

Launch messages and source

1. Pollution from vehicles damages our health. It can cause asthma, heart disease, cancer and stunt children's growing lungs.

(Royal College of Physicians 2016: [Every breath we take. The lifelong impact of air pollution Chapter 4 - Health Effects of Air Pollution Over Our Lifetime](#))

2. Children are particularly vulnerable to the effects of pollution because their height puts them closer to exhaust fumes, they breathe more rapidly than adults and so absorb more pollutants and because their developing organs are more easily damaged.

(Source: [Chief Medical Officer's Annual Report 2022](#). Chapter 1)

3. Children living in highly polluted areas are four times more likely to have reduced lung function in adulthood, improving air quality for children has been shown to halt and reverse this effect.

(Source: [Chief Medical Officer's Annual Report 2022](#). Chapter 1)

4. I need to run the engine to keep the heater on?

The heater should stay warm with just the ignition on for up to 30 minutes.

(This was taken from the original No Idling school's leaflet and is quoted by a number of Councils including Southampton, Staffordshire, Colchester, Kent and York. I'm not sure of the original source but could use: [TR127428-01.Factsheet_CR1.pdf \(fors-online.org.uk\)](#) as they have produced a driver toolkit through its Fleet Operator Recognition Scheme)

5. Does turning an engine on and off cause damage?

Leaving the engine idling dirties your engine with incomplete combustion increasing wear and tear.

(Source: [A review on idling reduction strategies to improve fuel economy and reduce exhaust emissions of transport vehicles - ScienceDirect - see introduction](#))

Modern cars have much better ignitions and can be switched on and off without unnecessary wear on the engine. [Stop-start engines and engine idling – the law and common myths revealed | RAC Drive](#)

6. Will I use more fuel by turning my engine off and on again?

Keeping your car engine on when stationary for more than 10 seconds uses more fuel and emits more pollutants than restarting. Stationary fuel usage varies from 0.2 to 0.5 gallons per hour. It therefore makes sense to turn the engine off to minimise unnecessary fuel use and emissions.

(Source: *Comparing fuel use and emissions for short passenger car stops*, L.Gaines, E Rask and G Keller, Argonne National Laboratory, US Department of Energy)

7. Research shows that idling engines produce up to twice the amount of exhaust emissions compared to when a vehicle is moving.

Transport Research Laboratory:

[Clean Air Day: Research reveals the importance of avoiding idling your engine | RAC Drive](#)