Status of Research on Traffic Exposures and Health Impacts

Measurements of air pollutants near roadways show a consistent finding of elevated levels based on proximity. Black carbon, often used as an indicator of diesel exhaust, and ultrafine particles (particles less than 0.1 microns in size), which are emitted in very high numbers from vehicles, are often 2 to 10 times (or more) higher near roadways and freeways (Zhu et al., 2002a, 2002b, 2006; Kuhn et al., 2005; Westerdahl et al., 2005; Ntziachristos et al., 2007; Kozawa et al., 2009a). Concentrations of PM2.5 (particles 2.5 microns or less in diameter) near busy roadways can be about 20% higher than levels at a distance (Zhu et al., 2002a; Kim et al., 2004; Janssen et al., 2001). Nitrogen oxides also are elevated near roadways, usually about 2 to 3 times the levels measured at a distance from the roadway (Kim et al., 2004; Singer et al., 2004; Kozawa et al., 2009a; Durant et al., 2010).

Previous studies of near roadway pollutant levels showed that concentrations of pollutants emitted from vehicles were highest right at the roadway and decreased substantially in the first 300-500 (**Florida Park Drive homes are about 40 feet from roadway**) feet from the roadway (Zhu et al., 2002b; Knape 1999). These results were consistent with health studies that showed a stronger association of health impacts for those living within 300-500 ft of the roadway compared to those living farther than 500 ft from the roadway (Brunekreef et al., 1997; Venn et al., 2001; English et al., 1999). More recent studies have shown a somewhat longer plume of increased pollutant concentrations farther from the roadway. Using data collected mostly during the day and near roadways, a meta-analysis of many studies found that for almost all pollutants, elevated levels of pollutants caused by the increased contributions from roadways returns to background levels at 160 - 570 meters (m; 525 – 1870 ft; Karner et al., 2010). The range of distances needed to reach background is usually a result of local meteorological conditions, which can vary significantly; however, a more constant observation is a steep concentration gradient observed closest to the roadway, within 500 ft, with a more gradual and extended decline at further distances. Another meta-analysis found that the “spatial extent of impact” of motor vehicles can extend up to 400 m (1312 ft) for black carbon and particles and 500 m (1640 ft) for nitrogen dioxide (NO2; Zhou and Levy 2007). Levels of traffic pollutants near roadways vary due to many factors, including traffic type and density, wind direction and speed, local and roadway topography, and time of day and season (Zhu et al., 2004; Kuhn

et al., 2005; Moore et al., 2007; Ning et al., 2007; Hu et al., 2009; Kozawa et al., 2009a, 2009b).

In a major 2008 review of the scientific literature by the Health Effects Institute (HEI), proximity to busy roadways was found to be associated with a variety of adverse health impacts, the strongest association being exacerbation of asthma, with others including asthma onset in children, impaired lung function, and increased heart disease (HEI, 2010). More recent studies have added to the list of effects and heightened concern regarding exposure to traffic emissions. Respiratory and cardiovascular effects seen in these studies include an increased risk of new-onset chronic obstructive pulmonary disease (Andersen et al., 2010), a faster progression of atherosclerosis in those living within 100 m of highways in Los Angeles (Künzli et al., 2010), increased risk of premature death from circulatory disease (Jerrett et al., 2009), and increased incidence of new heart disease (Kan et al., 2008). Other effects include increased risk of low birth weight (Brauer et al., 2008; Llop et al., 2010) and increased risk of pre-term delivery (Wilhelm and Ritz, 2003; Wilhelm et al., 2011) for mothers living very near heavy traffic, lower immune function in post-menopausal women living within 150 m of arterial roads (Williams et al., 2009), and increased risk of Type 2 diabetes in post-menopausal women (Krämer et al., 2010).

Children appear to be particularly vulnerable to the adverse effects of traffic emissions. Epidemiological studies have found significant associations of children living near high traffic areas with decreased lung function (Brunekreef et al., 1997; Gauderman et al., 2007), increased medical visits and hospital admissions for childhood asthma (English et al., 1999; Lin et al., 2002), increased wheezing (Venn et al., 2001), and increased childhood asthma and bronchitis (Kim et al., 2004; Gauderman et al., 2005; McConnell et al., 2006), including development of new asthma cases (McConnell et al., 2010; Gehring et al., 2010). Children living near busy roadways are especially likely to experience elevated exposures because they would also play outdoors in the neighborhood and typically would attend nearby schools. Their higher breathing rates per unit of body mass relative to adults (Adams, 1993) and their developing immune, neurological, and respiratory systems make them especially susceptible to impacts from air pollution.

ARB's recommendation to avoid siting sensitive land uses such as new housing within 500 ft of busy roadways was based on the traffic exposure and health

studies completed as of 2005. More recent studies confirm the relationship, and indicate that in some situations an elevated risk extends well past 500 ft. A few studies have measured elevated pollutant levels at distances well beyond 1000 ft (305 m; Karner et al., 2010; Zhou and Levy, 2007). For example, Hu and colleagues (2009) found that in the pre-dawn hours in Los Angeles, elevated ultrafine particle number concentration, nitric oxide, and particle-bound polycyclic aromatic hydrocarbons extended at least 1200 m (3937 ft) downwind of the freeway and did not reach background levels until a distance of 2600 m (8530 ft). More importantly, results from the Southern California **Children's Health Study on the association of residential distance to traffic and lung function development, performed in the same general location as the Hu et al. study, found adverse health effects in children living as far as 1500 m** (4921 ft) from roads (Gauderman et al., 2007). **These are not unique findings; in the HEI (2010) report mentioned above, the authors noted that studies showed that people living up to 500 m (1640 ft) from heavy traffic are most at risk from the health effects of traffic pollution.**