

INTRODUCTION

This EPSRC-funded project explores how cultural practices in ethnic minority households affect indoor air quality, focusing on elevated Carbon Dioxide levels from cooking and ventilation habits. The resulting 'Good Practice Guide,' developed with local residents, EYST, and Cardiff Council, offers culturally sensitive advice to enhance indoor air quality. By aligning with the **Wellbeing of Future Generations (Wales) Act 2015**, this project underscores the important role of air quality in promoting health and well-being. Following these guidelines can reduce the harmful effects of cooking fumes, fostering healthier, more resilient communities across Wales.



A More Equal Wales

The project supports a more equal Wales by targeting health disparities in ethnic minority communities through focused support and information.



A Healthier Wales

The project promotes a healthier Wales by educating ethnic minority communities about improving indoor air quality to reduce health issues. After the workshops, our project participants' diaries mentioned ventilation 18% more, emphasising the importance of these practices for protecting well-being and preventing harmful effects.



A Resilient Wales

The project strengthens Welsh communities' resilience by promoting better indoor air quality for sustainability and health.



A Wales of Vibrant Culture & Thriving Welsh Language

The project promotes inclusive cultural engagement and intercultural dialogue within ethnic minority communities, using culture as a tool for social change and preserving diverse practices in Wales.



A Wales of Cohesive Communities

The project's workshops and collaboration foster community participation and shared responsibility, supporting the goal of building cohesive communities in Wales.



A Globally Responsible Wales

The project's focus on sustainability and better living conditions supports global goals and aligns with the vision for a globally responsible Wales.

Participants Testimonies

"participating in the project was a learning curve for me, I understood my kitchen environment and how it affects my wellbeing"

"I enjoyed the workshops, I learnt how to maintain the quality of my kitchen environment"

"Before this project, I hadn't realised how much cooking fumes could negatively impact my health."

Cooking Up Good Air Quality for Better Wellbeing



For more information:



Scan the code / visit:

<https://tinyurl.com/y5vab7xf>

email: satish.bk@cardiff.ac.uk

This guide the outcome of the EPSRC IAA Project 'Good practice guide to raise awareness of indoor air quality on the health and wellbeing of ethnic minorities.'



	Before Cooking	While Cooking	After Cooking	
Ventilation & Indoor Environment Quality	<p>Open windows and external doors to ensure proper airflow</p> <p>Turn on extractor fans if available.</p> <p>Also Try to Consider daily ventilation for the kitchen, even if not cooking</p>	<p>Keep windows open and extractor fans on to manage steam and odors.</p> <p>Keep the internal kitchen door closed</p> <p>Open windows in adjoining rooms in open-plan kitchens and/or the garden door to promote cross ventilation.</p> <p>FACT Keeping the fan on while opening the window can create a cross ventilation.</p>	<p>Leave fans on for a minimum of 10 minutes to reduce moisture and prevent condensation.</p> <p>Keep windows open for at least 30 minutes to allow fresh air circulation</p> <p>Also Try to Use dehumidifiers if applicable to control moisture levels.</p>	Ventilation & Indoor Environment Quality
Cleanliness	<p>In order to keep the cooking area clean and free from extra sources of contamination, Follow this:</p> <ol style="list-style-type: none"> 1 Ensure the cooking area is clean and free from clutter 2 Remove food waste prior to starting cooking 3 Wash hands thoroughly before handling food. 	<p>Frequent cleaning helps reduce the indoor pollutants in kitchens.</p> <p>FACT</p> <p>Clean as you go</p> <p>Wash the dishes</p> <p>Also Try to Reuse some equipment while cooking.</p>	<p>After finishing cooking practices make sure to complete the following:</p> <ol style="list-style-type: none"> 1 Wash all dishes and clean the kitchen thoroughly, including wiping down surfaces. 2 Clear any remaining condensation from windows. 	Cleanliness
Time saving	<p>FACT Limiting cooking time can reduce stress & support a healthier lifestyle.</p> <p>Take out necessary cooking equipment (pans, chopping boards).</p> <p>Prepare all ingredients (chop vegetables, wash rice, prepare meat) before cooking.</p>	<p>Consider bulk cooking for time-saving and less exposure to cooking fumes such as preparing the sauces and refrigerating them in advance for future cooking.</p> <p>Use the right pan size that matches the gas burner to improve the burning process.</p>	<p>Pollution from cooking can be more harmful than outdoor pollution.</p> <p>FACT</p> <p>For your wellbeing, if you don't need to be in the kitchen, relax by:</p> <ul style="list-style-type: none"> Reading a book Have a cuppa Light activities such as gardening <p>Decorate your kitchen with indoor plants</p>	Health, Safety & wellbeing