



Women's Health Awareness Virtual Series: "RealTalk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

Healthy Air, Healthy Food, Healthy Heart

**Thursday, November 18, 2021
6:30 - 7:45 p.m.**

Did you know there is a connection between air pollution and heart disease? This session will help explain the connection and share information on how to reduce your exposure to air pollution. Surprisingly, your gut health impacts your heart, too! This session will also explain the connection between food, a healthy gut, and a healthy heart.



During this session, you will be able to:

- Explain why air pollution is important to human health and specifically to heart health.
- Identify two or three things you can do to reduce your exposure to air pollution.
- Consider ways in which you can advocate for cleaner air in your community.
- Explain the connection between food and a healthy gut microbiome.
- Discuss the role of the gut microbiome in heart health.
- Identify specific food and nutrition choices that protect the gut and promote heart health.

Webinar Goal: To understand the impact of air pollution on heart health, and the connection between a healthy gut and a healthy heart

Registration is free and open. Registration closes at noon on **Thursday, November 18, 2021**. Register at <https://niehs.nih.gov/womenshealthawareness>. The zoom link will be provided **prior to the webinar**.



Session Chair

Darlene Dixon, D.V.M., Ph.D.

Group Leader

Division of the National Toxicology Program /

Molecular Pathogenesis Group /

National Institute of Environmental Health Sciences / NIH

Chair, Women’s Environmental Health Disparities (EHD)

Workshop Organizing Committee

Question and Answer Moderator

Rosemary Moody, MPP

Co-chair, Women’s EHD Workshop Community

Outreach Subcommittee / NIEHS EHD and

Environmental Justice Faculty



Speaker

Anjum Hajat, Ph.D., MPH

Associate Professor

Department of Epidemiology

University of Washington

School of Public Health

Speaker

Nicole Farmer, M.D.

Staff Scientist

National Institutes of Health (NIH) Clinical Center



For additional information, call the Office of Human Research and Community Engagement at 984-287-4414 or email whad@niehs.nih.gov.

Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4414 or whad@niehs.nih.gov. TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.



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