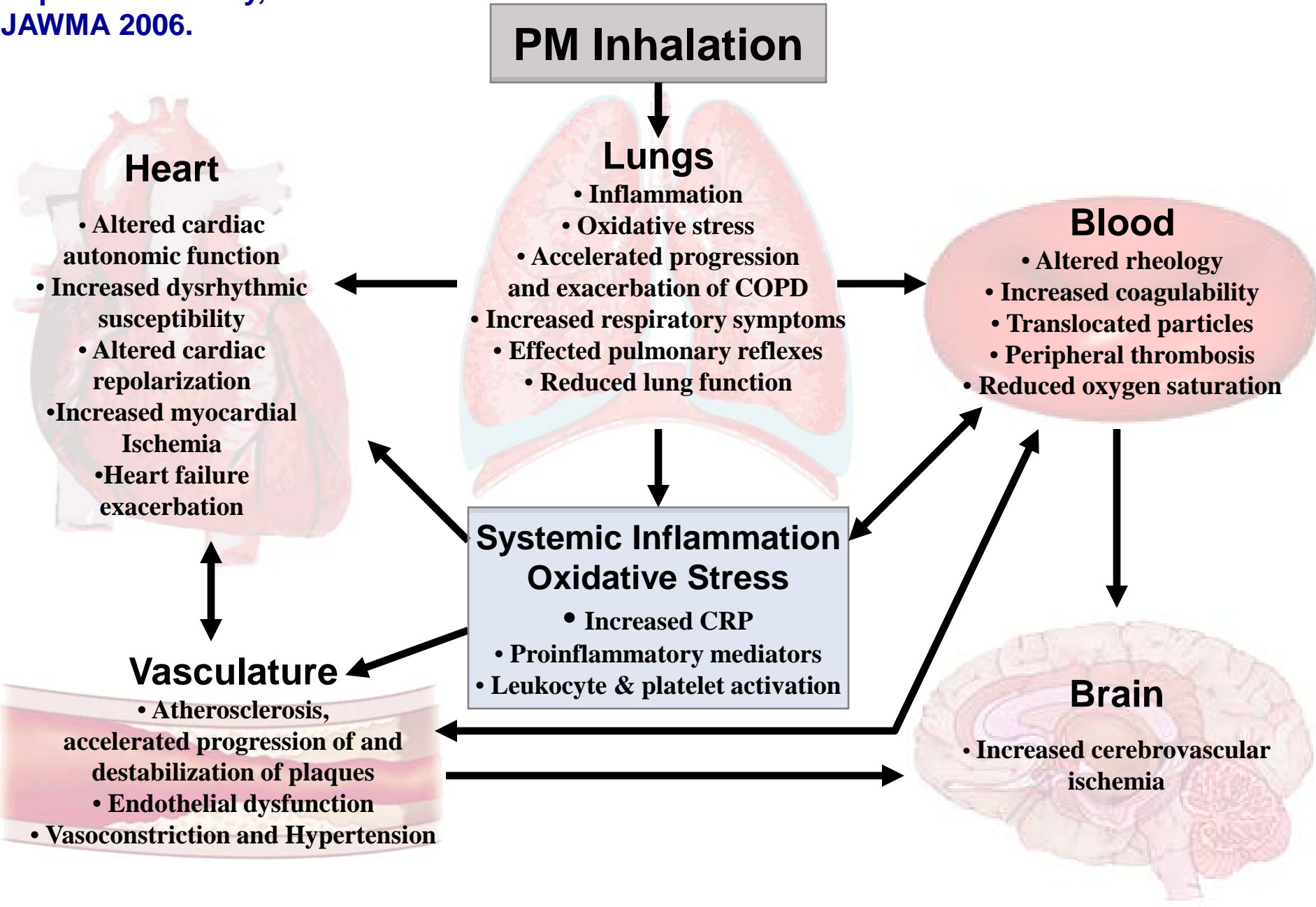
Clean
Filtered Air

PM Polluted Air

Clean
Filtered Air

PM Polluted Air





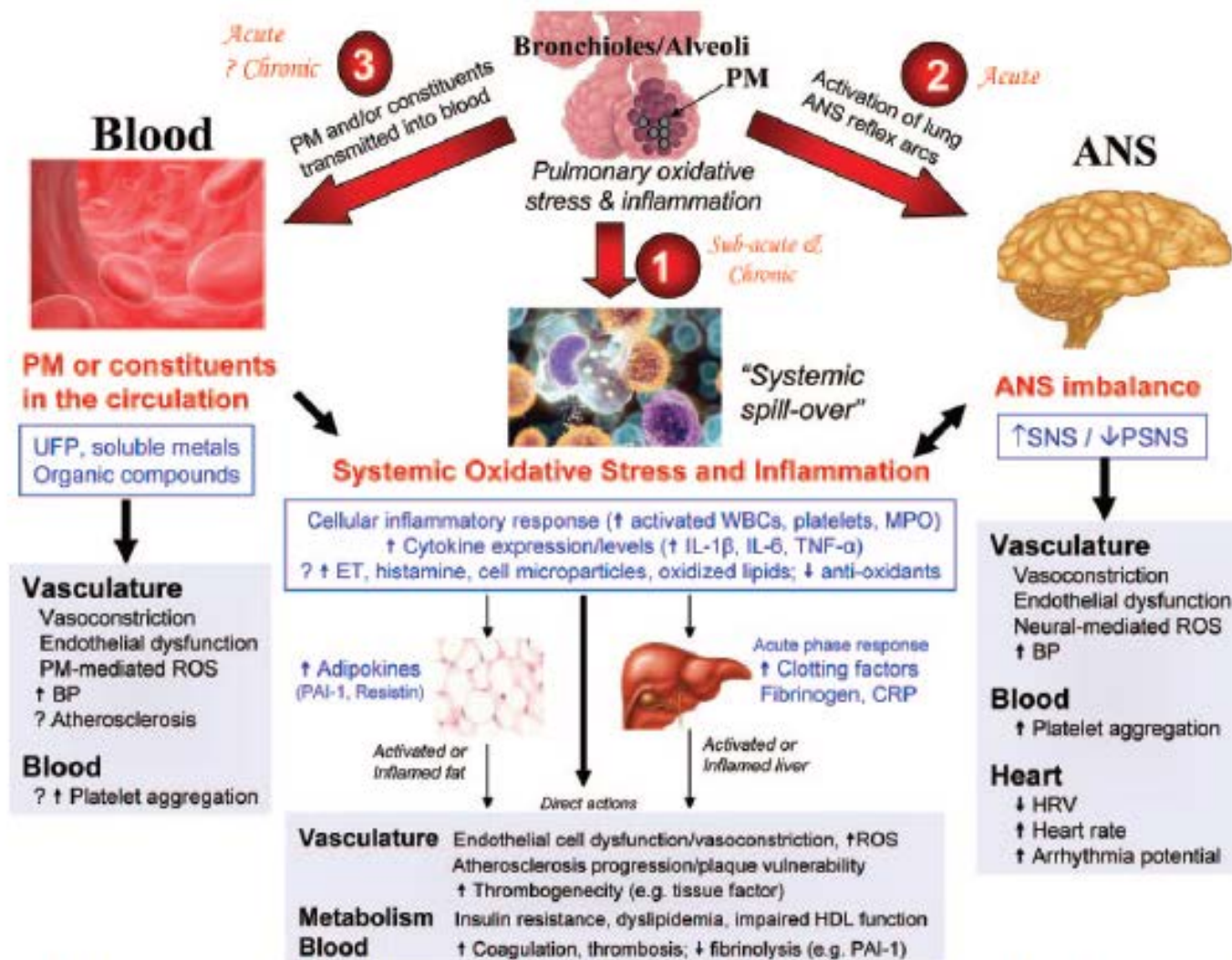
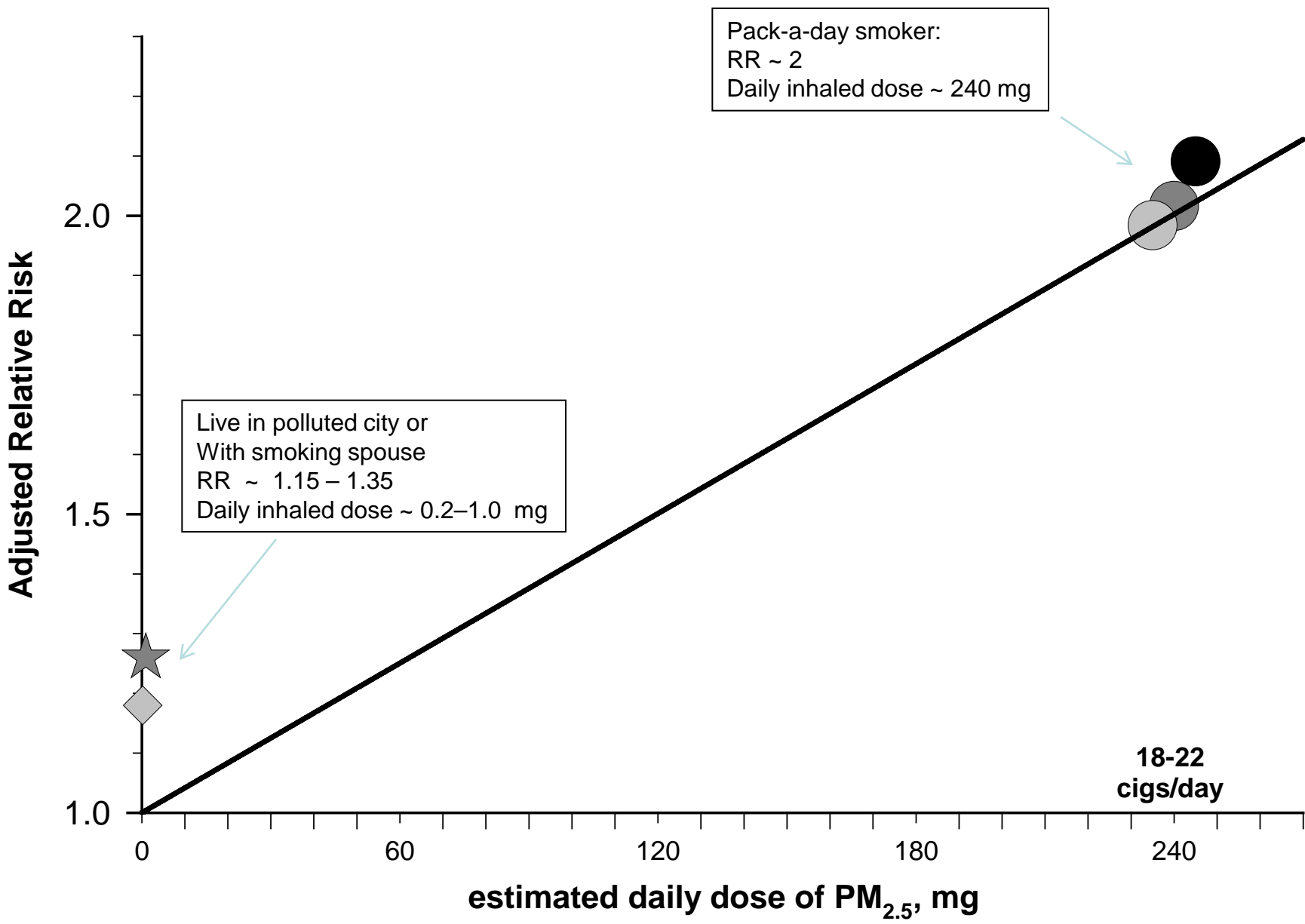


Figure 3. Biological pathways linking PM exposure with CVDs. The 3 generalized intermediary pathways and the subsequent specific biological responses that could be capable of instigating cardiovascular events are shown. MPO indicates myeloperoxidase; PAI, plasminogen activator inhibitor; PSNS, parasympathetic nervous system; SNS, sympathetic nervous system; and WBCs, white blood cells. A question mark (?) indicates a pathway/mechanism with weak or mixed evidence or a mechanism of likely yet primarily theoretical existence based on the literature.

Biggest criticisms regarding the overall results:

1. The effects aren't big enough to be compelling (need RR > 2.0)
2. The effects are too large to be biologically plausible based on an extrapolation of smoking literature.



Live in polluted city or
With smoking spouse
RR ~ 1.15 - 1.35
Daily inhaled dose ~ 0.2-1.0 mg

Pack-a-day smoker:
RR ~ 2
Daily inhaled dose ~ 240 mg

18-22
cigs/day

Cardiovascular Mortality and Exposure to Airborne Fine Particulate Matter and Cigarette Smoke Shape of the Exposure-Response Relationship

C. Arden Pope III, PhD; Richard T. Burnett, PhD; Daniel Krewski, PhD; Michael Jerrett, PhD;
Yuanli Shi, MD; Eugenia E. Calle, PhD; Michael J. Thun, MD

Background—Fine particulate matter exposure from both ambient air pollution and secondhand cigarette smoke has been associated with larger risks of cardiovascular mortality than would be expected on the basis of linear extrapolations of the relative risks from active smoking. This study directly assessed the shape of the exposure-response relationship between cardiovascular mortality and fine particulates from cigarette smoke and ambient air pollution.

Methods and Results—Prospective cohort data for >1 million adults were collected by the American Cancer Society as part of the Cancer Prevention Study II in 1982. Cox proportional hazards regression models that included variables for increments of cigarette smoking and variables to control for education, marital status, body mass, alcohol consumption, occupational exposures, and diet were used to describe the mortality experience of the cohort. Adjusted relative risks of mortality were plotted against estimated average daily dose of fine particulate matter from cigarette smoke along with comparison estimates for secondhand cigarette smoke and air pollution. There were substantially increased cardiovascular mortality risks at very low levels of active cigarette smoking and smaller but significant excess risks even at the much lower exposure levels associated with secondhand cigarette smoke and ambient air pollution.

Conclusions—Relatively low levels of fine particulate exposure from either air pollution or secondhand cigarette smoke are sufficient to induce adverse biological responses increasing the risk of cardiovascular disease mortality. The exposure-response relationship between cardiovascular disease mortality and fine particulate matter is relatively steep at low levels of exposure and flattens out at higher exposures. (*Circulation*. 2009;120:941-948.)

Key Words: air pollution ■ cardiovascular diseases ■ mortality ■ tobacco smoke pollution ■ smoking

Table 2. Adjusted Relative Cardiovascular and Cardiopulmonary Risk Estimates for Various Increments of Exposure From Cigarette Smoking, Secondhand Cigarette Smoke, and Ambient Air Pollution From the Present Analysis and Selected Comparison Studies

Source of Risk Estimate	Increments of Exposure	Adjusted Relative Risk (95% CI)			Estimated Daily Dose of PM _{2.5} , mg	
		Ischemic Heart Disease	Cardiovascular Disease	Cardiopulmonary Disease	Baseline ^a	Alternative [†]
Cigarette smoking estimates based on ACS CPS-II cohort						
ACS full cohort, present analysis	≤3 (1.5) cigarettes/day	1.63 (1.36–1.96)	1.64 (1.42–1.89)	1.72 (1.50–1.96)	18.0	10.5
ACS full cohort, present analysis	4–7 (5.5) cigarettes/day	1.54 (1.34–1.77)	1.61 (1.45–1.78)	1.65 (1.50–1.82)	66.0	38.5
ACS full cohort, present analysis	8–12 (10) cigarettes/day	1.85 (1.69–2.02)	1.79 (1.67–1.93)	1.87 (1.75–2.00)	120.0	70.0
ACS full cohort, present analysis	13–17 (15) cigarettes/day	1.79 (1.59–2.02)	1.67 (1.52–1.85)	1.75 (1.60–1.92)	180.0	105.0
ACS full cohort, present analysis	18–22 (20) cigarettes/day	1.98 (1.87–2.10)	2.02 (1.93–2.11)	2.09 (2.01–2.18)	240.0	140.0
ACS full cohort, present analysis	≥23 (27) cigarettes/day	1.97 (1.86–2.10)	2.03 (1.93–2.13)	2.17 (2.08–2.27)	324.0	199.0
Ambient air pollution estimates based on ACS CPS-II cohort						
ACS PM _{2.5} subcohort, original [‡]	24.5 μg/m ³ ambient PM _{2.5}	1.31 (1.17–1.46)	0.44	0.56
ACS PM _{2.5} subcohort, extended ^{‡,§}	10 μg/m ³ ambient PM _{2.5}	1.18 (1.14–1.23)	1.12 (1.08–1.15)	1.09 (1.03–1.16)	0.18	0.23
Comparison ambient air pollution estimates based on alternative cohorts						
Harvard Six Cities original [¶]	18.6 μg/m ³ ambient PM _{2.5}	1.37 (1.11–1.68)	0.33	0.42
Harvard Six Cities extended [¶]	10 μg/m ³ ambient PM _{2.5}	...	1.28 (1.13–1.44)	...	0.18	0.23
Women's Health Initiative [¶]	10 μg/m ³ ambient PM _{2.5}	...	1.24 (1.09–1.41) [‡]	...	0.18	0.23
Comparison SHS estimates						
Surgeon General's report ^{¶¶}	Low-moderate SHS exposure	...	1.16 (1.03–1.32)	...	0.36	0.46
Surgeon General's report ^{¶¶}	Moderate-high SHS exposure	...	1.26 (1.12–1.42)	...	0.90	1.15
INTERHEART study ^{¶¶}	1–7 h/wk SHS exposure	1.24 (1.17–1.32) [§]	0.36	0.46
INTERHEART study ^{¶¶}	Live with smoking spouse	1.28 (1.12–1.47) [§]	0.72	0.92

^aThe baseline estimated daily dose assumes an inhalation rate of 18 m³/d and a dose of 12 mg per cigarette.

[†]The alternative estimated daily dose assumes an inhalation rate of 23 m³/d and a dose of 7 mg per cigarette.

[‡]First cardiovascular disease event.

[§]Myocardial infarction.



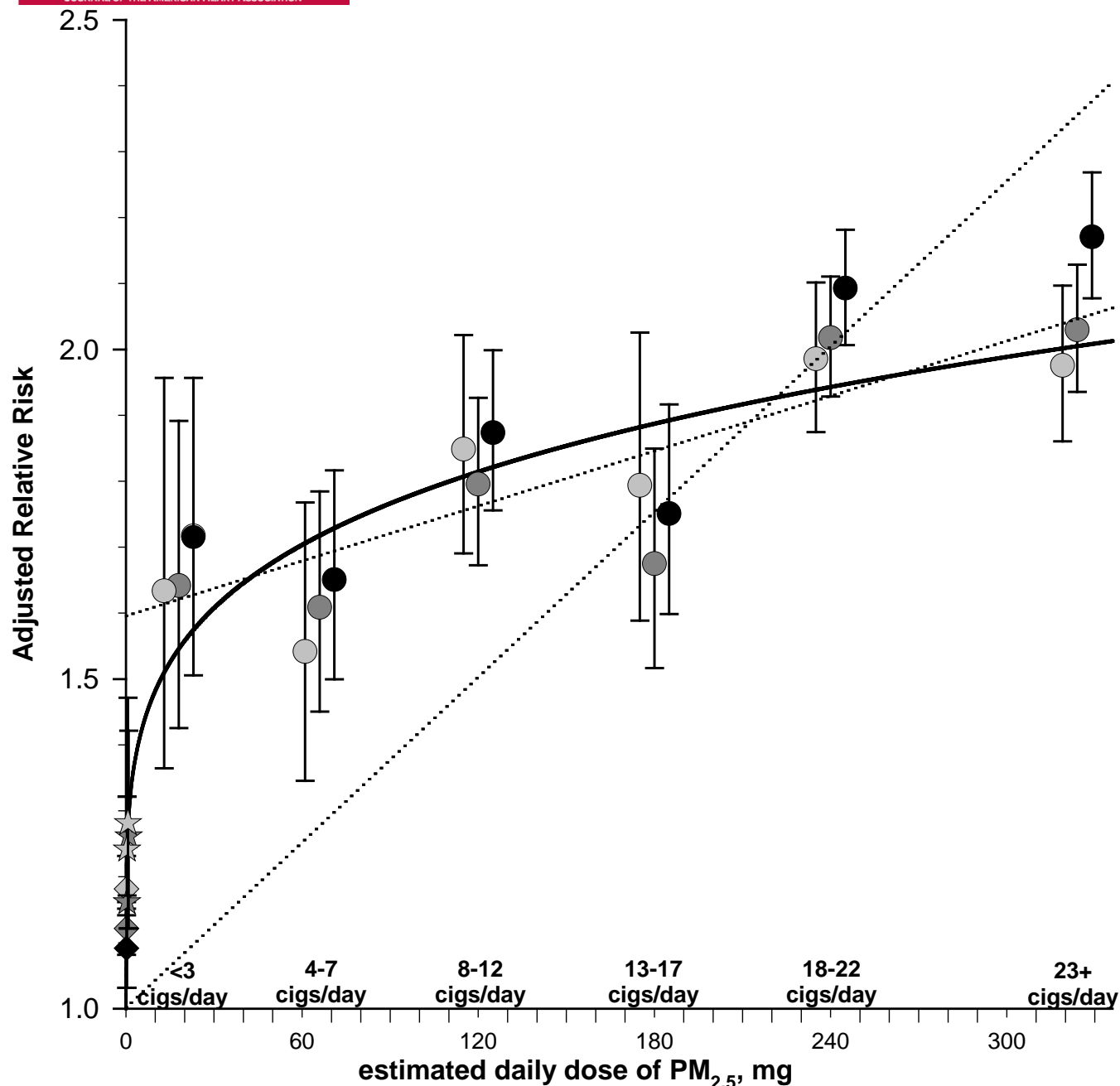


Figure 1. Adjusted relative risks (and 95% CIs) of IHD (light gray), CVD (dark gray), and CPD (black) mortality plotted over estimated daily dose of PM_{2.5} from different increments of current cigarette smoking. Diamonds represent comparable mortality risk estimates for PM_{2.5} from air pollution. Stars represent comparable pooled relative risk estimates associated with SHS exposure from the 2006 Surgeon General's report and from the INTERHEART study.

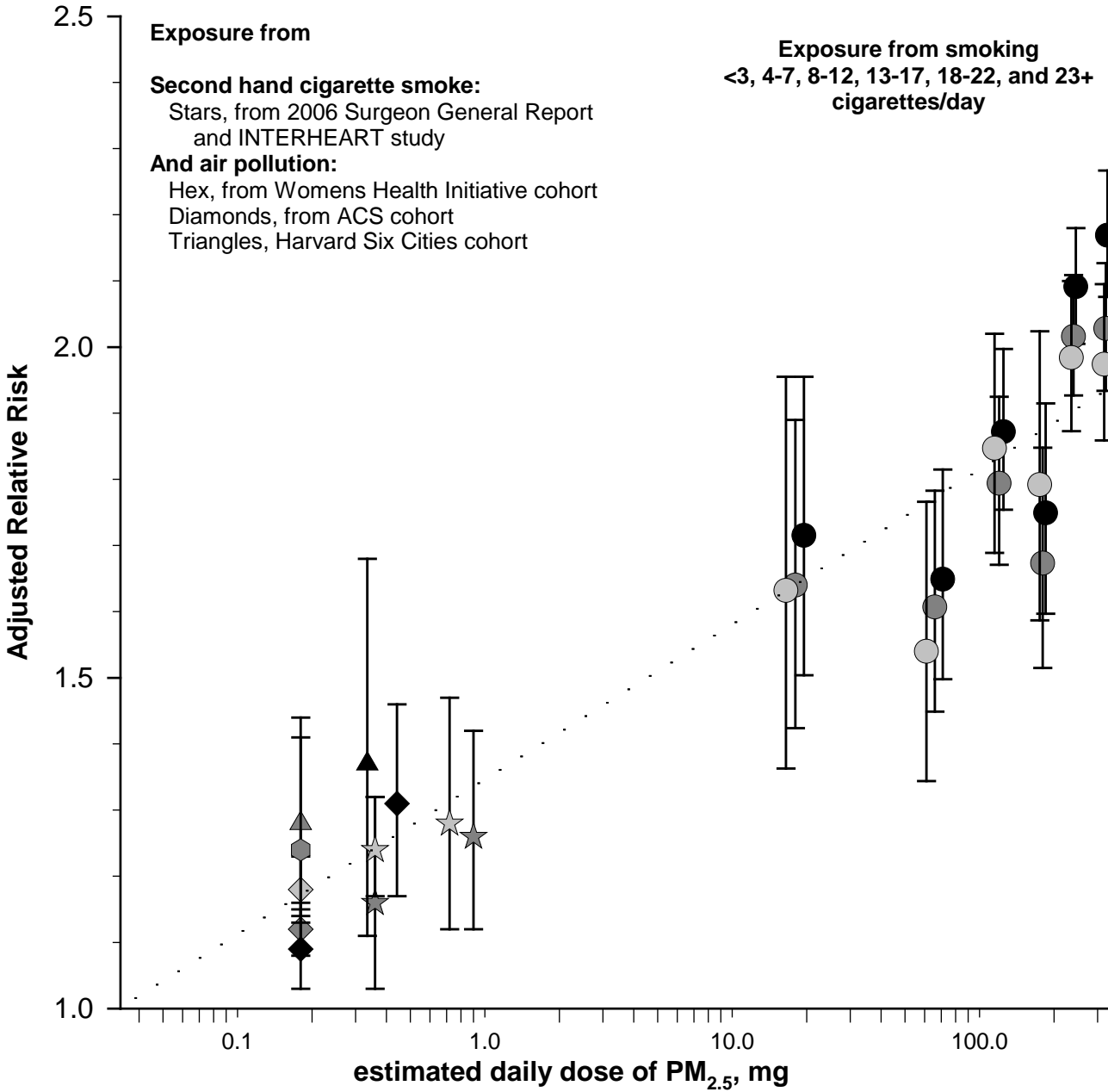
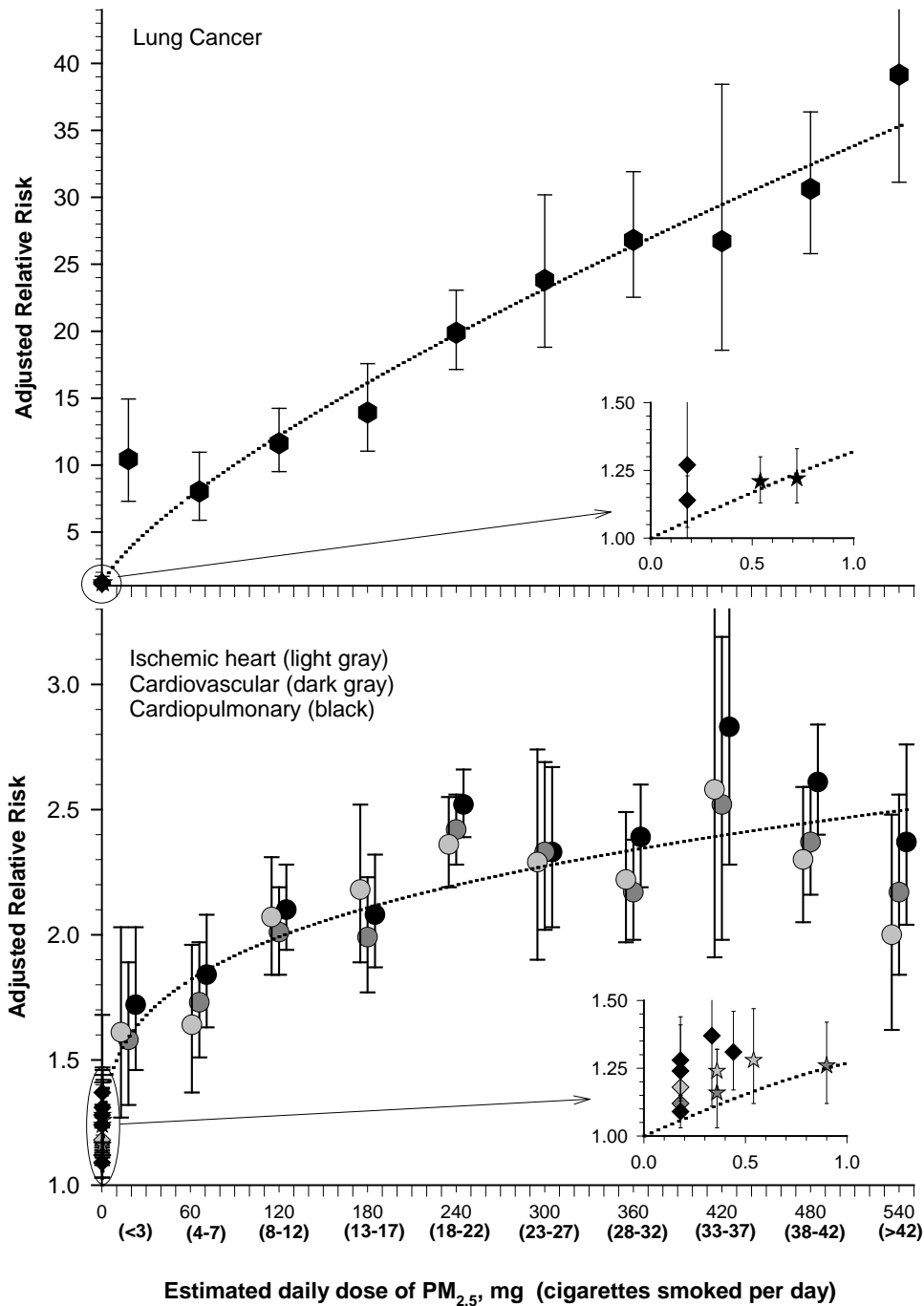


Figure 2. Adjusted relative risks (and 95% CIs) of ischemic heart disease (light gray), cardiovascular (dark gray), and cardiopulmonary (black) mortality plotted over baseline estimated daily dose (using a log scale) of PM_{2.5} from current cigarette smoking (relative to never smokers), SHS, and air pollution.



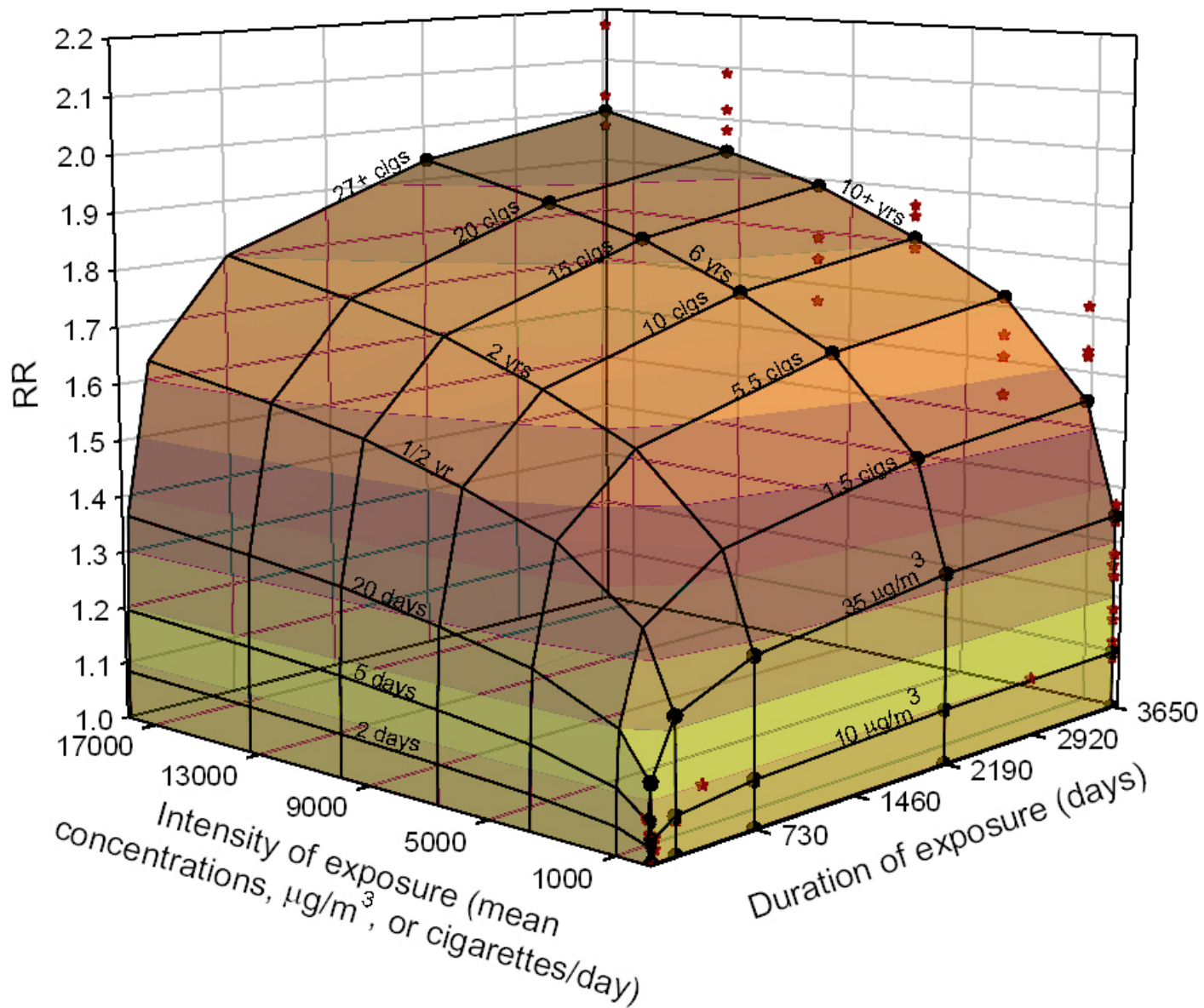


Figure 1. Stylized representation of the risk-response relationship between cardiopulmonary mortality and two primary dimensions of cumulative exposure to $\text{PM}_{2.5}$ (intensity and duration).

