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My proposal for my research topic is air pollution. Air pollution simply refers to the release of pollutants into the air that are detrimental to human health and the planet as a whole. I thought about exploring different aspects of pollution, but I think I just want to focus on Air pollution.

The reason for picking this topic is because I'd like to learn more about it. I grew up in Jersey City. The pollution there as a whole was troubling. As a kid I never paid much attention to it, now going back to visit I see just how bad it is. I figured I'd pick a topic that draws my interest and keeps me thinking and asking questions.

In this paper I'd like to discuss the harmful effects that exposure to air pollution has on us humans. I would look into short term exposure and daily mortality rates associated with daily air pollution. The diseases caused by this include cardiovascular disease, chronic obstructive pulmonary disease, lung cancer and birth outcomes. These topics are scary to think about. The daily air that you breath in on a daily basis can have such harmful effects. I don't think that it is something that is in the back of a lot of our minds. I also read that vulnerable populations may experience more health effects, because these populations already have a high rate in heart and lung conditions. I think it would be interesting to look a little deeper into this, and see what we are doing to ourselves as well as our planet.

I would most definitely look into the main cause of air pollution. Air pollution is caused by solid and liquid particles as well as certain gases. These particles suspend into the air that we breathe. These particles and gases come from car and truck exhausts . They come from

factories, dust, pollen, mold spores, volcanoes and wildfires. There are many factors that

contribute to pollution of our air. I think that these would be great to look at when doing my research.

Possibly taking a look into ways we can prevent air pollution would be good. Because, let's face it. We want to help our planet thrive. I'm only one person but, maybe if I learn ways to help prevent it I can at least do my part in paving the way. By having some sort of control of reducing pollutants in the air we will be helping our people and the effects of it as well as our environment. Pollutants can also damage plants, buildings, and smoke or haze can reduce visibility. There are a lot of steps that I think could be taken to help in any way possible.

I think that pollution is more of a prevention than a solution. Its steps that need to be taken to help prevent any further pollution. I really like to take a look at preventive measures. I would basically look at human health affected by it, the effects, and major causes. These are just some ideas on where to go with the paper. I'm sure that I will come up with more ideas, this is just a brainstorm of where I'm thinking on going with this paper. What do you think? Any constructive criticism is welcomed.