

Maricopa County is one of the most polluted counties in the United States for ozone and particle pollution. Air pollution is a serious health threat that can worsen lung disease symptoms, harm lung development in children, and even be deadly.

Ozone	Particle Pollution	
	24 Hour	Annual
F	F	Fail

In our 2025 “State of the Air” report, which covers a three-year period of 2021-2023, Maricopa County received failing grades for ozone pollution, 24-hour particle pollution and annual particle pollution. This means that levels of air pollution were dangerous to breathe too often.

Ozone Pollution

High Ozone Days (2021-2023)	
Grade	F
Weighted Average	54.8
Orange Ozone Days	149
Red Ozone Days	9
Purple Ozone Days	1

Precautions like prioritizing indoor physical activity and limiting time outdoors should be taken on orange ozone days and worse to protect your lungs if you are living with asthma or COPD. Everyone should take precautions on red ozone days and worse.

Orange: Unhealthy for sensitive groups

Red: Unhealthy

Purple: Very unhealthy

Ozone gas is a powerful lung irritant. When it is inhaled into the lungs, it reacts with the delicate lining of the airways, causing inflammation and other damage that can impact multiple body systems.

Particle Pollution

Particle Pollution – 24 Hour (2021-2023)	
Grade	F
Weighted Average	6.3
Orange Particle Days	8
Red Particle Days	6
Purple Particle Days	1
Maroon Particle Days	0

Particle Pollution – Annual (2021-2023)	
Grade	Fail

Orange: Unhealthy for sensitive groups

Red: Unhealthy

Purple: Very unhealthy

Maroon: Hazardous

Smaller fine or ultrafine particles can penetrate deep into the lungs and into the air sacs. The smallest particles are so tiny that they can pass from the air sacs into the bloodstream and cause serious harm. On orange particle days, people with lung disease should take precautions, while everyone should take precautions on red particle days and worse.

People at Risk in Maricopa County

Total Population	4,585,871
Pediatric Asthma	81,703
Adult Asthma	368,476
COPD	191,419
Lung Cancer	1,738

People with lung disease are at higher risk of illness from unhealthy air exposure. The good news is that there are steps you can take to prepare for poor air quality days.

1

Create an Asthma or COPD Action Plan with your healthcare provider. Action plans are available for download at [Lung.org/COPD-action-plan](https://lung.org/COPD-action-plan) and [Lung.org/asthma-plan](https://lung.org/asthma-plan).

2

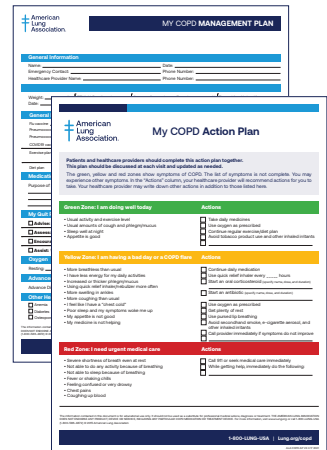
Check local air quality at [AirNow.gov](https://airnow.gov).

3

Download the Clean Air Make More app or sign up for Maricopa County air quality alerts at [Maricopa.gov/5921](https://maricopa.gov/5921).

4

Connect with a Lung Health Navigator to learn how to manage your lung disease during extreme heat and unhealthy air days. Get started at [Lung.org/navigator](https://lung.org/navigator).



The image shows two overlapping forms from the American Lung Association. The top form is the 'MY COPD MANAGEMENT PLAN' which includes sections for Personal Information, Medical History, and a list of symptoms. The bottom form is the 'My COPD Action Plan' which provides a structured approach to managing COPD, including sections for 'When I am feeling well today', 'When I am having a hard day or a COPD flare', and 'When I need urgent medical care'. Each section lists specific actions and symptoms to watch for, with checkboxes for tracking.

Learn how the American Lung Association is working to reduce the lung health burden of the climate crisis in Maricopa County: [Lung.org/AZ-climate](https://lung.org/AZ-climate).



With support from

