From 2014 to 2015, the Center for Urban Pedagogy (CUP) collaborated with The Bronx Museum of the Arts (BxMA) and public high school students to examine why there are such high asthma rates in the Bronx.

How To Make Zines

Step 1
Print each page double-sided at 100%. Follow your printer’s instructions for two-sided printing.

Step 2
Cut along the center of page

Step 3
Fold each half in half

Step 4
Slide folded pieces into each other

Step 5 (optional)
Staple zine twice down the middle
How To Make Folder

Step 1
Print file double-sided at 100% on letter size paper.

Step 2
Flip paper over and fold tabs back along vertical lines.

Step 3
Fold bottom up.

Step 4
Fold over top corners.

Step 5
Slide zines into tab pocket.

Step 6
Fold top over zines and into front of tab pocket.

Step 7
Finished.

Air Fair:
Examinations of Asthma in the Bronx

Support by:
Bronx Museum

smart mobile device.

App that can be downloaded on a
these phones have augmented reality.

The apps to report about asthma.

Asthma is invisible, unless it is detected.

Asthma is not treatable.

What is Asthma?
Credits

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Be part of the decisions about infrastructure by attending community board meetings and joining organizations working on these issues, such as the Bronx Council for Environmental Quality and South Bronx Unite.

BRONXMUSEUM
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What ELSE is happening?

More DISTRIBUTION CENTERS are planning to move to the South Bronx. Items are transported into a warehouse then sent back out in trucks to residents across NYC. A lot of people are upset about it, because it means up to 1,000 more truck trips coming in and out of the Bronx every day.

LARGE BUILDINGS & INDUSTRIAL CENTERS can also pollute the air by burning fuel oil for heat, which sends more toxic particles into the air than all of the city’s cars and trucks combined. The Bronx and Manhattan have the highest concentration of older buildings burning the more toxic #4 and #6 fuel oil.

What IS in the air?

AIR is made up of a mixture of invisible gases, particles, and water. Some of those particles, called PARTICULATE MATTER, are dangerous because they can stay in the air longer (even up to a month!) and when you breathe them in, they can go deep into your lungs.

"We're overburdened, oversaturated with traffic already." - Mychal Johnson, South Bronx Unite
The Bronx has some of the highest asthma rates in the U.S.

1 in 4 children in the Bronx has asthma.

What can be done?

TREES can improve air quality by providing shade, which can lower temperatures in cities. A lower temperature means less ozone formation in the air. Trees also absorb air pollutants into their leaves, improving air quality.

CLEANER HEATING FUELS such as #2 oil or natural gas are available. A new city law requires everyone to switch to one of those by 2030.

HOW do particles get in the air?

We checked out our own neighborhood for signs of air pollutants.

“Sometimes, it’s difficult to breathe...”
- Francisco, Bronx Resident

“Air quality in the Bronx is fine...”
- Frank, Bronx Resident

“It’s a concern for me...”
- Janice, Bronx Resident

The Bronx has major roadways and distribution centers, bringing over 20,000 trucks in and out of the borough on a daily basis.

There are 6 major expressways.

There are over a dozen waste transfer stations.

There are 13 bridges.

Diesel exhaust, emitted when engines burn diesel fuel, contains more than 40 toxic air contaminants.

People living or working near highways, truck loading and unloading operations, or near diesel equipment are exposed to higher levels of diesel exhaust, leading to higher health risks.

It turns out, the Bronx has all this infrastructure...
Healthy indoor air quality is a better neighbor.

"If you feel like your asthma is being exacerbated by the conditions from your apartment, there's now something you can do about it." - Sara Imperiale, Natural Resources Defense Council

The New York City Housing Authority (NYCHA) is required by law to make repairs within 7-15 days for any units with excessive moisture and mold problems, issues that increase chances of developing asthma.

Asthma is a disability under the Americans with Disabilities Act (ADA). The ADA requires by law that housing providers make reasonable accommodations for people with asthma.

Touching mold causes spores to be released into the air, making it hard to breathe.

Is asthma living in your home?

We surveyed our neighbors in the Bronx to find out what they knew about asthma. 97% didn’t know that the inside of your home can actually trap asthma triggers and you can develop asthma at any point in your life, young or old.
Homes can hold lots of "asthma triggers".

An asthma trigger is anything that can cause inflammation in the airways.

"The Bronx is the poorest urban county in the United States. Asthma is a particularly persistent problem that is getting better elsewhere but not here." - Dr. Hal Strelnick

Poor housing conditions can increase the chances of having asthma.

What can be done?

To send in a Reasonable Accommodation Request (RAR) form to NYCHA visit
www.nyo.gov

Visit the National Center for Healthy Housing at
www.nchh.org to find more tools and resources on how to create a safer home.

It turns out, there are all sorts of things indoors that can cause asthma.

Cats, dogs, plants, pesticides, aerosol sprays, dust, gas stoves, open windows, and air conditioning can all add to asthma symptoms...

Cockroaches are an indicator of excessive moisture, not an unclean home.

New paint doesn't help for the problems that may be lurking in the walls, like mold.

Smoke from other apartment tenants come through cracks.

... but so can tobacco smoke, mold, mildew, rats, dustmites, peeling paint, cockroaches, and other insects—things that may be due to poor housing conditions beyond your control.
Asthma is the #1 reason why children miss school and are hospitalized.

For adults, asthma is one of the leading causes of not being able to go to work or school.

Community Health Workers (CHW) can help you get your asthma under control.

Free Legal Services, Integrated Pest Management, Home Environmental Assessments, and financial supports are available for people with asthma.

We surveyed people in the Bronx and found out that they view asthma as a burden, weakness, deadly, stressful, and expensive.

“I don’t use my inhaler as often as I should so that I don’t have to buy a new one every month.”

- Bronx resident
How much does it cost to breathe?

Who do we know who has asthma?
Over 1 million New Yorkers have asthma.

Asthma costs
New York State $11.3 billion per year in medical expenses.

Inhalers cost $250-$350 each and typically last just one month.

It turns out, there are all sorts of activities and products that cause asthma.

Every person’s asthma is different.
One person’s asthma symptoms could be triggered by allergies while someone else may be more sensitive to pain medication.

Products like scented soap, candles, incense, perfume, cleaning supplies, gasoline, and cigarettes are all potential asthma triggers, but so is eating shellfish or dried fruit, drinking red wine, or taking aspirin.

Activities like playing sports, exercising, visiting parks, going outside when it’s cold, going up or down stairs, and walking near roads with heavy traffic can increase asthma symptoms, but so can laughing, crying, or becoming angry.

Keep a record of every asthma attack.
Write down where you were and what you were doing. This can help identify your asthma triggers.

What can be done?

If you have a phone, use the app asthmasense.com to record symptoms, triggers, and receive medication reminders.

Create an Asthma Action Plan at lung.org

Call 718-577-2794 to contact a CHW or educator for free asthma management services from a.n.n. nyc.

Call 311 for other free programs and resources.

“Is possible to lead a normal, active lifestyle and not be constantly limited by your symptoms. Asthma can be well-controlled with the right medication and management plan.”
- a.n.n. nyc