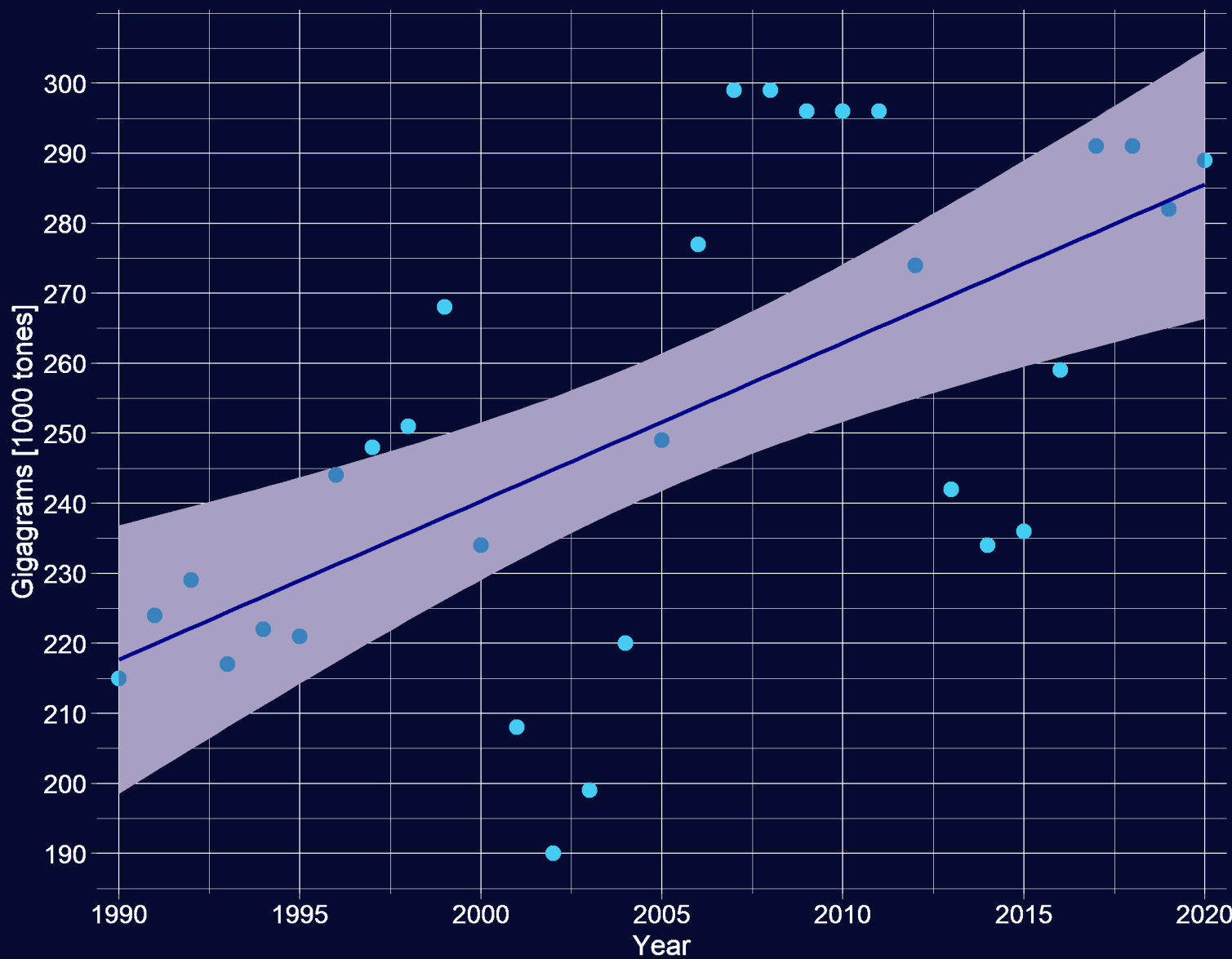


A Human Health Perspective On Transport-caused Climate Change

YOU ARE PROBABLY AWARE OF THE EFFECT TRANSPORT EMISSIONS HAVE ON OUR PLANET. BUT HAVE YOU EVER THOUGHT ABOUT THE WAY THEY AFFECT YOU?

Emission of highly dangerous NO and NO2 air pollutants by transport sector in Poland



Throughout last three decades, levels of nitrogen dioxide have been rising. *More than 52% of these emissions come from transport sector.* That means, our cars, trucks and planes produce more NOx pollutants, than other sectors such as food, manufacturing, energy and commercial sector combined!

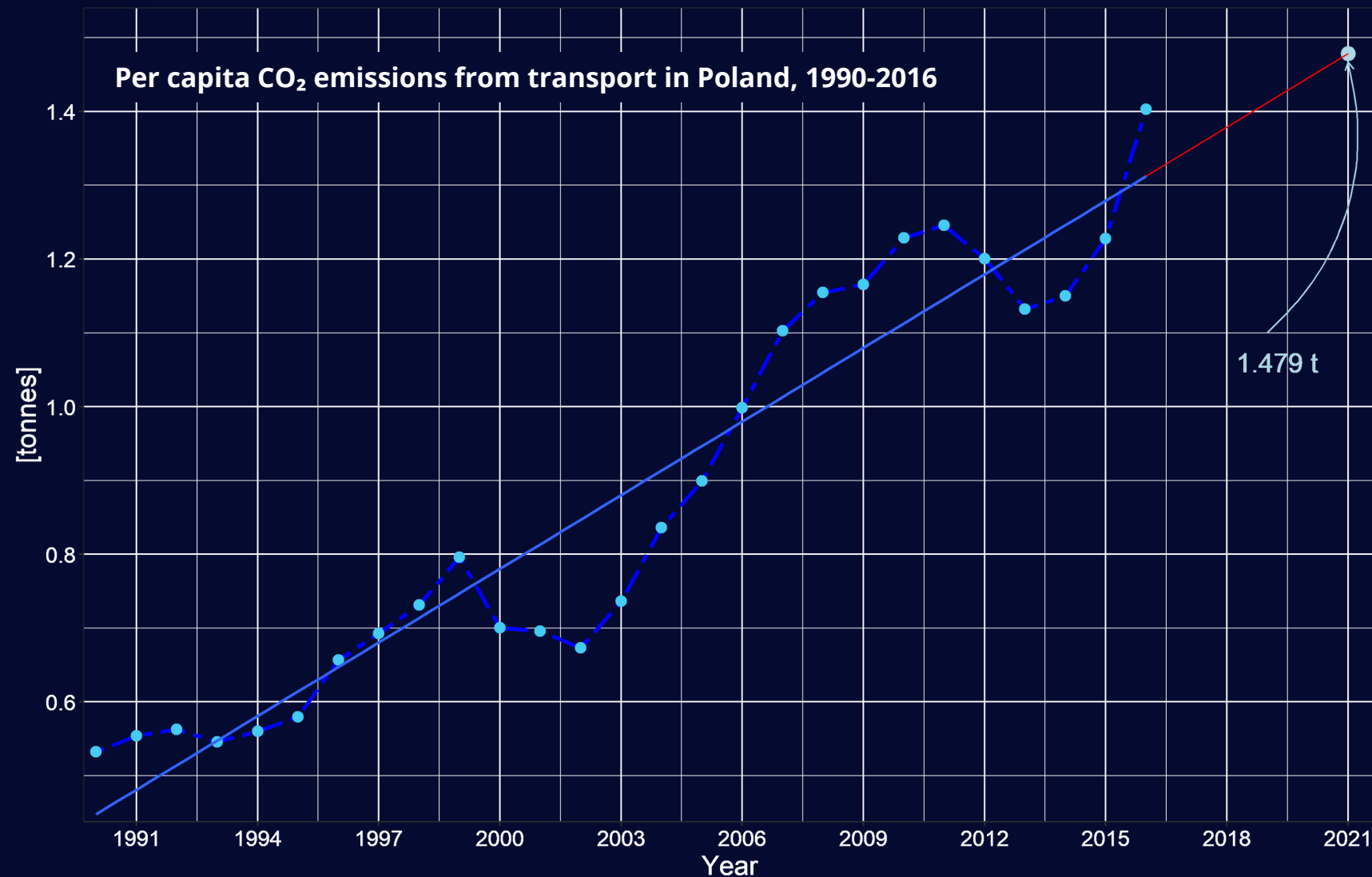
Elevated levels of nitrogen dioxides *cause severe damage to our respiratory system* and contribute to chronic lung diseases and brain damage. Imagine having your *brain neurons destroyed* or *lungs shattered* because of transport we all use...



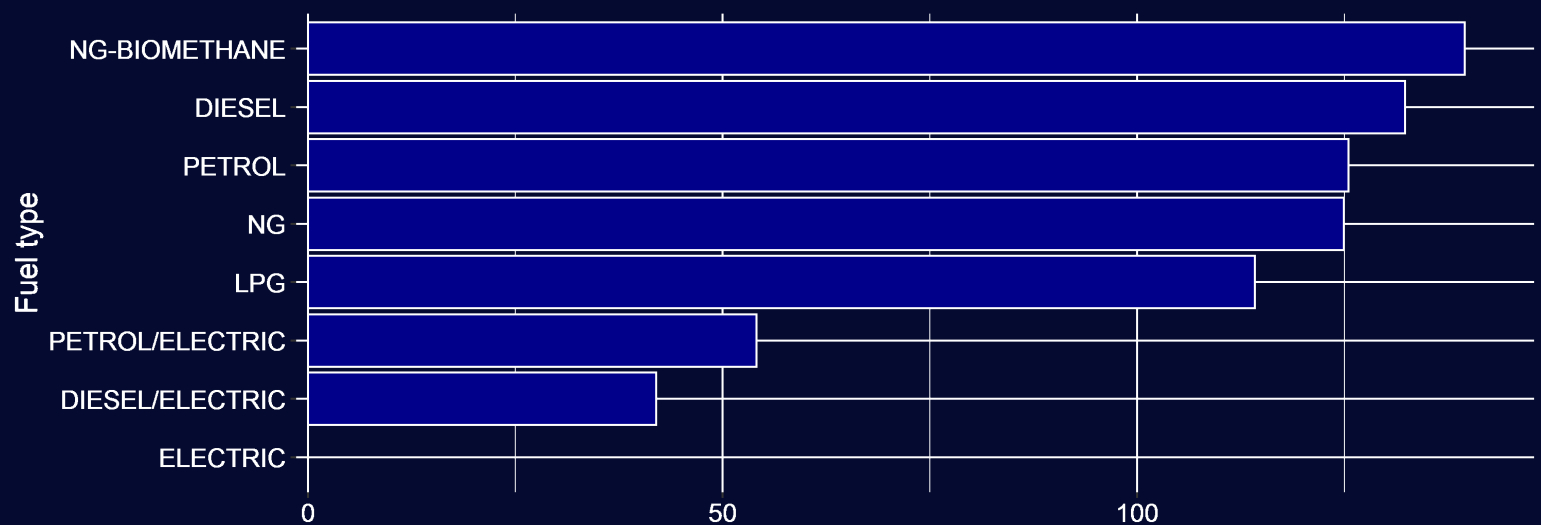
Too much carbon dioxide in the atmosphere is not good for the planet or other living creatures. While *CO2* is a natural result of life, and a vital part of the growth cycle of plants, too much of it can cause severe problems including higher temperatures, *heat-related illnesses*, more frequent and intense extreme weather events, warming and acidifying oceans, rising sea levels

If Poles don't change their behavior, each of us would be responsible for *emitting almost 1.5 tons* of transport CO2 gases by the end of 2021, the equivalent of *137 train rides from Krakow to Poznan*.

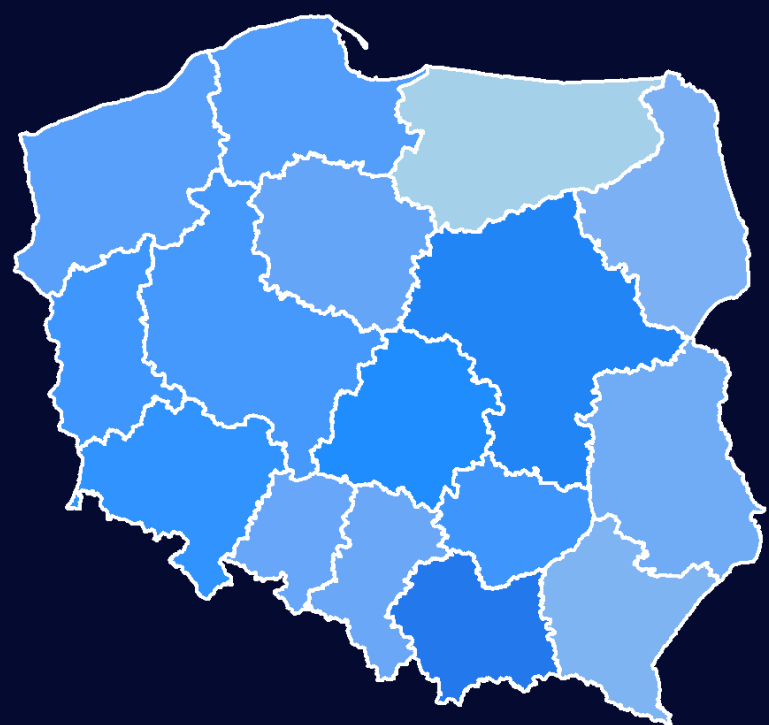
Poland roads are clogged with vehicles, most of them *burning diesel or petrol*. Walking or riding a bike instead of driving will *reduce greenhouse gas emissions* - and help your health and fitness. For longer distances, consider taking a train or bus. And carpool whenever possible.



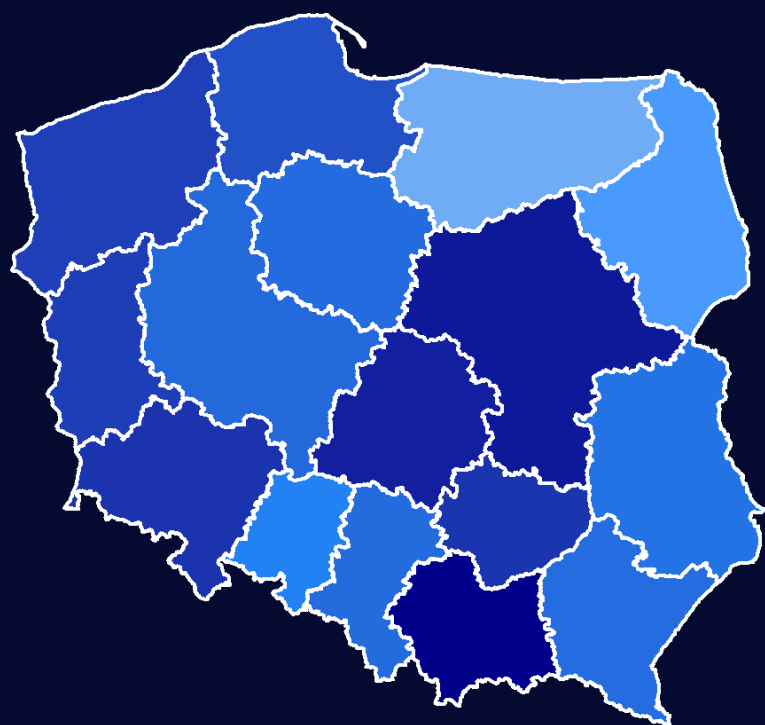
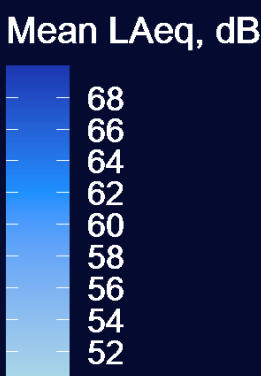
Average emissions by fuel type



Road Noise Levels by voivodeship



Nighttime



Daytime

According to WHO, *noise pollution* is one of the most dangerous environmental threats to health. EEA estimates that noise is responsible for 72,000 hospital admissions and 16,600 premature deaths every year in Europe alone.

WHO defines *noise above 65 decibels (dB) as noise pollution*. Noise becomes harmful when it exceeds 75 decibels (dB) and is painful above 120 dB. It is recommended noise levels be kept below 65 dB during the day and indicates that restful sleep is impossible with nighttime ambient noise levels in excess of 30 dB.

As well as damaging our hearing by causing tinnitus or deafness, constant loud noise can damage human health in many ways like: respiratory agitation, high blood pressure, headaches and, in case of extremely loud, constant noise, gastritis, colitis and even heart attacks, attacks of stress, depression, anxiety and hysteria. *Noise above 45 dB stops you from falling asleep or sleeping properly.*

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Sources:
<https://www.eea.europa.eu>
<https://dane.gov.pl/>