

# A Day In the Life

3 day-in-the-life personas to help bring in a more lived experience lens to the impacts of air pollution on daily and life long health.



## Sam

### 20-30

Sam has ASD, dyspraxia. Currently unemployed. So far no other health issues. They are white and gender non-binary.

**Mobility**

Last night Sam was not able to sleep because the usual traffic was noisier than usual, due to road works on the route. This has now caused them to wake up with a bit more anxiety.

They need to go to their local library for a course on interview techniques, which they are excited about. This is a 15 minute walk.

The roadworks continue and it's making the street busier and louder, Sam starts to feel anxious and needs to stop. They cross the street to avoid further disruption, but this is a new route- it disorientates them. This causes them to make a left turn rather than a right turn.

They are now disoriented and agitated. It is uncomfortable to ask for directions and with the agitation it becomes hard to make the right decision. They begin to self soothe by pacing back and forth in place. After a couple of minutes they begin to calm. They retrace their steps and decide to go home.

They have missed their favourite appointment. Sam has been left feeling uneasy and decides to avoid the main road until the building works are finished. They won't see or speak with anyone that week.

**Points of Environmental Stressors**


- Air pollution
- Noise pollution from road work, ambulances, and traffic.

**Points of psychosocial Stressors**

- Distributed sleep due to noise
- Feeling disorientated
- Not able to socialise
- Not able to make their appointment
- Food insecurity
- Not able to feel safe

**Potential Health Risks**

- Panic attacks
- Loneliness
- Sedentary based health risks; diabetes/obesity/depression/anxiety
- Respiratory problems



## Akil

### 40-55

Family man, bus driver, diabetes and asthma. He is Black (Ghanian descent) and of Muslim Faith.

**Mobility**

It is a cold foggy morning, he is about to do a near double shift. He came home last night at 9pm and now has to start his 6am shift. The area he lives in is disconnected from major transport hubs. This means leaving his home at 4am, where he walks 10 minutes to his bus stop and waits an average 15-20 minutes for the bus then he endures a 1.15 bus journey.

He leaves plenty of room for error as he gets penalised if he doesn't get to work on exact time. Today, the bus was very late due to the fog, the fog is also making traffic worse than usual.

As he sits on the bus he feels unsettled, his chest hurts and he is having trouble breathing. He uses his inhaler twice on the journey.

The lack of oxygen going into his body is leaving him feeling tired and groggy. He picks up some energy drinks and makes it just in time.

His supervisor tells him off as he almost risked starting the shift late, he is agitated as he starts 8hrs of driving.

**Points of Environmental Stressors**

When weather collides with AP, it can make it worse. In this case fog keeps AP in the air for longer, causing those with respiratory problems to suffer more than usual.

- Noise pollution from traffic
- Light pollution from street lights and traffic

Further stressors are faced as he sits in traffic due to his work.


- Air Pollution

**Points of psychosocial Stressors**

- Shift work
- Feeling anxious about getting to work on time
- Driving for 8 hours
- Financial insecurity due zero hour contracts

**Potential Health Risks**

- Obesity
- Hypertension
- Cardiovascular problems
- Anxiety



## Lucy

### 3 yrs old

Stays home with her mom, who is seeking benefits due rheumatoid arthritis

**Mobility**

Today is a beautiful sunny day in the middle of a heatwave. Lucy has been invited by the local community centre to go to the local park and play with other kids. The park is a 5 minute car journey or a 20 minute bus ride.

They pack up for the day.

It is really hot and it means Lucy's mom is in a lot of pain, she needs to walk slower than usual, taking them longer to get to the bus stop. There is no room for Lucy's pram so they wait for the next bus.

They have a lovely day at the park. Although Lucy doesn't play too much because she is feeling sluggish due to the heat and her asthma.

They go home and her mom feels very tired and struggles to make a proper meal. Her arthritis makes her tired and the home's heat makes the pain even worse. She opens the window, but after an hour Lucy starts to wheeze - (there is no information about how the traffic and heat is causing the wheezing)

She becomes irritable, doesn't sleep, doesn't eat much of her food.

**Points of Environmental Stressors**

- Urban Heat Island.
- Air Pollution

**Points of psychosocial Stressors**

- Her mother's illness

**Potential Health Risks**

- Eczema
- Neurodevelopmental disorders
- Behaviour challenges
- Mood disorders
- Diabetes
- Obesity