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Ozone is formed in the level of the atmosphere closest to the earth (troposphere) from the reaction of sunlight with gases such as nitrogen oxides and volatile organic compounds. Although its presence in the upper layers of atmosphere can be protective, the presence of O3 at ground level adversely affects human health, vegetation and ecosystems
across Europe. High levels are observed during the warm season and can cause a range of respiratory problems such as exacerbation of asthma, lower lung function and infections. Climate warming is likely to reinforce conditions conducive to the formation of tropospheric O3 in the future, because the photochemical mechanisms of O3 formation are
favoured during heatwaves and periods of high solar radiation. The European Union (EU) has set a limit of ozone levels of 120 micrograms per cubic metre (g/m3) for the maximum daily eight-hour mean, whilst the WHO recommended guideline is at 100 g/m3 per eight-hour mean. The revisedEU ambient air quality directive, which entered into force in
December 2024, includes the 100 g/m3 limit as a long-term objective for 2050. The levels and concentrations of O3 in a given location greatly depend on the transport of the pollutant itself within the lower levels of the troposphere.
sources of the O3 that causes these deaths. Both these insights are important to inform policy that works at a global level and can manage the health impact of O3 pollution. To assess the health impact of O3 in Europe and how different sources contribute, researchers combined data on O3concentrations, population numbers and records of mortality
together with modelling data on the effects of O3on human mortality rates. A mortality rate in this study is the number of deaths per 1 million people for a specific year and geographic area. The region considered in the study includes 35 European countries and the surrounding ocean and sea. The data were analysed for 813neighbouring regions in
35European countries representing about 530million people. Health data were obtained from Eurostat, and information on O3 levels and its source were modelled from the CALIOPE air-quality system. The effect of O3on mortality was taken from the largest available multi-country epidemiological study to date1. The deaths attributable to O3 for each
country were analysed according to the source of origin of O3 and classified into the following categories: National. The accountries inside the study domain. Ocean and sea inside the study domain.
average concentration of O3 ranged from 76.7g/m3 in Finland to 130.1g/m3 in Malta. As expected, the concentrations of O3 decreased northwards, as warmer temperatures in the south favour the formation of O3, especially in summer. The estimated number of deaths attributable to O3 over the entire European domain considered in the study during
the warm seasons of 20152017 was 114,447, resulting in mortality rate of 72 annual deaths per 1 million inhabitants. The highest estimated numbers of deaths from O3 are for those countries with the largest populations such as Germany, Italy, France, the UK, Spain and Poland. Whereas the highest mortality rate of 72 annual deaths per 1 million inhabitants.
people) are in south-eastern countries such as Bulgaria, Serbia, Croatia, Hungary, Greece and Romania. The analysis found that only a small fraction: 11.7% of deaths from O3 pollution, were due to national sources of the pollutant. Instead, it was O3 transported from outside the European domain that was associated with the largest mortality burden
and accounted for 56.7% of deaths. There was also a fair amount of O3 related deaths within European countries (3.5%) and the ocean and sea inside the study domain (7.2%). The findings have implications for air-quality and public health policies
across Europe. Previously, mitigation efforts have focused on national and regional scales. The researchers call for global strategies as well as co-ordinated pan-European actions to achieve the air-quality guidelines set out by the WHO and EU to reduce health impacts of O3. They also warn that results should not be interpreted by local air-quality
authorities as a justification for local inaction. In some coastal regions and smaller countries in the Mediterranean such as Malta, Greece and Cyprus, there was a considerable contribution to mortality from maritime transport emissions (ships at sea). This indicates the need to implement a nitrogen emission control area for ships in the Mediterranean such as Malta, Greece and Cyprus, there was a considerable contribution to mortality from maritime transport emissions (ships at sea).
Sea (as previously established in the North Sea and Baltic Sea). This would help reduce nitrogen oxide (NOx) emissions from shipping which form O3.. The researchers suggest that future work should refine the present study by analysing the contribution to mortality of the different economic sectors or activities, by country (for example: energy,
industry, transport, residential and agriculture). This would help target interventions to the key sectors to improve air quality in Europe 2020 report. Luxembourg: European Environment Agency. Source: Achebak, H., Garatachea, R., Pay, M.T., Jorba, O.,
Guevara, M., Garcia-Pando, C.P. and Ballester, J.Geographic sources of ozone air pollution and mortality burden in Europe. (2024). Nature Medicine Science for Environment Policy: European Commission DG Environment News Alert Service, edited by SCU, The University of the West of England, Bristol. Notes
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Nutritionists (RDNs) to fine-tune your nutrition and habits through personalized, data-driven coaching. Your Dietitian accesses your Levels data, including food logs and glucose readings, to provide tailored recommendations for blood sugar balance, hormonal health, weight loss, athletic performance, and more. The Environmental Noise Directive is
the main EU law to identify noise pollution levels and act on them. It focuses on four action areas determining exposure to environmental noise and its effects is made available to the public preventing and reducing environmental noise preserving
environmental noise quality in areas where it is good The Directive requires EU countries to prepare and publish noise management action plansevery 5 years for agglomerations with more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major railways (more than 30 000 trains a year) major rail
than 50 000 take-offs or landings a year, including small aircrafts and helicopters) When developing noise management action plans, national authorities mustconsult the concerned public. The plans are available here by selecting: the Member State, EU obligations, Environmental Noise Directive, Noise maps/Action plans. The Directive does not set
limit or target values for environmental noise, nor does it prescribe the measures to be included in the action plans. This is for the competent Member State authorities to decide. The Directive serves as a knowledge base to amend or introduce noise limits on road, railway and aircraft vehicles. Noise is a health problem for at least 1 in 5 EU citizens.
There is therefore a need to coordinate efforts at EU level to reduce this burden on the everyday life of millions of citizens. The Directive acts as the framework legislative tool linking all actions at international, EU and local level. Noise is a complex issue, so effective solutions come from coordinated EU and local actions. The Directive aims to
establish a common EU approach to avoid, prevent or reduce the harmful effects of exposure to environmental noise. The Directive does not include a common noise reduction objective nor EU noise limits. Directive does not include a common noise reduction objective nor EU noise limits.
Directivedescribes the common EUmethods for calculating exposureto different noise levels. These methods comprise a set of formulas and coefficients to be used to calculate noise levels at the faade of the buildings. The common methods were adopted through a revision of Annex II in 2015, and improved further in 2020. Annex III of the
Environmental Noise Directive describes the methods for calculating the burden of disease caused by exposure to specific noise levels. The methods include dose-effect relations for a set of health endpoints such as cardiovascular disease, annoyance and sleep disturbance. Annex III was revised in 2020 following the latest scientific review of the
health effects of noise that is being performed by the WHO. Evaluation of the Directive in 2016, addressing questions of effectiveness, efficiency, coherence, relevance and EU added value. The results are summarised in aStaff Working Documentwith and Executive Summary in
English, Frenchand German. The evaluation found that the Directive remains highly relevant EU policy-making as noise pollution still constitutes a major environmental health problem Europe the Directive is coherent EU policy-making as noise pollution still constitutes a major environmental health problem Europe the Directive remains highly relevant EU policy-making as noise pollution still constitutes a major environmental health problem Europe the Directive remains highly relevant EU policy-making as noise pollution still constitutes a major environmental health problem Europe the Directive remains highly relevant EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitutes a major environmental health problem EU policy-making as noise pollution still constitute a major environmental health problem EU policy-making as noise pollution still constitute a major environmental health problem EU policy-making as noise pollution still constitute a major environmental health problem EU policy-making as noise policy-
in adopting common assessment methodologies administrative costsare low at 0.15 for noise management - have been implemented, the Directive was efficient with a favourable cost-benefit ratio of 1:29 the
Directive can generate EU added value by providing a level playing field across the EU in which transport infrastructure operators can compete, and by better informing EU policy-making as a result of delays in implementation, the Directive hasnot yet delivered all its potential EU added value The evaluation is based on apublic consultation and on a
study. As required by the Directive, the Commission prepares a report on the implementation of the Directive every five years. The first implementation report in 2017 found
that EU countries have made progress in implementation, resources allocated to implementation, and whether implementation is tasked to centralised or local authorities. The Commission published a thirdimplementation reporting
2023, setting out how noise can be further reduced. The report shows progress achieved since thesecond implementation report, which includes a more systematic assessment of noise levels and the adoption of noise management action plans by Member States. However, it warns that the current number and intensity of actions must be increased if
the number of people affected by transport noise by is to be reduced by 30% by 2030, as set out in the Zero Pollution Action Plan. A major study on the entire noise policywas performed in 2021 and informed this implementation report. Nitrogen is a crucial nutrient that helps plants and crops grow, but high concentrations are harmful to people and
nature. Pure, clean water is vital to human health and to natural ecosystems. Excess nitrogen from agricultural sources is one of the main causes of water pollution in Europe. Nitrates and organic nitrogen compounds from fertilizer and manure enter groundwater through leaching and reach surface water through runoff from agricultural fields. A high
level of nitrate makes water unsuitable as drinking water. In rivers, lakes and marine waters, nitrogen and other nutrients, in particular phosphorus, stimulate the growth of algae. At moderate levels, algae serve as food for aquatic organisms, including fish. However, excessive nutrient concentration in water systems will cause algae to grow
excessively. This affects the natural ecosystem and can lead to depletion of the oxygen in the water. This phenomenon, known as eutrophication, has negative consequences for biodiversity, fisheries and recreational activities. Both phosphorous and nitrogen play a role in eutrophication, but while the main cause of eutrophication in fresh water is
phosphorus, it is mainly caused by nitrogen in marine water. The Nitrates Directive aims to protect water quality across Europe by preventing nitrates from agricultural sources that pollute ground and surface waters and by promoting the use of good farming practices. The Directive aims to reduce water pollution caused by nitrates used in
agriculture by monitoring nitrate concentrations of water bodies designating nitrate vulnerable zones establishing codes of good agricultural practices and measures to prevent and reduce water pollution from nitrates annual cost of nitrogen lossesagricultural nitrogen input to aquatic systems caused by livestock productionammonia emissions from
agriculture to atmosphere caused by livestock production. The Nitrates Directive requires EU Member States to monitor the quality of waters and to identify areas that drain into polluted waters or at risk of pollution. These concern waters that due to agricultural activities are eutrophic or could contain a concentration of more than 50 mg/l of nitrates.
Those areas are defined as Nitrate Vulnerable Zones (NVZs). The Nitrates Directive forms an integral part of the overarchingWater Framework Directive and is one of the Nitrates Directive and is one of the Nitrates Directive and is one of the Nitrates Directive.
Interested parties such as farmers, industries, NGOs, citizens, public administrations, water authorities and others are invited to share their views until8 March 2024. The evaluation will assess if the Nitrates Directive remains fit for purpose. Find out more about the evaluation. On 19 April 2024 the Commission launched a public consultation lasting
until 17 May on a Commission Directive amending Annex III of the Nitrates Directive. Designate Nitrate Vulnerable Zones (NVZs) areas of land that drain into pollution and which contribute to nitrate pollution; or EU Member States can also choose to apply measures (see below) to the whole territory (instead of
designating NVZs) the current status of NVZs and whole territory designations can be viewed using the map viewerEstablish Codes of Good Agricultural Practice to be implemented by farmers on a voluntary basis, including measures limiting the periods when nitrogen fertilisers can be applied on land to target application to periods when crops
require nitrogen and prevent nutrient losses to watersmeasures limiting the conditions for fertiliser application (on steeply sloping ground, frozen or snow-covered ground, near water courses, etc.) to prevent nitrate losses from leaching and run-offrequirement for a minimum storage capacity for livestock manure; and crop rotations, soil winter cover
and catch crops to prevent nitrate leaching and run-off during wet seasons Establish action programmes to be implemented by farmers within NVZs on a compulsory basis, including measures already included in Codes of Good Agricultural Practice that become mandatory in NVZs; and other measures, such as limitation of fertiliser application (mineral practice).
region in Europe, so as to minimise the risk of water pollution.the Action Programmes need to be revised at least every four years. National action programmes under the Nitrates Directive are accessible in theNAPINFO database. Identify polluted water, or waters at risk of pollutionsurface freshwaters, in particular those used or intended for the
abstraction of drinking water, containing or that could contain (if no action is taken to reverse the trend) a concentration of more than 50 mg/l of nitratesfreshwater bodies, estuaries, coastal waters and marine waters found to be
NVZs and (an) action programme(s) estimation of future trends in water quality These four-yearly reports produced by Member States are used as the basis for a four-yearly report by the European Commission on the implementation of the Directive on
environment for people and the planet, whilst spurring innovation, rewarding frontrunners, and providing industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty. This modernised law will help guide industry with a level playing field on the EU market and improved investment certainty.
economy. By 2050, the implementation of the revised Directive is expected to reduce emissions of key air pollutants (PM2.5, SO2, NOX and NMVOC (non-methane volatile organic compounds)) by up to 40% compared to 2020 levels. It is the first EU environmental law to enshrine the right of people to seek compensation for damage to their health
caused by illegal pollution. Stronger rules for tackling emissions and streamline the granting of operating permits for the concerned industrial installations and streamline the granting of operating permits for the concerned industrial installations and farms. The updated rules will make emission limit values stricter, mandate electronic permitting, reduce administrative costs, and
tighten conditions on granting derogations. They will also introduce more dissuasive penalties (worst infringements can be sanctioned by fines of at least 3% of the annual EU turnover of the legal person) and more powers for competent authorities to suspend the operation of non-compliant installations. They will also introduce more dissuasive penalties (worst infringements can be sanctioned by fines of at least 3% of the annual EU turnover of the legal person) and more powers for competent authorities to suspend the operation of non-compliant installations. They will also introduce more dissuasive penalties (worst infringements can be sanctioned by fines of at least 3% of the annual EU turnover of the legal person) and more powers for competent authorities to suspend the operation of non-compliant installations.
scale manufacturing of batteries will reduce pollution from these sectors, thereby helping to improve public acceptance and lower investment risks. The coverage of intensive pig and poultry farms will be subject to a lighter permitting regime
allowing for a simple registration. The operating rules applying to the sector will be defined transparently and inclusively, reflecting the size of farms, as well as the density of livestock. The new rules include the adoption of best available techniques for waste landfills. The updated law will provide new and stronger tools for circular economy and
resource efficiency. It will also tackle chemical pollution so that less toxic alternatives to hazardous substances are used in industrial innovation will benefit from flexible permitting rules to test more environmentally performing techniques. A new
Innovation Centre for Industrial Transformation and Emissions (INCITE) operated by the Commissions Joint Research Centre will look at both environmental and economic aspects and make the information available using a
Directive recognises for the first time in EU environmental law the right to seek compensation for damage to their health caused by illegal pollution. Accountability is also significantly increased through greater public participation in the permitting process, improved access to information. The new Industrial Emissionssead through greater public participation in the permitting process, improved access to information. The new Industrial Emissionssead through greater public participation in the permitting process, improved access to information. The new Industrial Emissions are not process, improved access to information and process.
Portal Regulation (IEPR) entered into force on 22 May 2024. It will enhance access to environmental data, allowing citizens to gain insight into permits issued in the EU and on polluting activities in their immediate surroundings. The
by IED operators and improve the geolocated monitoring of emissions and resource use. Next steps Member States now have 22 months to transpose the revised IED. The Commission will adopt secondary legislation (implementing and delegated acts) to complement the law and assist with its application. Data will be first reported to the new Industria
 Emissions Portal in 2028. Background The directive on industrial and livestock rearing emissions provides national permitting authorities with environmental norms for around 75,000 large industrial installations and livestock farms in the EU. These installations must comply with emissions conditions by applying activity-specific best available
techniques. In April 2022, the Commission proposed to revise the former Industrial Emissions Directive to modernise it and make it more efficiency. More information IED 2.0 EUR-LexIEPR EUR-LexIEPR web story Updated IED 2.0
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[emailprotected]Contact InformationQuestions? Were happy to help at[emailprotected] Host: [00:00:00] Recorded at Attention Agency Studios. This is not your average entrepreneur or e-commerce podcast, and hes not your average host. This is
The Story of a Brand with your host Ramon Vela. [00:00:18] If you extrapolate that youre talking about 30% of the human population, probably more that needs this type of device, not just here in United States, but in other parts of the world. [30:00:29] Yeah. Its a massive and, really, an unfortunate situation but the rates of
diabetes, preventable, chronic illnesses, including Type 2 diabetes are increasing at an in
and now, the main foe is these illnesses, chronic illnesses, chronic lifestyle selections that lead to ultimately poor outcomes and accelerated aging. Ramon Vela: [00:01:11] Have you built an online brand that consumers love? Do you sell in consumer steep linesses, chronic lifestyle selections that lead to ultimately poor outcomes and accelerated aging. Ramon Vela: [00:01:11] Have you built an online brand that consumers love? Do you sell in consumers love? Do you sell in consumer steep linesses, aging. Ramon Vela: [00:01:11] Have you built an online brand that consumers love? Do you sell in consumers love? Do you sell in consumer steep linesses, aging. Ramon Vela: [00:01:11] Have you built an online brand that consumers love? Do you sell in consumer steep linesses, aging. Ramon Vela: [00:01:11] Have you built an online brand that consumers love? Do you sell in consumer steep linesses, aging. Ramon Vela: [00:01:11] Have you built an online brand that consumers love? Do you sell in consumer steep linesses, aging linesses, a
If this sounds like you, you should get to know Forum Brands. Forum is a team of expert investors, operators, and many ex Amazonians who provide entrepreneurs and owners with the most efficient and lucrative way to sell their e-commerce businesses. If your einterested in exploring a sale and cashing out years of your profits in one day, visit us at
forumbrands.com to schedule a call. Hey, dont forget to listen to part one of this amazing feature. Now lets get back to the story. Josh Clemente: [00:01:57] I think it actually felt like there was a lot to do at all times, even at those early moments, figuring out the regulatory strategy, like how could we effectively get access to these for people who did
not have a diagnosis of diabetes. That a big question that touches on legal regulatory telehealth. A lot of research had to be done to just know where to start. But then we also had to ask the question, who would even distribute them. We know that there are regulations that we cant handle prescription products ourselves. We dont have the facility to
do that. Thats a huge undertaking. So there was just a lot of research to figure out a business model that would allow us to manifest what we were imagining. That really quickly filled six months in combination with conversations with initial investors. Sam is a very connected person having started several companies in the past. And so we were able to
quickly kickstart some conversations with other investors and angels in his network to try to describe what we were planning on this background requirement of getting across the legal and regulatory hurdles that
we needed. That six months is its almost a blur to me. I never recall a moment where I was frustrated and pulling my hair out. It was more of a hopefulness that we would find a way through and figure out a business plan, a business model that would work and be able to convince the investors that we needed to support us and get us through to the
next phase. It was just a real intense hopefulness that I remember, I want to be able to do this. I want to really be able to put in the work. And I had already been at it for over a year self-funding and having only expenses. I was well on my way and it was feeling more and more possible with each day. And so when we finally did get through that six
months and had the structure in place and were able to get our first customer and accept our first angel check, it was really a life-changing moment. It was just like a piece of success that you would imagine for a very long time, and it was very gratifying and I was very, yeah, I just felt lucky right away to It was like, This is now unlocking the next
phase, which Im very lucky to be one of the people to be able to try.Ramon Vela: [00:04:16] Yeah. And I can imagine how that felt. I dont want to jump the gun here, but I just feel like there is just so much opportunity for you. When I started thinking about, like once you have this available and so forth, it reminds me of We interviewed a company
called Mighty Audio and theyre like these little, small, little, like the old iPod Shuffles used to be, really small and square and just not a whole lot of features on it. But they designed it that way so that people can use them and disconnect from their phones. So theyre not having to meditate using their phone because the phone provides interruptions
and here they can listen to music and just focus usually for people who are exercising and things like that. But one of the things he realized in creating this both software and hardware, was that the software and hardware, was that the software and hardware, was that the software and hardware with the software and hardware, was that the software and hardware, was that the software and hardware with the software and hardware with the software and hardware, was that the software and hardware with the software and hardware with the software and hardware, was that the software and hardware with the software with the softwa
buy it and use it, but they started selling the software to, licensing the software to other people who are making other hardware devices and other things like that. So Im curious for you guys. I just see so much opportunity for you, not only to provide this service to others via your logo, your company, but I feel like this could potentially be something
you license to other healthcare providers, because youre talking about a lot of people here in the United States. Wow! If you extrapolate that, youre talking about 30% of the human population, probably more, that needs this type of device, not just here in United States, but in other parts of the world. Josh Clemente: [00:05:52] Yeah. Its a massive and
really, an unfortunate situation. The rates of diabetes, preventable chronic illnesses, including Type 2 diabetes are increasing at an increasing at an increasing rate right now. Its moving in the other directious diseases, which even though it sounds bizarre in a pandemic, but the reality is that weve done a great job of controlling the infectious diseases, which even though it sounds bizarre in a pandemic, but the reality is that weve done a great job of controlling the infectious diseases, which even though it sounds bizarre in a pandemic, but the reality is that weve done a great job of controlling the infectious diseases, which even though it sounds bizarre in a pandemic, but the reality is that weve done a great job of controlling the infectious diseases.
that used to be the primary causes of death and now, the main foe is these illnesses, so chronic illnesses, so chronic illnesses, chronic illnesses, so ch
sedentary lifestyles and the Western diet start to move outwards, we unfortunately are getting these really bad rates, and younger, early and earlier in life. Non-alcoholic fatty liver disease for example, is skyrocketing in children, as a result of the fructose and sugary beverages theyre drinking. And so its unfortunately a massive, messy
problem that it will take a long time and a lot of different approaches, I think, to tackle a combination of just a legislative approach kind of cracking down on misleading marketing on food items and then of course the expansion of better information, empowering the individual to understand what specific decisions are doing to them. And so, were
going to take a very agile approach where were going to consider any option that would help accelerate the onset of this technology as a mainstream product. So, if there are ways that we can do that in partnership with other business models, we will absolutely evaluate them. And I think that, as you mentioned, given that much of this. There is a
hardware component, you have to wear the sensor. But there is also, the software is where that turns into behavior change, and thats beautiful. Software is very easily replicated and distributed. So I think we can, we have the potential to, with time, turn around the trends in metabolic dysfunction and hopefully get to the point where rather than the
current situation where we have 88% of US adults in the United States are metabolically unhealthy, we can get to the point where that number is flipped, and in fact, only 12% are metabolically unhealthy, we can get to the point where that number is flipped, and in fact, only 12% are metabolically unhealthy, we can get to the point where that number is flipped, and in fact, only 12% are metabolically unhealthy.
much opportunity. So weve talked about some of the opportunities out there and the potential for this, but what are some of the challenges that youre going to be facing and when youre done after that, Id love for you to walk us
through how someone would use this and what would they do and so forth, as much as you can. But first Id love to find out, with all this opportunity, what are going to maybe stop you along the way? Josh Clemente: [00:08:54] One of the big challenges is that the technology is still new
and specifically designed for diabetes management and its very expensive and given that its prescription only here in the United States to have a continuous glucose monitor, that adds a lot of overhead. It requires specific handling of the devices has to be
approved by regulating agencies and any updates to the software have to be approved. This is a very tricky environment to be in when youre a software company, because software company, because software company, because software company, because software as I mentioned is very easily and rapidly improved, feature releases can be sent out on a continuous basis, but when you have regulatory overhead, it massively slows the
process down. And so its really important, I think, that we continue to innovate. We continue to innovate. We continue to innovate in particular, is being used for and to help overcome a few of the concerns around deregulating or at least improving the regulatory
environment for a general use of, not just continuous glucose information, but all health information that can be used in real time. So anything outside of glucose that is able to be implemented in a similar platform to help people make better choices in real time. I think we have to make improvements to the regulations around them, such that it can be
proliferated. And so once we get across those hurdles, I think its going to massively lower the burden on hardware manufacturers so that they can produce technology and new sensors that are more affordable. This is key to the Levels vision is that, if we want to get to a point where its not just a curiosity or something that only people with a lot of
disposable income can access, we really need the unit economics to improve. We need the sensors themselves to become more affordable. Then and only then will this be something that will change the trajectory of metabolic dysfunction. So that a long process. It requires demonstrating that there are people that are willing to
pay, that are using the information effectively. It requires, I think, a lot of just integrity on our mission, showing that we are in this to change the future and handling information, according to all of the requirements with the person, the individual, the customers best interests always at heart. And we are very
committed to that. Its just going to be a process of building confidence, both from the consumers and from the regulators to show that the potential is there and that we are the ones that can do it. I am confident that well get across all those hurdles. Its just unclear how quickly well be able to Ramon Vela: [00:11:47] To me the little bit positive on
regulations and things like that is that, we saw that during the pandemic, the beginning of the pandemic, when telemedicine things accelerated simply because they had to and so to me, in some ways that good in the fact that much of this type of legislation or
regulation hadnt been making its way slowly through the halls of Congress and other places and it just felt like they were able to accelerate a lot of this stuff because of what weve seen in this changing climate. People Were working remote and we cant always
visit the doctor and obviously our hospitals right now are inundated. So maybe theres going to be a new focus on health and so forth and so on. I don't know.
Im thinking that maybe there might be some goodness coming out of this that might be beneficial to you as well, Josh Clemente: [00:12:58] Yeah. It was a really great signal when the telehealth regulations changed so quickly and from the highest levels of government that this is something that has to happen. And as someone
who had been researching in the space for two years at that time, I had concluded like this absolutely must change the telehealth regulations. Telehealth regulations. Telehealth is the future. We will be able to access exceptional care no matter where we are. That has to happen and quickly. And so to see that happen, just quickly happen.
pandemic, but sometimes thats the nature of things where urgency is the mother of innovation, they call it and looking at the state of metabolic dysfunction, whats interesting is its the collision of two pandemics that were seeing right now. If you look at the outcomes of COVID as associated with metabolic dysfunction or metabolic health markers,
people that have pre-existing metabolic dvsfunction, especially glucose elevations are twice as likely to have a negative outcome from COVID as those without. Essentially when you have the inflammatory environment of bad metabolic health, the immune system is very guickly one of the first things compromised. And so then when you face the
additional insult of a viral infection that attacks some of the same pathways, it immediately becomes a worse scenario. And we cant just vaccinate everyone to this pandemic and think that everythings going to be okay. My co-founder Casey Means, shes a Stanford trained surgeon and functional medicine doctor and she drills this point that there will
be another pandemic. It may not be next year. It may not be for a long time, but if we dont take the lessons from this one and realize that we have to improve society, embrace individual health as one of the highest goods in order to improve resilience, we have to, as a society, embrace individual health as one of the highest goods in order to improve resilience, we have to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, we have to improve resilience, we have to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society, embrace individual health as one of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods in order to improve resilience, as a society of the highest goods and the highest goods are a society of the highest goods.
government level and beyond, we have to embrace that and we have to make it possible. We have to ensure their resilience against both the chronic illness factors and also the viral ones. Ramon Vela: [00:15:00] Yeah. No. I love what you just said, improve and/or strengthen resilience. Like I said at the very beginning,
this is sort of like democratizing your own data and liberating it in a way that you could use it and empower yourself, so its really like I said, this is so exciting. So if I was a new user, once its available Ideally I guess, maybe your target market, I think, you were talking about like people who buy Peloton or people who are into
fitness and monitoring their health and so forth. Walk me through this. What does it look like? What do they use? How do they use? How do they use it? And how will they make better decisions? I know weve talked about it, but why dont we just go a little bit more granular and give someone an idea of what this is
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going to look like, or what does it look like? Josh Clemente: [00:15:46] Yeah. So first off the the continuous glucose monitor itself, there are a few manufacturers out there we can work with, with the big ones here in the United States. They each have a little plastic disc, oval shaped and under that patch is a hair-like filament. So

ts this little flexible filament which senses It directly detects glucose molecules in the skin. So you put that patch on your arm. It stays on for two weeks at a time and it has a little wireless chip in it which can transmit information directly to your smartphone and thats all protected and secure, but once its on your smartphone, you pull that glucose	
in the skin. So you put that patch on your smartphone and that sa fittle whereas the first that sall that grows a fittle whereas the fittle wherea	
ou take a quick picture and the Levels algorithms analyze from that moment, how your body responds to the meal. So we look at a bunch of different factors, like whats happening with hormones like insulin. But essentially we can score how your body responded	
o that meal. And then if you choose to add additional activities Lets say that you eat a meal, you have a very bad blood sugar response. You have a big spike and then a crash and you feel shaky, that introduces this concept of interoception where you feel that shakiness and now you have some data to tie that to. And that reinforces your awareness of hese physiologic little kind of background tweaks that are happening. And so then, you have that meal, you have that meal, you have that negative response, now you can try it again and add an additional activity which we can recommend. So we can surface these insights to say, That didnt work very well for you, but maybe try it with a walk next time. So you eat the	
ame meal again, and this time you take a walk around the block, 15-20 minutes and this time weve still been analyzing the glucose data as its happening and now, since you took that walk, for many of us, our legs actually metabolize the sugar in our blood much more quickly. And so it basically supports the digestive system and the metabolic function	
or the metabolic fitness of the individual and helps them to clear that glucose more effectively. So rather than having this big blood sugar spike, you actually had a very controlled response to the same meal just by taking a walk. And so we then can surface and compare those two examples and show you the power of very simple light exercise after a need. And this goes across many different types of functions. So you can see the effects of a short night of sleep versus a full eight hours. So you take a red eye flight and now your blood sugar is elevated all day and your responses to meals are much worse, and this has been studied in the research environment, but we can show individuals how	
pecifically its affecting them and compare days where you got a good, restful nights sleep versus a very poor nights sleep. We can show you how specific foods We talked, we touched on that research earlier on where two people can eat the same food and have equal and opposite responses. We can help you compare specific foods across your diet	
and you can basically try them on their own. So you try a banana, you try a bowl of oatmeal, you try different types of dressings and you can see and compare all of these responses to each other and find the ones that best support you. Maybe for some of us, like myself, I tend to actually do really well with berries, but a banana is similar to candy for new types. I tend to avoid bananas unless Im on a workout, which I know actually I respond very well if Im cycling or running, to that banana because Im able to use it for energy immediately. So I have this context for everything I do. And I have confidence that when I consume a certain meal I know whats going to happen. I know how to mitigate the	
negative effects and I also know now the correlation between all of these different levers, the exercise, the sleep, the nutrition, the stress. So if Im compromised on one Lets say I have to pull an all nighter or Im going to be taking that red eye flight, or Im a new parent and my babys keeping me up all night, I know now that when Im compromised on	
one, the other three matter that much more. I have to make sure that Im more intentional about selecting foods that are going to support good metabolic responses because, as I mentioned, Im pulling out one leg of the stool with the sleep part. And so all of that is happening in the Levels of system. Were surfacing those insights. Were helping you to process and understand the correlations of all of these factors in a way that is just understandable and approachable as opposed to abstract. And of course, were still in development and things are rolling out consistently, but were at a stage now where people are really learning about these in just 28 days. Ramon Vela: [00:21:00] Im just so excited by	
his, man. I feel like I want one already. Its like I wish you were already out, because it just so glad that I can play a little	
part of this in the very beginning here before you launch. But its just so exciting because youre, like I said, youre giving us power, the power to see our own data, to be able to take that data and understand it and do something with it and obviously have a positive change and a positive effect on this. So to me, this is mind blowing, but Im just so excited for you. Ive interviewed a lot of people and I love so many of the different brands that we have on here, but I love when Im so excited about something. I just feel like, wow! This is amazing. All right. I want to be respectful of your time. I know youve got other things going and I really appreciate you spending some time with us. Before we go, I	
have a couple last questions. Like what I just alluded to right now how to get hold of you or who wants to make on who are thinking like, Wow! I really want this device. But I think youre in beta and you also mentioned you have 68,000 or some huge number of wait list. Whats the next step? If someone wants to know how to get hold of you or who wants to	
get on that list? Who wants to be notified when its ready and so forth. What do people do? Where can we send them? Josh Clemente: [00:22:23] Yeah. So I highly recommend anyone whos interested please go to the website levelshealth.com and add your name to the wait list. You can sign up, you answer a few questions and help us understand who	
ou are and why youre interested. And we actually, as you mentioned, we do have a large wait list right now, but we are inviting people off that wait list based on specific things that we need to learn. If there a certain feature we need to test with people that are interested in diet, as opposed to weight loss. We do invite people off the wait list and vere constantly increasing the volume. So, definitely sign up there and then that lalso add you to our newsletter and well be releasing updates on content that were writing. We have, I think, a really fantastic blog, which helps to further break down all of the concepts Ive touched on here much more eloquently and with a much more rigorous citation	
process, but, you can jump on our blog and learn a huge amount about the way that metabolism touches each of us. We are all approaching life in different ways. We have different ways. We have different ways and that where this information can, I think, come home for people and they understand how this affects them. So I definitely recommend touching on the blog and	
being a part of the newsletter and over time, as we move past our current stage, which is, as you mentioned, beta, into the first phases of public accessibility and growth, well be releasing all of those updates and details through our social media, which is on Twitter and Instagram @Levels and through our newsletter. So well be keeping people in the crown. In really optimistic that 2021 is going to be the year were going to be able to finally open the flood gates and get this to many, many more people. And so, yeah. I just appreciate anyone who is interested getting in touch with us and following along. Its going to be a fun journey. Ramon Vela: [00:23:59] And that was actually one of my other	
ollowup questions, which is, if there was any timeframe. So I guess its basically crossing our fingers that youre able to launch in 2021. Right? Josh Clemente: [00:24:10] Yeah, I think were going to be able to get a lot of people from our waitlist through the program. And there's a few key product milestones that were working on. A couple of them touch	
regulatory things, and so its a little bit of schedule uncertainty right now, because I think in a year or a couple of years from now, roure just going to be, youre going to blow up, man. I just think this is just such a cool thing that youre doing and I know Im not even I love exercising and things like that, but Im really focused on my health right now and so to me, this is really If you had it available now I would sign up for it right away and I think a lot of people feel	
hat way too, so I really appreciate it. And you know what? I did have one last question for you, which is, I wanted to wait till the end, because this is not necessarily, this is more of a digression, but given your history, Im curious. All this talk right now, theres all sorts of talks about SpaceX and Tesla and Elon Musk. What are your thoughts on it since	
ou have experience working for one of those companies? I know this is a digression. Im sure you get this question, but thought Id wait until the very end to ask this. Josh Clemente: [00:25:20] Its an interesting situation given how much his companies have blown up and personally, Im a huge fan of Elon. I got a chance to work somewhat closely with in on and off throughout my time there. So I was able to be in recurring meetings and learn about how his mind works. And I think he has a very clairvoyant mind. He thinks about the future in a way that few people do and is able to navigate towards an outcome that he really believes will be better for humanity. And I think that you see that with	
nim wanting to have zero emissions, energy availability, and cars, and a second home planet where we can increase the likelihood that humanity will survive long-term. And these are really big statements and I certainly I dont think he is without blemish as a human being, but I really am glad to see success happening. Tesla certainly seems to be, I	
to be overvalued at the moment to say the least. I think he said so himself. So I just would love to see success for that company. I have great friends there, great friends there, great friends and family at SpaceX still and just really enjoy the pace of progress, the technology, innovation. When I was there, I just was everwhelmingly just proud and positive about what we were working on. It felt like something that mattered and thats, I think really good and I think its really good for people, even if youre not at the company, its good to have, I think, interesting projects that you can smile about. Its positive just to see the star ship flights and even if theyre blowing	
up, its something interesting that takes your mind off the rest of the things happening in the world. Ramon Vela: [00:26:52] Yeah. This might sound anothema to folks who are Elon Musk and Tesla and SpaceX fans, but the same way that I am excited about when I read concepts about what Tesla has done and what SpaceX has done and I know theres a	
ot of stuff within the story that isnt really known to a lot of people because in both of those industries you were fighting against an old school or, an industry that hadnt changed in many ways. So its like youre bumping heads and youre trying Youre disrupting these industries. And so there a lot of really cool things that I know have happened in the packground that a lot of people don't know about. But the thing is you get excited about these long views and the potential of this technology that	
Teslas done and then SpaceX and so forth and how they disrupted the companies and youre excited I may or may never, ever Obviously, hopefully were going to Mars and they start moving people to Mars, but in my lifetime, I probably will never ever do that. But its still exciting. Its still and its like, wow! Its this potential. It could change the way we	
lo things. It could change our lives and so forth and feel excited that way about your product, because I feel like you and this product has a potential to really impact peoples lives. Now obviously, you were talking about the unit economics, so it can become less expensive for users of all different economic levels. And thats actually what Ive heard Elon Musk say. So I got to tell you, man, you guys, in many ways, Elon and what theyre doing at Tesla and what theyre doing at SpaceX, I think youre kind of riding along maybe subconsciously. I dont know, man. What youre doing at SpaceX, I think youre kind of riding along maybe subconsciously.	
attention to Teslas approach there of starting off with a premium brand or a premium product, the Roadster, and slowly but surely financing the more affordable one coming. And so we actually wrote a Levels secret master plan, so kind of a tongue-in-cheek rip off of what Tesla wrote to	
lescribe that plan, or what Elon wrote. And so yeah, definitely taking a few notes from the playbook and making it a bit of a joke, but in a very serious sense. I think its a demonstrated way to bring new technology to a new market and I really hope that we can replicate even a fraction of the success. Ramon Vela: [00:29:24] I think you guys will, and I hink this is going to be huge. Josh, thank you so much for being on the show, Josh Clemente: [00:29:41] Ramon. Thanks so much for having me on, I	
genuinely enjoyed this conversation. Ramon Vela: [00:29:46] And I did too. And everyone, we have just had Josh Clemente, who is the founder and president of Levels Health, thats levelshealth.com. Take a look at what theyre doing. This is so exciting and I	
ant wait to see what the future looks like for this company. So if you appreciate people like Josh and others that we have on the show, do me a favor, leave a rating and a review. It helps me so much. I say this each and every time and the reason why I say this, is that it helps us get more streams, more advertisers and it helps us to keep the how going, which I really love doing. So do me a favor, go there and leave a rating and a review. It takes 15-20 seconds, Other than that, everyone, please stay safe, stay healthy, stay strong, and stay safe. And thank you from the bottom of my heart for	,
istening to another episode of The Story of a Brand. If you havent already make sure to listen to part one of this amazing episode. Sustainable Development Agenda 2030 Level(s) contributes to several of these goals, especially SDG13 Climate Action and SDG11 Sustainable Cities and	
Communities. Level(s) provides the bridge between the ambition of the European Green Deal initiative on sustainable buildings and the realities of professional building operations within the EU. Circular Economy Action PlanLevel(s) helps understanding the full life cycle of a building and brings the circular economy into building design and uses in spired and supported the revision of this Directive The Level(s) framework for sustainability performance assessments has inspired and supported the revision of this Directive to mandate the assessment of Whole Life Carbon for new buildings. Energy Efficiency Directive The Level(s) framework for sustainability performance assessments has inspired and supported the revision of this Directive The Level(s) framework for sustainability performance assessments has inspired and supported the revision of this Directive The Level(s) framework for sustainability performance assessments has inspired and supported the revision of this Directive The Level(s) framework for sustainability performance assessments has inspired and supported the revision of this Directive The Level(s) framework for sustainability performance assessments has inspired and supported the revision of this Directive The Level(s) framework for sustainability performance assessments have a support of the control of t	
supported the revision of this Directive to include the assessment of Whole Life Carbon for the procurement of public buildings. Green Public Procurement (GPP)Level(s) is the basis for the revised GPP Criteria for buildings. These criteria will be expanded to cover schools and social housing, and will pay	
particular attention to renovation. Sustainable finance (Taxonomy) Level(s), ensuring common EU policy objectives and certifications International sustainable finance. Reporting their schemes to Level(s), ensuring common EU policy objectives are integrated. Level(s) enables those using this framework to report under sustainable frameworks such as the Task Force on Climate-related Financial Disclosures (TCFD) and Global Real Estate Sustainability Benchmark (GRESB) adopting Level(s) to assess and monitor the sustainability performance of buildings, practitioners can contribute to	
he New European Bauhaus agenda in the areas of the EU climate goals, circularity and healthy and comfortable spaces. 1. Greenhouse gas emissions along a buildings life cycleMinimise the whole life carbon output, considering both energy consumption during the use phase of the building and embodied energy. Indicators: 1.1 Use stage energy	
performance (kWh/m2/yr)1.2 Life cycle Global Warming Potential (CO2 eq./m2/yr)2. Resource efficient and circular material life cyclesOptimise the building design to support lean and circular materials and lifespans 2.2 Construction & Demolition waste and materials 2.3 Design for adaptability and renovation 2.4 Design for deconstruction, reuse and recycling 3. Efficient use of water resources use water efficiently, particularly in areas of identified long-term or projected water stress. Indicators: 3.1 Use stage water consumption (m3/occupant/yr)4. Healthy and comfortable spaces Create buildings that are comfortable, attractive and productive, focusing on four	
spects of quality in the indoor environment. Indicators: 4.1 Indoor air quality 4.2 Time outside of thermal comfort range 4.3 Lighting and visual comfort 4.4 Acoustics and protection against a changing climate and extreme weather. Indicators: 5.1 Protection of	
occupier health and thermal comfort5.2 Increased risk of extreme weather5.3 Sustainable drainage6. Optimised life cycle cost and valueTake a long term view of the whole life costs and market value to deliver more sustainable buildings. Indicators:6.1 Life cycle costs (/m/yr)6.2 Value creation and risk factors Level(s) can be applied at each stage of a buildings life cycle:Setting objectives at concept stageAssess performance at design and constructionFollow up after completion Level 1 Concepts that the chosen indicators will cover. It provides a simple structure that can be presented to clients to prioritise attention on	
sustainability aspects. Level 2 Detailed design and construction Quantitative assessment of the designed performance. Allowing comparison between different design options and monitoring of the construction according to standardised units and methods. Level 3 As-built and in-use Monitoring and surveying of activity both on the construction site and	
of the completed building and its first occupants. Level 3 helps the entire team understand actual building performance and identify lessons learned from the design to inform and improve future projects. A project team decides which objectives to focus on, which indicators work with and finally, at what level. Before you start using Level(s) we recommend you check out our overview showing how Level(s) benefits different types of building professionals. Next, check out our elearning programme to learn how to use Level(s) in your working environment. Once you understand the basics, you can download the user manualsand put Level(s) into practice on your next building project! Mercury	
bollution is a critical problem worldwide, with large socio-economic, environmental and health impacts. The toxic effects of mercury are significant at all ages, but children are particularly sensitive to this toxin. Despite the drastic reduction of mercury emissions in recent years, the concentration of this element in marine fish from different European	
eas has not been significantly reduced. The EU-funded MER-CLUB project has contributed to tackling mercury pollution in waters, making major progress towards achieving a mercury clean-up system based on marine bacteria, which can be used to clean up pollution in a process called bioremediation. Coordinated by Azti (a Spanish Marine Research Centre) and funded under the European Maritime and Fisheries Fund (EMFF, now EMFAF), the project involved universities and research centres from Spain, France, Sweden and Germany, and a Spanish company specialised in waste management and soil decontamination. "Reducing mercury levels in sediments through bioremediation is the basis	
o restore polluted environments. The mercury decontamination of marine ecosystems will, undoubtedly, have a direct and positive impact on human health, ensures Dr. Andrea G. Bravo, young researcher of MER-CLUB.	
partners used advanced isolation methods for obtaining more than 1,000 bacterial strains from highly polluted European sediment samples in theBaltic, Mediterranean and the Atlantic Ocean. They identified marine bacteria with high potential for mercury bioremediation using molecular markers and tested the capability of the most promising and biological levels has been a sediments. The enormous complexity of marine sediments at both chemical and biological levels has been a	
najor obstacle to obtain a successful bioremediation solution during the lifetime of the project. Partners have worked on alternative solutions, such as using microbial consortia and deepening the analysis of the chemical species associated with mercury sediments. The enormous complexity of marine sediments at both chemical and biological levels has been a successful bioremediation solution during the lifetime of the project. Partners have worked on alternative solutions, such as using microbial consortia and deepening the analysis of the chemical species associated with mercury sediments. The enormous complexity of marine sediments at both chemical and biological levels has been a successful bioremediation solution during the lifetime of the project. Partners have worked on alternative solutions, such as using microbial consortia and deepening the analysis of the chemical species associated with mercury sediments.	
providing novel scientific knowledge on the microorganisms transforming mercury in complex marine sediments, including those with a previously unrecognised role in mercury demethylation and reduction. The project has also provided technical advances towards the design of a pilot-scale mercury bioremediation plant for ex situ decontamination of	
ediments. The pilot plant performance still needs to be optimised before assessing its technology readiness level for its commercialisation. Nonetheless, the pilot plan constitutes a crucial advance establishing the basis for a viable clean-up solution. By tackling water pollution through innovations like bioremediation, we can work towards ensuring hat our fresh and marine water ecosystems are toxin free, thus helping to ensure a healthy environment, functioning water cycle, and a thriving #WaterWiseEU campaign. The EU-wide campaign focuses on water resilience, aiming to change the way we see,	
ise and value water. Find out more about the campaignand how you can get involved. The revised Ambient Air Quality Directive entered into force on Tuesday (10 Dec), aligning 2030 EU air quality standards more closely with World Health Organization recommendations. It is an important step toward better protecting Europeans' health and moving	
orward on the path to zero pollution in our environment by 2050. The revised Directive comes with a series of new measures and stricter standards to ensure that people enjoy cleaner air in the coming years. Cleaner ambient air by 2030. The new Directive cuts the allowed annual limit value for themain air pollutant fine particulate matter (PM2.5) - by note than half. The revised Ambient Air Quality Directive updates air quality standards, lowering the allowable levels for twelve air pollutants: particulate matter (PM2.5 and PM10), nitrogen dioxide (NO2) and nitrogen oxides (NOx), sulphur dioxide (SO2), ozone (O3), carbon monoxide, benzene, benzene, benzene, arsenic, cadmium, nickel, and lead. A	
egular review of the air quality standards, in line with the latest scientific evidence and societal and technological developments, will help set the EU on a trajectory towards achieving the zero pollution objective for air by 2050. These reviews will ensure that air quality within the European Union progressively improves to levels no longer considered	
narmful, in line with climate neutrality efforts. The revised Directive will also ensureearly action to achieve cleaner air. If air pollution levels are higher than the new 2030 standards over the coming years, Member States will have to analyse whether they are on track to comply with the legislation on time, and, if needed, take measures to ensure compliance by 2030. It will also support local authorities by strengthening the provisions on air quality monitoring and modelling will make it possible to assess compliance more thoroughly with standards and support more efficient and effective action to	
prevent and address breaches of standards. National and local authorities will determine the specific measures needed to meet these standards. At the same time, existing and new EU policies in environment, energy, transport, agriculture, research & innovation, and other fields will make a significant contribution. Under specific circumstances,	
Member States may get more time to achieve the new standards. Extensions must be justified by sound analysis, and accompanied by a bespoke roadmap demonstrating how air quality will be improved by the postponed attainment deadlines. Accordingly, Member States will need to take appropriate measures to ensure they respect air quality tand its effects and better public information of EU air quality rules. It will also bring more clarity on access to justice, effective penalties, and better public information on air quality and its effects	
on human health. The European Environment Agency (EEA) air quality health impact assessment published on Tuesday underlines the importance of implementing these new rules. Speaking on the Directive's entry into force, Commissioner for Environment, Water Resilience and a Competitive Circular Economy, Jessika Roswall, said: Every year,	
solluted air causes about 250,000 premature deaths and costs the EU economy up to 850 billion. Todays new air quality rules will improve the quality of life for millions of Europeans and will further protect our biodiversity and ecosystems while boosting our economy. The new rules mark a significant milestone for a competitive Europe with zero sollution, helping to make pollution an issue of the past and clean air our future reality. "Next stepsMember States now have two years to adopt the laws, regulations and administrative provisions to transpose the revised Directive. The Commission will adopt secondary legislation (implementing acts) to complement the new rules and assist with their	
application. Background Air pollution is the greatest environmental threat to health and a leading cause of chronic diseases, including stroke, cancer and diabetes. It disproportionately affects sensitive and vulnerable social groups. The worst air pollutants across the European Union currently are particulate matter, nitrogen dioxide and ozone. Air	
pollution is responsible for nearly 250,000 premature deaths per year in Europe and a significant number of non-communicable diseases, such as asthma, cardiovascular problems and respiratory diseases (including lung cancer) are attributed to elevated levels of those pollutants. Polluted air also harms the environment, causing acidification, autrophication and damage to forests, ecosystems and crops. Today, eutrophication exceeds critical loads in two-thirds of ecosystem areas across the EU. This has a significant impact on biodiversity and the services it delivers for us all. The Commission adopted the proposal for a revised Ambient Air Quality Directive in October 2022. The entry into	
orce of the directive is a milestone for the European Green Deal's zero-pollution environment by 2050. More Information EUR-Lex - Ambient Air Quality Directive European Commission - Air Quality Dire	

Levels of reading frustration. Types of frustration. Frustration independent and instructional levels of reading. Stages of frustration. High levels of frustration. Frustration level meaning.