



*Exploring air quality, its regional impacts, and
ways to reduce greenhouse gas emissions.*

How Greenhouse Gases Impact Our Health and Air Quality

Welcome to *Climate Corner*, the newest section of our newsletter! Each month, we'll dive into critical topics around air quality, exploring how climate changes affect our region and sharing ways you can help reduce greenhouse gas (GHG) emissions.

Greenhouse gases—such as carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O)—trap heat in the atmosphere, contributing to rising global temperatures. As GHG levels increase, the Earth experiences warming, which disrupts weather patterns and leads to extreme events like heatwaves and floods. These shifts also harm air quality, worsening respiratory conditions such as asthma and extending allergy seasons. Over time, poor air quality can raise the risk of heart and lung diseases.

To monitor your local air quality, [AirNow.gov](https://airnow.gov) provides real-time data and forecasts based on your zip code along with health recommendations based on the current air quality.

Stay tuned for actionable tips, updates on local initiatives, and insights into building a healthier, cleaner atmosphere together.

Learn about our Climate Pollution Reduction Grant Program and how H-GAC is working to help improve our region's air quality:
h-gac.com/climate-pollution-reduction-grant-program
