



State of Utah

Department of  
Environmental Quality

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**NEWS ADVISORY**

**Friday, July 5, 2013**

**Contact:**

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**Doctors & Air Experts Offer Ways to be Healthy During Summer Ozone Days**  
*Intermountain Healthcare Cardiologists Unveil Findings of New Air Pollution Study*

**WHAT:** The Utah Division of Air Quality will join the Utah Department of Health, and Intermountain Healthcare and Medical Center to provide information about the impacts to health from poor air quality and how Utahns can stay healthy while working and exercising outdoors on days when ozone pollution is building

**WHEN:** 1:30 p.m. Monday, July 8

**WHERE:** Hogan Park, 750 W. 1500 S., Woods Cross

**WHO:** Bryce Bird, director of the Division of Air Quality, will talk about summer air and how to track pollution.

Dr. Bob Rolfs, state epidemiologist & deputy director of the Utah Department of Health, will share his personal story about how he stays healthy exercising outside.

Dr. Brent Muhlestein, cardiologist at Intermountain Medical Center, is part of a group of cardiologists studying the impacts to health from air pollution. He will share his findings.

Dr. Terri Flint of Live Well & Employee Wellness at Intermountain Healthcare, will highlight the work Intermountain Healthcare is doing to increase physical activity for its employees and provide tips for Utahns.

Others on hand include Dr. Steve Packham, Toxicologist for the Division of Air Quality, and Gary Uresk, City Manager of Woods Cross and convener of the Woods Cross air quality committee.

**WHY:** Ozone is Utah's summertime air quality problem that poses health concerns. However, physical activity is important to health and there are many ways Utahns can protect their health while exercising outside.

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