



# WORLD LUNG DAY

25 September 2025

**HEALTHY LUNGS, HEALTHY LIFE**

**Understanding the worldwide impact of respiratory diseases**

## Steps to Keep Your Lungs Healthy

**400M+**

People worldwide affected by COPD- 3<sup>rd</sup> leading cause of death worldwide<sup>1</sup>



### Breathe clean air

Avoid indoor and outdoor air pollution

**300M+**

People currently live with asthma globally- 1,000. Daily deaths caused by asthma globally<sup>2</sup>



### Eat Well

fibre, vitamin D and gut health make a difference.



### Be Smoke Free

Avoid smoking to protect yourself and



### Fight climate change

Support renewable energy



### Stay Active

Exercise regularly



### Get Vaccinated

Protect your lungs from infections

## Take Action Today

**Most respiratory diseases are preventable. Your actions matter for your health.**