



Office of Children's  
Environmental Health



## Did You Know?

- Each of us takes approximately 20,000 breaths each day.
- The average American breathes 3,400 gallon of air a day.
- Children breathe 50 percent more air per pound than adults.
- Vehicle exhaust is the one of the major contributors to toxic air pollution in Arizona.
- Idling consumes ½ gallon to one gallon of fuel per hour and wastes more fuel than turning your engine off and on.
- Idling your vehicle with the air conditioning running can increase emissions by about 13 percent.
- Diesel exhaust contains microscopic soot, a particle that is about 200 times smaller than the period at the end of this sentence.
- Diesel exhaust contains both very small particles and 40 chemicals that are classified as “hazardous air pollutants” under the Clean Air Act.
- Idling buses tend to accumulate diesel exhaust, which may be retained during the ride depending upon bus ventilation rates.
- It is more efficient to turn off most warmed-up vehicles than to idle for more then 30 seconds.
- A single vehicle dropping off and picking up kids at one school puts three pounds of pollution into the air per month.
- Carbon monoxide (a component of exhaust) reduces the ability of blood to bring oxygen to body cells and tissues.
- Children’s asthma symptoms increase as a result of vehicle exhaust. Asthma is the third leading cause of hospitalization among children under the age of 15.
- Asthma is the most common chronic illness in children and the cause of most school absences.
- Exposure to vehicle exhaust increases the risk of death from heart and lung disease and lung cancer.
- For every 2 minutes a car is idling it uses about the same amount of fuel it takes to go about one mile.
- Idling for 10 seconds uses the same amount of gas as restarting your car.



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