The Exposome: Understanding the Effect of the Environment on Our Health

- **The Personal (Exposome)**
  - Physical Activity
  - Diet
  - Work
  - Sleep
  - Social
  - Smoking

- **The External (Exposome)**
  - Urban Environment
  - Climate
  - Air Pollution
  - Green Spaces
  - Noise
  - Traffic
  - Light

- **The Exposome**
  - Stress/Aging
  - Epigenetics
  - Metabolomics
  - GUT Microbiome
  - Gene Expression
  - Inflammation

- **Biological Responses**
  - Diet
  - Physical Activity
  - Smoking
  - Social
  - Work
  - Sleep
  - Toxic Chemicals
  - Urban Environment
  - Climate
  - Air Pollution
  - Green Spaces
  - Noise
  - Traffic
  - Light