



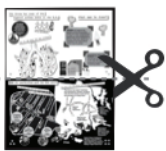
From 2014 to 2015, the
Center for Urban Pedagogy (CUP)
 collaborated with
The Bronx Museum of the Arts (BxMA)
 and public high school students to examine
 why there are such high asthma rates
 in the Bronx.

How To Make Zines



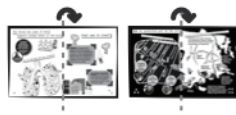
Step 1

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



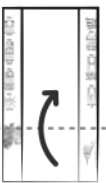
Print file double-sided at 100% on letter size paper

Step 2



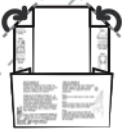
Flip paper over and fold tabs back along vertical lines

Step 3



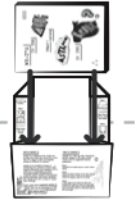
Fold bottom up

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!



The Bronx Museum of the Arts (BxMA) is a contemporary art museum that connects diverse audiences to the urban experience. The Bronx Museum's Education Programs embody their commitment to increase access to the arts, provide a safe and flexible environment for transformational experiences, and help youth develop visual, communication, and leadership skills. To learn more about BxMA, visit bronxmuseum.org

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The Center for Urban Pedagogy (CUP) is a nonprofit organization that uses the power of design and art to increase meaningful civic engagement, particularly among historically underrepresented communities. To learn more about CUP, visit welcometocup.org

This project was made possible by support from the Hive Digital Media Learning Fund in The New York Community Trust, the Bay and Paul Foundations, and the New York City Department of Cultural Affairs in partnership with the City Council.

Created by **CUP** THE CENTER FOR URBAN PEDAGOGY

Support by **HIVE** Digital Media Learning Fund IN THE NEW YORK COMMUNITY TRUST

BRONX MUSEUM THE BRONX MUSEUM OF THE ARTS

NYC CULTURE CITY OF NEW YORK



What is Aurasma?

Aurasma is a free app that transforms certain images in the zines called "Auras" into an augmented reality experience.

Step 1: Download the Aurasma app on a smart mobile device.

Step 2: Follow the Bronx Museum of the Arts' Aurasma channel at <http://auras.ma/s/pHsRk> to unlock the digital layer in the zines.

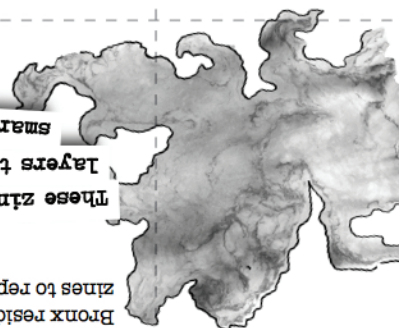
Step 3: On each page of the zines are dots that indicate the number of Auras for that page. To find the Auras while in the Aurasma app, point the mobile device to different areas or the whole page.

What is asthma?

Asthma is a condition that causes the always (the tubes that carry air to and from the lungs) to swell and tighten, making it difficult to breathe.

Asthma is an invisible illness, so identifying potential causes, steps towards prevention, and treatment can be difficult. To investigate, students interviewed medical professionals, community health workers, environmental justice advocates, plus Bronx residents and created this trio of zines to report their findings.

These zines have augmented reality layers that can be activated on a smart mobile device.



Credits



CUP
 Teaching Artist: Lindsay Catherine Harris
 Project Lead: Pema Domingo-Barker
 Project Support: Valeria Mogilevich,
 Jenn Anne Williams

BxMA
 Teaching Artist Assistant: Denise Pascoal
 Interactive Media Specialist: Kamau Patton
 Curator of Education: Hatuey Ramos-Fermin

Packaging Design: James Dunphy

Students:
 Anthony Lizardo,
 Andrew Maldonado,
 Alyssa Otero, Giselle Ramirez,
 Nikolas Rivera, Christina Robles,
 Taina Rodriguez,
 Raldenys Tolentino, Jalin Torres

Thanks to our interviewee:
 Mychal Johnson

WHAT'S

IN THE

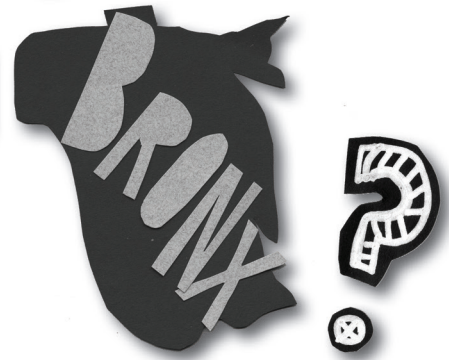


THAT

CAUSES



IN THE



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.



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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.

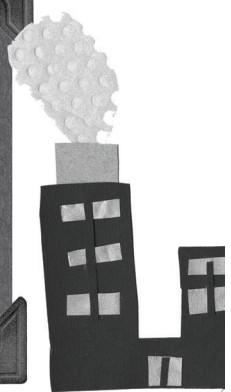


“We’re overburdened, oversaturated with traffic already.”
 - Mychal Johnson, South Bronx Unite



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.

The Bronx has some of the highest asthma rates in the U.S.

"The Bronx has asthma hospitalization rates 21x greater than any other NYC community."

- Mychal Johnson, South Bronx Unite



1 in 4 children in the Bronx has asthma.

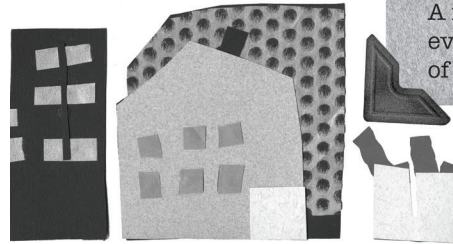
Who do WE know who has asthma?



What can be done?

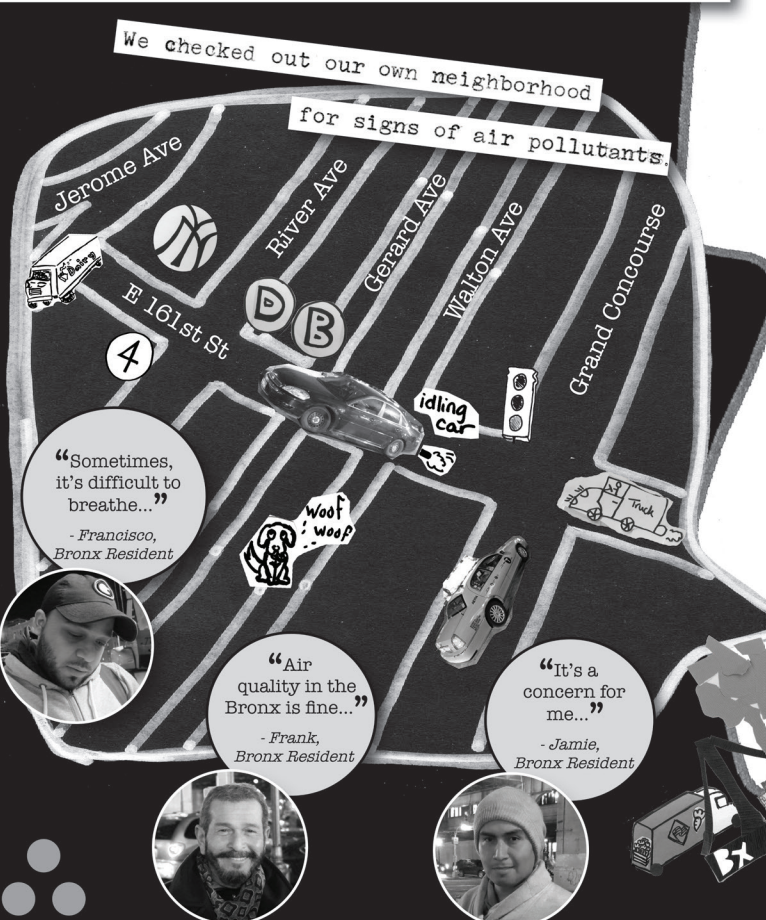
TREES can improve air quality by providing shade, which can lower temperatures in cities. A lower temperature means less ozone formation in the air. Trees also absorb air pollutants into their leaves, improving air quality.

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..."

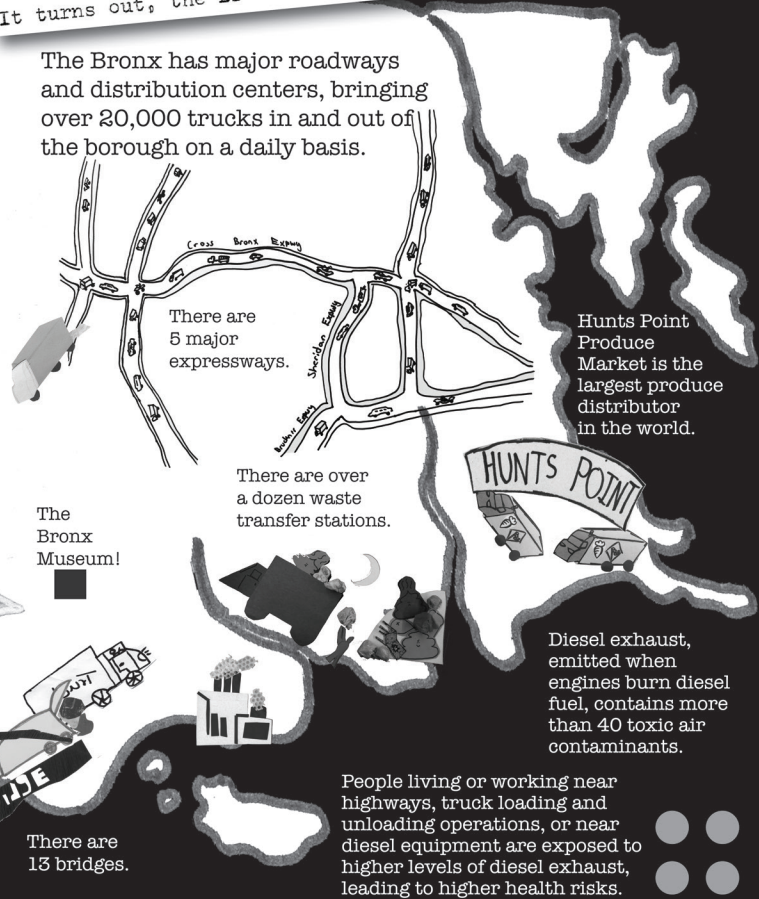
- Frank, Bronx Resident

"It's a concern for me..."

- Jamie, Bronx Resident

It turns out, the Bronx has all this infrastructure...

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 5 major expressways.

There are over a dozen waste transfer stations.

The Bronx Museum!

Hunts Point Produce Market is the largest produce distributor in the world.

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

There are 13 bridges.

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.

Credits



CUP
Teaching Artist and Project Lead:
Jenn Anne Williams
Curriculum Support: Lindsay Catherine Harris
Transcription Assistance: Kevin Park

BxMA
Teaching Artist Assistant: Denise Pascal
Interactive Media Specialist: Kamau Patton
Curator of Education: Hatuey Ramos-Fermin

Packaging Design: James Dunphy

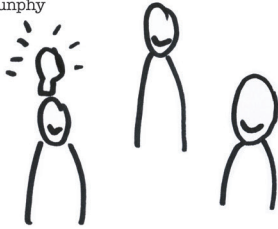
Students:
Rene Aceituno, Wabu Blackhall,
Gabrielle Bowen, Jose Flores,
Anthony Lizardo, and
Jalin Torres

Thanks to our interviewees:
Dr. Hal Strelnick
Sara Imperiale



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Our Neighbor



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

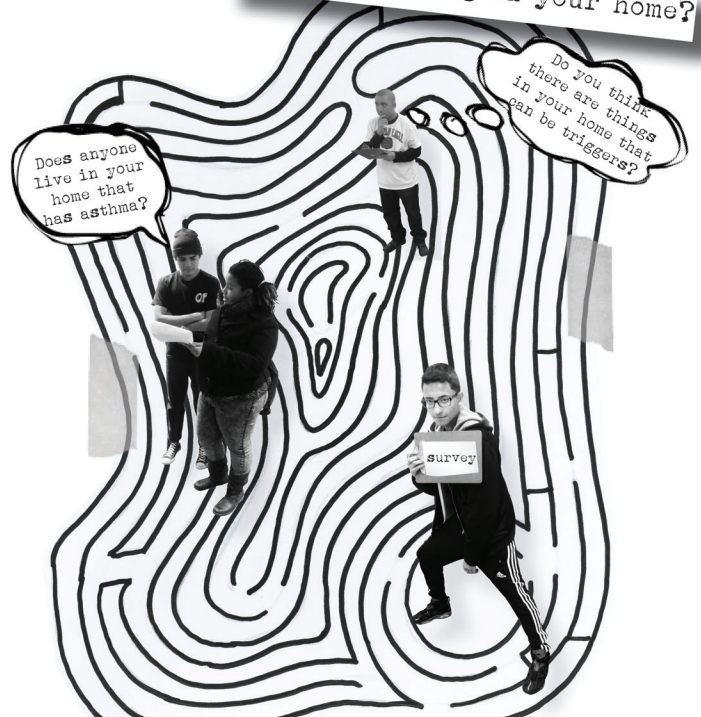
The New York City Housing Authority (NYCHA) is required by law to make repairs within 7-15 days for any units with excessive moisture and mold problems, issues that increase chances of developing asthma.

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

Who do WE know that has asthma?



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.nyc.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...

... 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.



Credits



CUP
Teaching Artist and Project Lead:
Jenn Anne Williams
Project Support: Christy Herbes

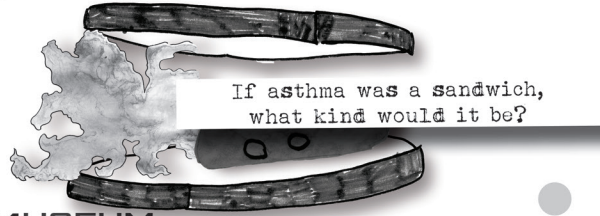
BxMA
Teaching Artist Assistant: Denise Pascal
Interactive Media Specialist: Kamau Patton
Curator of Education: Hatuey Ramos-Fermin

Packaging Design: James Dunphy

Special thanks to:
Katy Patil, Jazlyn Patricio-Archer, Stephanie Yee

Students:
Adam Abdullah,
Emmanuel Castillo, Sofia Crouch,
Bertha Guerrero, Michelle Lin,
Justin Medina, Giselle Meza,
Kaya Poppick, Ashley Vargas,
William Yang

Thanks to our interviewees:
Daouda Diarrassouba,
Oniel Padilla Escalera,
Fatima Kourouma, Ray Lopez,
Sarah Wilkinson



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Don't let asthma get you in a pickle.

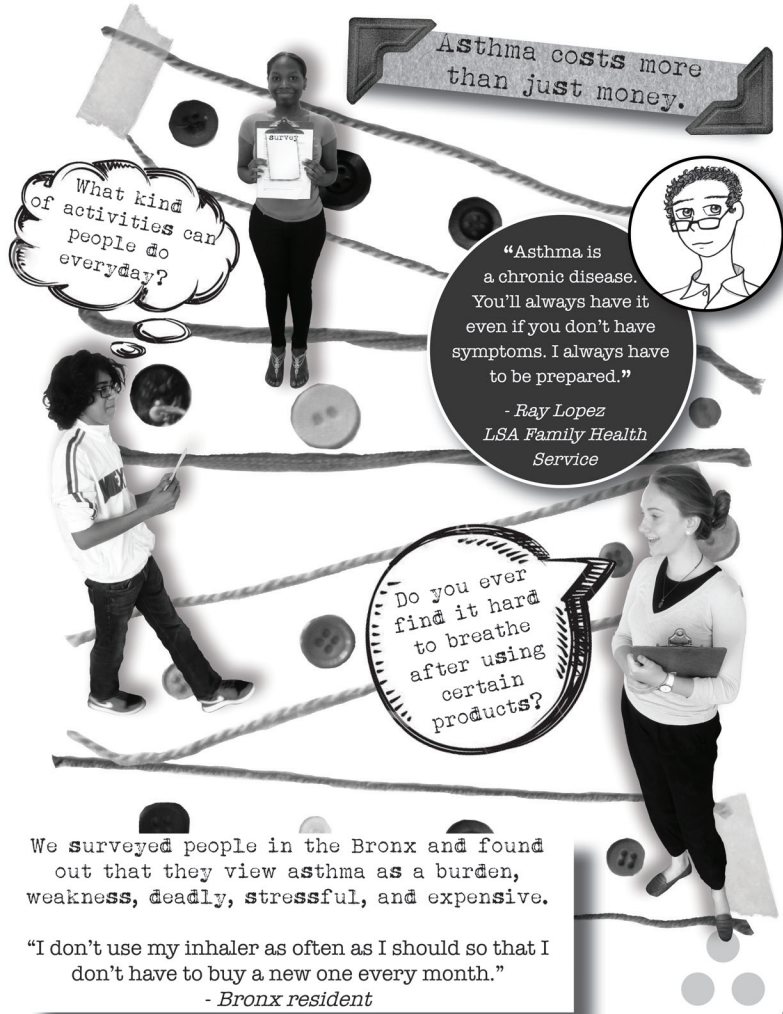
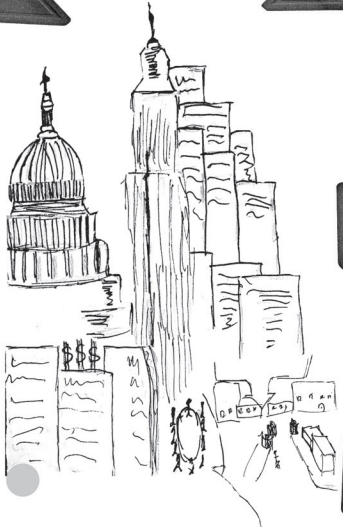
Asthma is the #1 reason why children miss school and are hospitalized.

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.



Asthma costs more than just money.

What kind of activities can people do everyday?

"Asthma is a chronic disease. You'll always have it even if you don't have symptoms. I always have to be prepared."

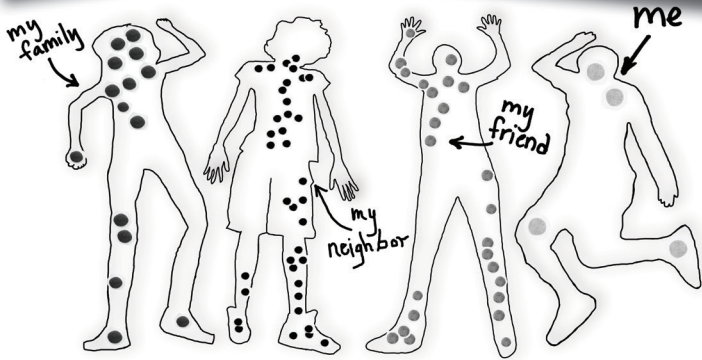
- Ray Lopez
LSA Family Health Service

Do you ever find it hard to breathe after using certain products?

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?



What can be done?

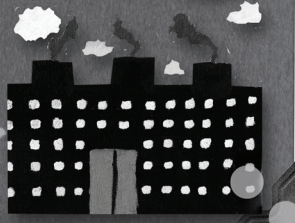
If you have a smart phone, use the app asthmasense.com to record symptoms, triggers, and receive medication reminders.

"It 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.i.r. nyc

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.i.r. nyc.

Call 311 for other free programs and resources.



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

Asthma costs New York State \$1.3 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.

