

WORLDYING



Breathing Kills

Weather

Effective ways to help

Presented by:

Lynah Crooms

Sofia Carolina Sanchez Rodriguez

Khanh Linh Tran

Hajia Mohamed

Gediya Mohamed

Belinda Bustos

Emilya Ni

Amia Taylor

Susana Aloese


Hari Krishnamurthy

Table of Contents

TABLE OF CONTENTS	1
DEDICATION.....	2
AIR QUALITY.....	4
LOW-INCOME COMMUNITIES.....	5
SEA LEVEL RISING.....	8
DRY PLACES GETTING DRYER.....	10
WET PLACES GETTING WETTER.....	11
HEAT.....	12
PHOTOS.....	14
SOLUTIONS AND RESOURCES.....	16
CONCLUSION.....	18
ABOUT US.....	19
NAMES & GROUP PICTURES.....	20
BACK COVER.....	21

Dedications

We would like to dedicate this zine to our community. We made this zine to bring awareness to climate change and how it affects the world around us. Low-income communities seem to be affected the most considering that our neighborhoods are targeted to dump waste and damage the land rather than higher-income communities. We hope that after reading this you all will understand that it is time to take action and that the future starts with us.



NO AIR, NO LIFE



“Breathing the air of our streets, of our cities, of our homes has become a **public health hazard**.” – Romain Lacombe

What's in our air?

Our air is 78.09 percent nitrogen, 20.95 percent oxygen, and 0.93 percent argon. However, carbon dioxide levels have been slowly rising since 1750. The concentration of **Particulate Matter**, which is dust, smoke, smog, dangerous chemicals and other really small debris, increases in cities, industrial areas and near roads, especially highways. Lead is also another dangerous particulate that is emitted by industrial and transportation sectors.

How is air pollution caused?

Pollution is caused by several sources: **cars, cities, wildfires** and mostly **corporations**. Corporations that own factories, industrial facilities, and oil refineries pollute the air with carbon dioxide, carbon monoxide, and other dangerous chemical emissions.

What effects does it have?

Particulate matter, commonly referred to as PM, can go into our bloodstream, and clog it, preventing blood from getting to your brain, and increasing the likelihood of a stroke. It is smaller than the width of your hair or a grain of sand. This allows it to bypass your lungs' filters and leads to an increased probability of **cancer, asthma, chronic bronchitis, and heart attacks**, among other respiratory and heart conditions. Carbon dioxide can also cause health issues such as headaches, tiredness, high blood pressure, and an increased heart rate. Lead can harm almost all systems of the body but especially the nervous system and brain. It also has an effect on breathing. Children, people with heart or lung disease, and older adults are at higher risk from particle pollution.

Important Stats

- Air pollution kills 7 million people worldwide each year.
- Oil and gas companies have spent \$77.5 million lobbying the Californian government
- San Diego ranked as the fifth most polluted large metro in the U.S.



Smog in Los Angeles



Why is this issue not addressed?

Oil and gas companies have spent \$77.5 million lobbying the Californian government for the past four years. This means that they have spent money in order to influence the government to make decisions that benefit their companies. Companies do not care about Californian communities, they care about profit. Particulate matter is harder to trace sources but city planning has relegated poorer communities and communities of color to urban areas and other places that are disproportionately affected by it. The use of leaded gas in small airplanes is still not banned by the EPA as well.

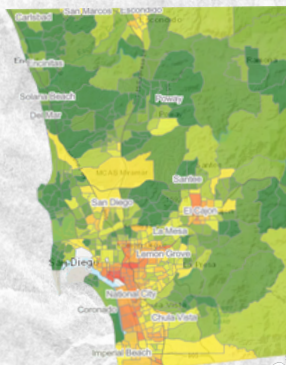
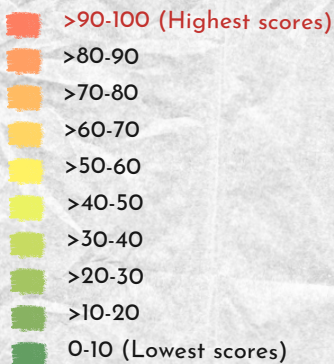
What can we do?

On an individual level, we can reduce the amount of pollutants we produce in the air by minimizing our use of cars and changing our modes of transport by carpooling with others, walking and biking to places, and utilizing public transportation when possible. Avoid burning leaves, trash or wood and avoid using gas-powered garden equipment.

To safeguard our health from the current pollutants in the air, check your local air quality index, making sure to change your lifestyle accordingly, and advise others to do the same. Because air quality can change drastically even between neighborhoods, creating your own air quality checker might give you a better idea of the air pollution in your area. In order to minimize the amount of air pollution you are exposed to indoors, install an air filter in your home or make your own air filter as a more affordable option.

For change on a greater level, it is imperative that we decrease our use of cars by improving our current transportation system, support efforts by non-profit local groups to reduce pollutants, and call upon city and county officials, among other local community members, to create incentives and restrictions that compel businesses to reduce their emissions and waste.

CalEnviroScreen 4.0



A look at air pollution in San Diego



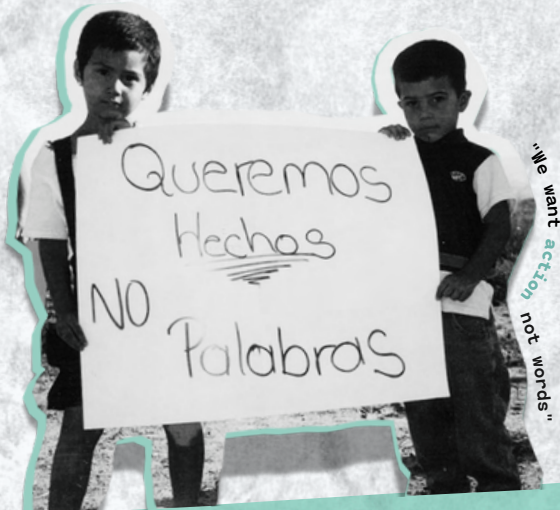
ENVIRONMENTAL INEQUALITIES

We may think of pollution or climate change as something that broadly affects all, yet the **gravity** of this issue greatly **varies** from **street corner to street corner** due to **socio-economic inequalities**.

Air pollution affects us all but zoning laws, redlining, and other systems of oppression have caused lower-income communities and people of color to be the most at risk of being exposed to sources of air pollutants such as cars and industrial zones. San Diego is the fifth most polluted large metro area in the U.S., yet the highest levels of air pollution can be found in specific communities: San Ysidro and Barrio Logan.

San Ysidro is the busiest land border crossing in the Western Hemisphere and the neighborhood is surrounded by various highways. **Barrio Logan** is next to the Port of San Diego, surrounded by industrial zones, and is cut by Interstate 5 and the Coronado Bridge. Communities in both neighborhoods are predominantly Hispanic and many live below the poverty line.

These communities are not the only ones facing the public health crisis. **Kearny Mesa's Montgomery-Gibbs Field** and **Otay Mesa's Brown Field** are being negatively impacted by the use of leaded gasoline in nearby airports. The need for transportation in these areas and the high amounts of cars on highways and streets mean people living in these communities have a higher exposure to air pollutants as compared to other individuals living in San Diego.



"We want action not words"

TIMELINE OF ACHIEVEMENTS



2002: Master Plating is shut down, eliminating a polluter in the neighborhood of Barrio Logan

1997: The Port of San Diego is restricted from using methyl bromide fumigation, a cancer-causing chemical at a Marine Terminal located next to a park and school.



2004: first cross-border collaboration between governments (USA and Mexico) and the community to clean up a toxic site

2018: Heavy-duty trucks are banned on Barrio Logan residential streets, which were a source of lung-damaging diesel pollution



Despite the resolution, there is low enforcement: trucks that deliver to businesses or hold specialty cargo are exempt



2019: Community leaders win a majority of seats on the Barrio Logan Planning Group, allowing them to better the public health of the community.



2021: Board of Port Commissioners enacted the Maritime Clean Air Strategy with the goal of completely pollution-free trucks by 2030.


A regional transportation plan is passed to bring 10 transit priorities, nicknamed the 10 Transit Lifelines, into fruition. This is a huge step toward reducing pollution and meeting the transportation needs of low-income communities



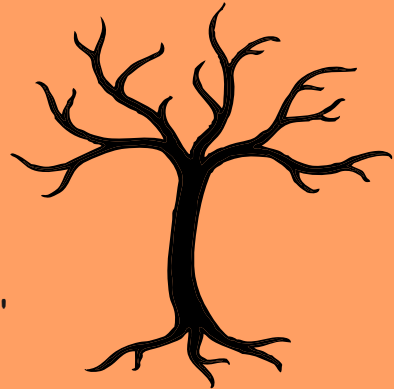
Weather

Dry places are getting dryer

The weather plays a heavy part in the world it controls what we do, what we wear, and most importantly it affects how we live. For example the extreme heat we've been experiencing are due to climate change. The more intense heat there is in an area the more greenhouse gases are released in that area. Worsening the state the place is in, causing irreversible damage. Now imagine that damage everywhere in the world right now. Ecosystems, parks, and more importantly homes would be ruined. Sustainable living will cease to exist.



Campfire rule: "Leave the area in better condition than when you got it"



Wet places are getting wetter

Along with intense heat we also experience extremely cold weather. As heat begins to build in coastal areas, it also heightens the chances of that same area being affected by extreme wetness.

When the areas are going through a continuation of wet, dry, then the stability of that area weakens. Damaging ecosystems, and home. The coastal regions are at higher risk more than ever.

How would this effect you?

This affects the very land you stand on, and the air you breathe. If we continue to let these things pass us, the world as we know it will be damaged beyond repair. The very place you call home is in danger, and for that we ask for help make the planet a better place for me and you.

HELP US BREATHE!

Setting goals for our **GREEN FUTURE**


Climate change has had and will continue to have a significant impact on all living objects. To prevent global warming even further, we must act **NOW**. We need to remove a lot of carbon dioxide out of the atmosphere to avoid the worst effects of climate change. Our objective would be to reduce carbon emissions. And achieving this aim is an issue that requires the participation of each and every one of us.

Every fraction of a degree matters.

How can we help?


Let us not discuss ideas that are difficult for anybody to implement, such as eliminating plastic bags entirely. Or those that are impossible to implement, such as reducing carbon emissions from industry. We'll discuss simple efficiency solutions that anyone can implement.

Two conditions are met by the solutions:

 Contribute to the preservation of the environment

 Do not interfere with or disrupt people's lives.



 Our communities have been limited options and usually can't change their way of life. Families have to drive to get to school, get to work, to participate in events.

But now, we have an opportunity to help reduced the release of CO₂ by limiting our driving and using the public transportations. Take advantage of the free youth buss pass to travel to places. You can know every detail about the free buss pass on

<https://www.ridepronto.com/>



The oxygen level in our atmosphere has been declining due to the deforestation and the immense amount of CO₂ being released from the industries. A way to cancel out the factory production of CO₂ would be by helping create or fund more community gardens that can create a set of clean oxygen in the neighborhood.

Community gardens can be a place to make compost out of waste food. These composts will better the soil and avoid the chemical composts which are made from the industries that we don't support due to them not being organic.



"small but effective methods matter"

As we all know that plants and trees provide our oxygen as they take in our carbon. So, knowing this fact, some of us are able to plant in their backyards but no worries for those that aren't able to as well. There's community gardens to join and add to your new list of hobbies and have a small collection on your balcony. We don't need to make drastic changes to make an impact. But let's keep in mind that having a collection of plants around the house has some things we need to remember, at night, keep all doors and windows open as there will be a shortage of oxygen.



The climate crisis has already been solved. We already have the facts and solutions. All we have to do is wake up and change.

- Greta Thunberg



Sea levels Rising

To prevent Lack of clean water by limiting water usage in daily life and recycle water in homes.

Aquatic life suffering can be prevented by helping advertise programs that clean the ocean and fund it to be able to clean more areas. We can also clean our own beaches to prevent any buildup or the trench getting carried into the ocean.

The mixing of salt water and fresh water needs more attentions to combat the issues, to raise funds to build a dam to prevent the mixing.

Coral reefs and aquatic biodiversity are harmed. These issues related to our air quality and what we are releasing into the atmosphere; this would be dependent on our co2 levels and how to limit it. in San Diego we can study the fishing in certain areas to prevent other issues

Sea levels Rising

keep
our sea
clean!



Air quality issues and climate change affect me because as a child, I developed asthma because of the air around me because of the dust and industrial areas in my hometown.. Many other children had this condition as well - Lynah

Climate change affects me and my community because climate change affects air getting polluted .Water and it quality,and making high weather events and increases diseases.Climate change is a huge problem that affects everyone someway if we don't fix climate change now then it will be nothing to fix later.
- Amia



-Climate change is affecting me and my community because everyone seems to not care about it, they believe that since the most talked about part of climate change is the ice melting and polar bears suffering that nothing is happening around us. They are wrong about this because climate change can affect everything and everyone. My biggest concern about climate change in the future is that people may wait until it gets really worse to start to be worried or before they start to care, instead of waiting until it gets really bad, we should start now to help stop climate change from getting worse - Gediya

Climate change is one of the few issues that affects every single person. Yet, many, especially lower income communities and people of color, are disproportionately affected and face the dangers of environmental damage before others can begin to comprehend it. It is easy to focus on the impending doom of this issue rather than working toward solutions. This is a mindset that I previously fell under. However, it is important to understand that only way to prevent the destruction of our planet is to work together and actively fight toward solving climate change. - Hari

growing up in a small countryside in Viet Nam, where everyone's main job is farming and ranching. Climate change has some significant effects on my community. Natural phenomena such as high temperature, erratic rain and sunshine and floods has been a risk for the crops and livestock animal. Because of that, I hope everyone can work together to protect our climate.

-Linh

The drastic changes in the climate are consequences of our actions towards the environment. The way we live now only affects and will continue to affect our world. Continuing like this, we are just making a future where we can not even go outside because of bad air quality. The air quality affects tons of people. For example, people that work outside such as farmers. If we do not do something now, when? This affects everyone, no matter who you are or where you are. This is a global problem where small actions can make a big change.

-Belinda B.

My best friend has asthma. She was born in California and raised in Tijuana. She's told me about how she couldn't play with other kids when she was young. I know that she is not the only one. When I walk around the neighborhood or go on the trolley and see the buildings and people passing by I wonder how many people are affected by the invisible cloud of air pollution. The streets are too inconvenient and unsafe to walk, everyone wants to learn how to drive. I know that even when my home has many stores nearby the constant construction on the sidewalk and the car-filled parking lots make it hard to not use a car. The trucks driving near schools and the long line to cross, the kids playing at the park, who there won't be able to keep up because of the contaminated air?

Going indoors doesn't help because most don't have air filters. We can see the air pollution in our homes in the layers of dust that build up quickly. What are we being forced to breathe? The thought of our lives slowly dwindling scares me. I live in San Ysidro and dream of a better place.

-Sofia

As I grew up hearing about climate change and the impact it's having on our environment, I was desensitized to it but seeing the actual effects really changed my perspective. I wonder if we'd wear masks in five years, not because of covid or any other outbreaks but because of our poor air quality that's slowly suffocating us due to our own action

-Emilya

As a child I didn't take climate change seriously enough. But after seeing the changes with my own eyes, the changes that would ruin ecosystems I realized just how real it is. Climate change affects my everyday living. It affects where I go, what air I breathe, and just how long I have left to breathe it. Something I wonder about is just how long I have to try and reverse this damage, and how much it'll take for me to make you realize the change too.

-Susana

what concerns me most about climate change is that our lower income communities are affect the most and we don't seem to know it or acknowledge it. personally climate change has affected my grandmother with her garden. because of climate change her plants have trouble growing and due to the fact that the soil in city heights is contaminated it costs her a lot of money to buy new soil to keep her garden in tact and make sure the plants are safe - Hajia

Acknowledgements

The Young Environmental Justice Advocates Academy would like to thank the California Endowment for their support.



The creation of this zine was done with the guidance and support of artist Stacey Uy, whose work you can check out here: <https://staceyuy.com/>



Additional Resources

AIR QUALITY FORECASTS:

Current Air Quality:

<https://www.sandiegocounty.gov/content/sdc/apcd/en/CurrentAirQuality.html>

Future Air Quality:

<https://www.sandiegocounty.gov/content/sdc/apcd/en/air-quality-forecast.html>

FIND OUT MORE ABOUT WHO IS AT RISK:

Which groups are more at risk?:

<https://www.lung.org/clean-air/outdoors/who-is-at-risk>

More data on the unequal risks to air pollution:

<https://www.lung.org/research/sota/key-findings/people-at-risk>

LEARN MORE:

General Info:

<https://www.sdapcd.org/content/sdapcd/air-quality/air-quality-info.html>

EPA's "A Guide to Air Quality and Your Health":

https://www.airnow.gov/sites/default/files/2018-04/aqi_brochure_02_14_0.pdf

Common Pollutants and Sources:

<https://www.airnow.gov/publications/activity-guides-publications/>





**THE
GLOBAL
ARC**