

BREATHE LA July Newsletter: Traveling with Clean Air in Mind

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Marc My Words

Reducing Our Carbon Footprint On The Go

Letter from President and CEO



We are quickly moving through the summer and it's getting warmer and warmer by the day. As we start our new fiscal year this month, I have been encouraging our whole BREATHE LA staff to get outside when they can and enjoy the warmer weather. I personally have been spending time enjoying the outdoors going to the beach with my family during my free time. After spending time outside, all I want to do is escape the heat by going inside and cranking up the air conditioning. Yet, here at BREATHE LA, we are aware that the electricity production associated with air conditioning causes more air pollution, so I do my best to try and practice eco-friendly summertime habits like keeping the AC low or turned off completely.

At the BREATHE LA office, we have been thinking about this pollution and testing out some ways to stay cool in this July heat, while reducing our carbon footprint. See below for some ways to keep your summer travels eco-friendly.

If you like these tips and want to hear more, please follow BREATHE LA on social media [@BREATHLAC](#) and me [@mcarrel](#). We hope you enjoy the rest of your summer and remember to keep the air and environment in mind when planning activities so we can all breathe easier.

In Health,

A handwritten signature in black ink, appearing to read "Marc Carrel".

Marc Carrel
President & CEO

The Changing Landscape of Mobility in Southern California



Last month, BREATHE LA partnered with the Southern California Association of Governments to host a conversation in downtown Los Angeles on urban mobility and the rapidly changing transportation landscape in the LA area.

Our very own Marc Carrel led the conversation and moderated the panel discussion on electric, bicycle and public transportation with local leaders including:

- Sarah Randolph, *BlueLA*
- Kathryn Urquhart, *Plug In America*
- Avital Shavit, *Los Angeles County Metropolitan Transportation Authority*
- Carlo De La Cruz, *Transportation Electrification My Generation, Sierra Club*
- Karla Owunwanne, *Lime*

Attendees and panelists alike engaged in an open discussion on what the future of transportation and overall mobility will look like, and how residents can start utilizing eco-friendly options. It was a great panel that touched on everything from bike lanes to promoting electric vehicles, to improving transit options.

[Click here to learn more](#)

Smart Travel: Tips for Reducing your Carbon Footprint while on the Road



Summer is a great time for going on road trips and daily outings with family and friends, meaning our time spent in the car often increases this time of year.

Here are four tips for reducing your carbon footprint while on the road:

- **Fuel Efficient Driving:** Not all driving was created equal. Driving aggressively, by quickly breaking and speeding up your car, wastes an unnecessary amount of fuel. Make sure to start and stop your car slowly and not to leave your car idling for more than 30 seconds.
- **Combine Your Trips:** You want to go hiking in Yosemite, but you also want to visit your family in San Francisco? Why not go the same week! You will spend less time on the road, increasing fuel efficiency and reducing boredom in the car.
- **Take a Break from Behind the Wheel:** When traveling from city to city, it has become a habit to automatically jump in the car. But there are many buses and trains that provide cheap and comfortable travel across the United States. With accessible chargers and reclining seats, you will be able to catch up on work or read a book on the road.
- **Choose to Fly Directly:** If your destination is too far for road travel, you can still try to travel more efficiently in the air. Airplanes use the most fuel during take-off and landing. By choosing a direct flight, you will reduce these emissions and reach your destination faster.

Anonymous Donor Offers \$1,500 Matching Gift Double Your Impact through our Clean Air Campaign

An anonymous donor has generously offered BREATHE LA a matching gift of up to \$1,500! That means when you donate now, your contribution of equal value will be matched, doubling the impact of your giving. For every \$20 you donate, your gift is matched by another \$20 and BREATHE LA receives a total of \$40.

All gifts made between now and September 1st will double thanks to the match, so now is the perfect time to give!

Your gift to our Clean Air Matching Gift Campaign will help to enhance BREATHE LA programs and services focused on improving lung health and promoting clean air initiatives.

There are several easy ways to give:

- Online at breathela.org/donate or through the link below
- By mail at BREATHE California of Los Angeles County, 5858 Wilshire Blvd., Suite 300, Los Angeles, CA 90036
- By phone at (323) 935-8050 ext. 247 with a credit card



Give The Gift of Clean Air

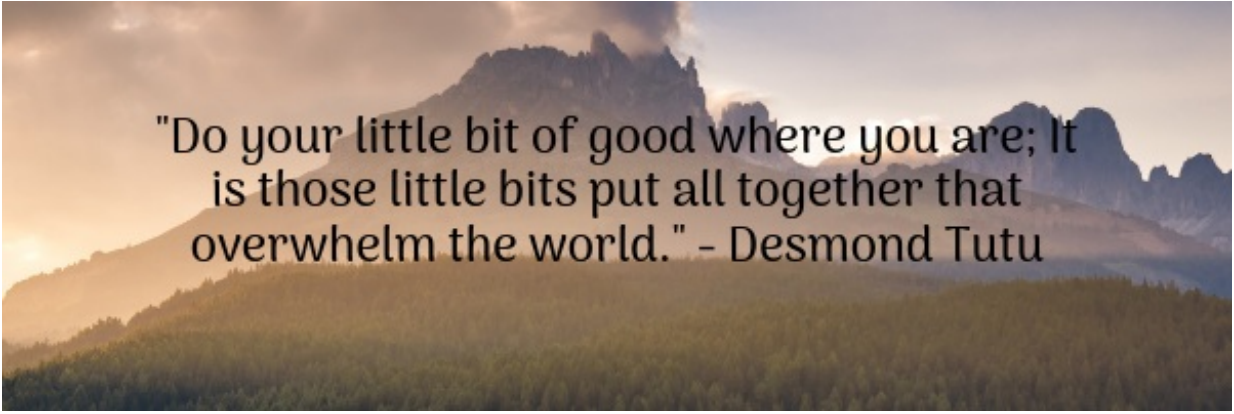


Fiscal Year Wrap-up

With a new fiscal year starting this month, we wanted to share a quick snapshot of the past year's successes here at BREATHE LA as we dive into another great year ahead!

- BREATHE LA's vaping advocacy efforts hit record numbers. We have made over 50 presentations of our program **The Vaping Trend: Clearing the Air** taking place over the Los Angeles county area, with SoCal residents learning new information on this growing health epidemic.
- We screened over 200 adults at health fairs across Southern California, as well as lung health workshops we held during the past year.
- **O24U**[®], our environmental and asthma education program, reached almost 8,500 underserved students across Southern California, at over 54 school sites. After the program, 97% of the program facilitators felt students had a better understanding of asthma and the environment than they did beforehand.
- More than 1,100 students participated in **Project G.R.O.W.**, our hands-on, garden-based learning program, to enhance their environmental literacy, with a unanimous response from student facilitators who felt students found the activities to be both engaging and interesting, as well as beneficial
- BREATHE LA's tobacco and nicotine prevention program, **FIRST!**, trained more than 500 students and we saw a 96% students' gained knowledge following their participation in the program.

We would also like to thank all the individual donors and corporate sponsors who have helped us promote clean air and healthy lungs across the region.



"Do your little bit of good where you are; It is those little bits put all together that overwhelm the world." - Desmond Tutu

