

## “Healthy-n-Green is.....Healthy Indoor Air”

is the first in a series of Environmental Education Ecoloring Books written to educate students about the issues of indoor environmental issues. In the “Healthy Indoor Air” edition, illustrations show pages detailing “problems” and “solutions” to poor indoor air quality. Scientific studies and tips are included on each page relating to specific issues and resources are provided for further research on each topic.

Why do we need Healthy-n-Green®?

"There is virtually no chronic illness which is directly or indirectly unaffected by our environment".

Surgeon General 1979 report

We spend up to 90% of our times indoors where the indoor air quality is typically 3 to 5 times more polluted (and up to 1000 times) than the outside air. “Healthy-n-Green is&hellip;Healthy Indoor Air” will empower our children with knowledge to create healthy-n-green indoor environments. Learning about health symptoms caused by poor indoor air quality, investigating their own indoor environments and making necessary changes are key to making our world healthy-n-green, one choice at a time.

- Asthma &ndash; 1 in 13 children expected to be 1 in 5 by 2020 (Johns Hopkins University)
- Allergies &ndash; 1 in 6 children 50% of all illnesses are caused by or aggravated by indoor air.
- Autism - 1 in 150 children &ndash; fastest growing serious developmental disability in the U.S.  
(Autism Speaks)
- ADD/ADHD &ndash; about 3% of all developmental and neurological disorders in the U.S. children are caused by toxic chemicals and other environmental factors and 25% are due to a combination of environmental factors and genetics.  
(National Academy of Science 2000 report)
- Cancer &ndash; remains the leading cause of death among U.S. children ages 1 to 19. It is believed that 80% to 90% of cancers are caused by environmental factors, which unlike heredity, can theoretically controlled. (Center for Disease Control and Prevention)