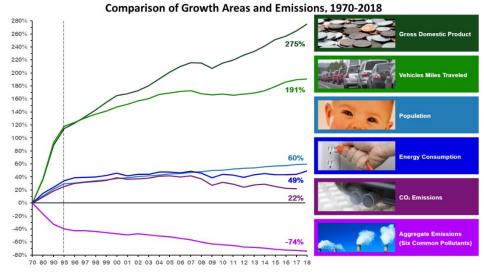


Discussion Guide: Unbreathable

Stand Up For Clean Air's Healthy Air Activist Toolkit

Sample discussion questions following the screening. Customize based on your audience.

- 1. Air is a great unifier. We all breathe air, continuously, day after day, often taking it for granted. One of the biggest goals of this film is to encourage people to not take clean air for granted. There are many people though, who already realize the importance of air quality because they are personally impacted by it. When air pollution causes us or our loved ones harm, or threatens something or someone we love, it becomes an incredibly personal, critical issue. How has air quality or air pollution impacted you or someone you love?
- 2. What do you think about the quality of the air in our community? What are some of the sources impacting our air quality?
- 3. Although its work is far from finished when it comes to ensuring all communities have clean air, the Clean Air Act has been greatly successful in reducing air pollution over the past fifty years. Does anyone here remember what the air quality was like back in the 1960s, 70s and 80s before we cleaned up many of the major air pollution sources? Can you talk about what that was like?
- 4. Note to screening moderator/organizer if possible, share this graph (pasted below) as a visual for this question. The Clean Air Act is a perfect example of how you can benefit from remarkable reductions in pollution thanks to strong federal protections WITHOUT sacrificing economic growth. What do you think are some of the reasons that cleaning up the air can go hand-in-hand with economic growth?



5. In 1970 and 1990, the Clean Air Act and the Clean Air Act Amendments were both passed with overwhelming bipartisan support under Republican Administrations. This kind of broad support for clean air protections can sometimes seem hard to believe in today's political climate. What suggestions do you have for how we can remind people that clean air is a shared value historically supported by leaders of both parties, and that everyone should care about protecting the air we breathe, regardless of political affiliations? How could we put these suggestions into action?



- 6. As we say in the film, the burden of air pollution is not evenly shared. Lower-income communities and communities of color are among those who often face higher exposure to pollutants and as a result, disproportionate harm to their health. Does anyone have experiences that they would like to share regarding the unequal burdens of air pollution on low-income communities and communities of color? As we respond to air pollution, how do make sure that response is equitable across all communities?
 - Children and teenagers are disproportionately impacted by air pollution, since breathing polluted air harms developing bodies. Furthermore, younger people will also face the increasingly dire consequences of climate change, including degraded air quality. And youth and student leaders have also played a leading role in the nationwide push for climate action. Question related to the youth climate movement:
 - Note to organizer if there are youth leaders present What have been your experiences mobilizing people to act on climate change? How do you think generational perspectives differ on clean air and climate issues?
 - If you could speak to our nation's leaders what would you say to them about clean air and climate changes?
 - Note to organizer if there are not youth leaders present Acknowledging that youth organizations are already leading on climate and clean air issues, how can we best support their efforts?
- 7. **The COVID-19 pandemic has highlighted the importance of lung health.** Air pollution triggers asthma attacks and wheezing, heart attacks and stroke, and can cause lung cancer, asthma, dementia and premature death. Now, emerging evidence suggests that those with long-term exposure in even small amount of air pollution are more likely to die from COVID-19. Because of this pandemic, do you think Americans are more aware of air pollution?
- 8. Would anyone like to share about the efforts they are personally taking to help protect or fight for clean air and/or climate solutions?



Note for the discussion organizer/moderator: Depending on the audience, consider ending the discussion by sharing one or some of these action opportunities.

Raise your voice to protect health from air pollution and climate change with the American Lung Association. Ways you can make a difference today:

- Sign up to Stand Up for Clean Air at Lung.org/air and we'll send you tips on how you can make a difference on healthy air and climate change.
- Sign this petition calling for stronger limits on ozone and particle pollution.
- Tell Congress: Commit to keeping the Clean Air Act in place.
- Share your story about how air pollution affects you.

If you are a health or medical professional interested in safeguarding healthy air for your patients, check out the American Lung Association's <u>Health Professionals for Clean Air and Climate Action website</u> to learn more about resources and opportunities specifically for health professionals looking to get involved!

Learn more about how air pollution and climate change affect health.

- Check out our 10 Tips to Protect Yourself from Unhealthy Air.
- Get more information about outdoor air pollution.
- Get more information about climate change & air pollution.
- Get more information about communities and groups at a higher risk from the health impacts of air pollution.

Find out about the quality of the air in your own community with the American Lung Association's 2020 "State of the Air" report.

To access tips and resources for hosting a healthy air film screening through the Healthy Air Activist Toolkit, visit Lung.org/activist-toolkit.