

# The Truth About The Effects on Health & Indoor Air Quality

## Cooking with Natural Gas



### NATURAL GAS STOVES ARE SHOWN TO CAUSE RESPIRATORY ILLNESSES, INCLUDING ASTHMA IN CHILDREN.

This claim is not supported by research. Research that covers multiple decades shows that cooking with natural gas is safe and does not negatively affect indoor air quality or the health of people living in the home. The largest study to date, the International Study of Asthma and Allergies in Childhood, investigated a possible connection between gas stove use and asthma in more than 500,000 schoolchildren in 47 countries and concluded there was “no evidence of an association between the use of gas as a cooking fuel and either asthma symptoms or an asthma diagnosis.”<sup>1</sup>



**FALSE**

Furthermore, a recently published review of 66 epidemiology studies found that there was **a low study quality** and a high study variability thereby illustrating that previous studies pertaining to natural gas cooking, nitrogen dioxide, asthma and wheezing are variable and have quality flaws. Global Epidemiology research determined during its review that “there is no scientific basis to draw any conclusions concerning a causal relationship”<sup>2</sup> between cooking with natural gas and asthma.

### COOKING WITH A GAS STOVE IS MUCH MORE HARMFUL THAN COOKING WITH AN ELECTRIC RANGE.

Research has shown that it is **not the type of appliance** being used that can impact indoor air quality; it is more about the type of food being cooked and the oils that are used to cook the food. The temperature of the cooking and the length of cooking time also play an important role. Regardless of the type of stove being used, the **key is to properly ventilate** the area when cooking.<sup>1</sup>



**FALSE**

### COOKING WITH GAS RELEASES CANCER-CAUSING BENZENE INTO MY HOME.

The authors of the article that made this claim have used a “beyond worst case scenario” to model potentially extreme levels of benzene in atypical circumstances. Per the American Gas Association, if these levels did occur, the odorants in natural gas would alert the homeowner/building occupants long before there were elevated levels of benzene. Further investigation into methods, assumptions and results is required to create a full explanation of the pertinent facts.<sup>3</sup>



**FALSE**

<sup>1</sup> Dr. Dan Tormey, President of Catalyst Environmental Solution,  
Published in the Washington Examiner, March 28, 2023

<sup>2</sup> “Gas Cooking and Respiratory Outcomes in Children: A Systematic Review“  
Published in Global Epidemiology, April 18, 2023

<sup>3</sup> Article by Dan Costley,  
Published in Environmental Science and Technology, October 20, 2022