



HOW TO

Breathe

In This

Air?

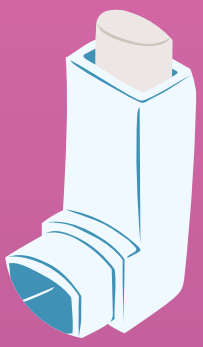




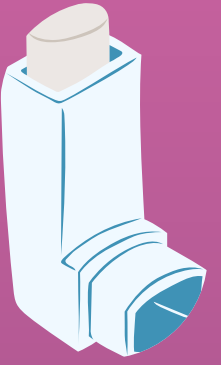
Table of Contents

AIR POLLUTION IN NORTH DENVER, COMMERCE CITY

Defining Air Pollution & Causes	3
Impacts of Air Pollution on Us	4
A Choking Community	5
Earth is Hurting	6
From Pollution to People Power	7
Helping in Community	8
Improve Your Air	9
Your Vision	10
Glossary	11
Citations & Credits	12



EXPLAINING AIR POLLUTION



What is it?

Unnatural chemical, biological or physical agents that contaminate the natural environment (outdoor or indoor),
–World Health Organization

Causes

Motor vehicle traffic, construction, industrial facilities, and forest fires are some of the primary causes of air pollution

Quiz

What sort of air pollutants can occur in your space?

- A.) sulfur dioxide
- B.) carbon monoxide
- C.) nitrogen dioxide
- D.) All of the Above

D.) All of the above



Air Pollution

True or False: Longer exposure to poor air quality builds a tolerance

EFFECTS

Short-term Effects:

Coughing
 Wheezing/difficulty breathing
 Irritation in eyes, nose, & throat
 Headache
 Dizziness
 Fatigue

Center for Science Education

Long-term effects:

Respiratory diseases (asthma, emphysema)
 Cardiovascular damage
 Harm to liver, spleen, & blood
 Nervous system damage
 Cancer
 Birth defects
 Death

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Answer: False, the longer exposure to poor air quality, the more likely health risks will appear

A CHOKING COMMUNITY

North Denver
Commerce City
Globeville, Elyria, and
Swansea

This community currently does not meet federal standards for ozone, to no fault of their own.

Major highways, I-25 and I-70, were built extremely close to the ESA community, including having highway expansions built into their property

Increased studies are finding that higher exposure to air pollution is linked to general antibiotic resistance due to the inhaled toxins

Proximity to industrial facilities and motor vehicle traffic contributes to the amount of air pollution in the environment

70% of the land is dedicated to commercial and industrial practices, 40% more compared to Denver



CDPHE North
<Denver Commerce
City Storymap

!EARTH IS HURTING!



What causes atmospheric pollution?

- A.) Fossil Fuel Burning
- B.) Hunting
- C.) Thrift Shopping
- D.) Having house plants

THE OZONE LAYER

Protective shield over the earth, that stops the sun's rays from being too hot by absorbing the ultraviolet radiation in the stratosphere. Increased air pollution poses a threat to this protective and essential shield.

GREENHOUSE GASES

Gases that warm the Earth by trapping the sun's heat in the atmosphere, such as CO₂, methane, or water vapor. Excess greenhouse gases lead to too many heating agents, leading to an overall warmer climate and planet.

From Pollution to People Power

7

POLLUTION

petroleum refiner that produces gasoline, jet fuel, diesel fuel, and asphalt

EFFECTS ON AIR



- Higher greenhouse gas emissions (hydrogen sulfide + carbon monoxide)
- Higher local ozone levels
- Higher particulate matter locally

A NEW FUTURE

The US Environmental Protection Agency & CDPHE found evidence of air pollution

To improve their relationship with North Denver, Suncor has vowed to:

Plant more trees in the ESA Area

Continue air monitoring

Improve Air Quality at 3 Schools, and public library air quality

WHAT ELSE?

Windmill farm?

public parks?

Solar panel field?

Bug garden?

Write down what you would like to improve the air quality and health...

Suncor and CDPHE >



Helping in Community

*Climate
Justice
NonProfits
Near you*

Cultivando

<https://www.cultivando.org/>

“A healthy environment is a fundamental right for all. Our Environmental Justice program tackles environmental racism and empowers frontline communities to fight for clean air, safe water, and a just transition to a sustainable future.

- Cultivando

GreenLatinos

Somos: [https://
www.greenlatinos.org/es/](https://www.greenlatinos.org/es/)

“We envision a healthy and equitable society where communities of color are liberated from disproportionate environmental burdens,” -

- Green Latinos

Check Local AQI and plan outdoor time accordingly

Drive less, as vehicle emissions contribute heavily to air pollution

Run temperature controls in the home and car on the recirculate setting

IMPROVE YOUR AIR

Invest in an air-purifying house plant

Refrain from excessive gas stove top use

Eat less meat, factory farms contribute heavily to GHG emissions

Don't burn your garbage

Learn about
your AQI
(Air Quality
Index) >



List of Air
purifying
house plants >



WHAT DOES A SUSTAINABLE FUTURE LOOK LIKE TO YOU?

“GREEN
SPACES, AND
BLUE SKIES”

“LESS
INDIVIDUALISTIC
AND MORE
COLLECTIVISTIC”

“HUMAN
ACTIVITIES ARE
NOT TOXIC TO
ANYONE OR
ANYTHING”

“LESS DISTANCE
BETWEEN FOOD
AND TABLE”

Your Vision:

Glossary ¹¹

Antibiotic Resistance

When various antibiotic medicines, which are used to fight viruses, fungi, parasites, and bacteria, become progressively ineffective in a person.

AQI(Air Quality Index)

A tool used to measure the overall air quality of area. It considers the amount of Particle Matter (PM) Ozone, and Green House Gas Emission

Emphysema

A chronic (lasting) lung condition that creates issues with breathing

Frontline communities

Those experiencing the effects of climate change and human environmental pollution first and disproportionately, often related to systematic oppression.

Refinery

An industrial facility where raw materials are stripped down and turned into a different working material, such as crude oil into fuel

Citations

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Zine created by Alysia Abbas (CU Boulder COMM '25), who grew up in North Denver, with the support of the Sustainability And Storytelling Lab and CU Boulder Office for Public and Community-Engaged Scholarship.



**SUSTAINABILITY
AND
STORYTELLING
LAB**