

# Mutual care taking: collectively creating our respiratory wellbeing with open sciences

Breathing Games  
WHO GARD Beijing 2019

Fabio Balli<sup>1,2</sup> Sze Man Tse<sup>3,1</sup> Maya Kirszenbaum<sup>4,1</sup> Laura Montalbano<sup>5,1</sup> Stefania La Grutta<sup>5,1</sup> Guillaume Jeanmaire<sup>6,1</sup> Yannick Gervais<sup>1</sup>  
Nicolas Wenk<sup>1</sup> Damien Fangous<sup>1</sup> Thomas Gaudy<sup>1</sup> Clément Marthe<sup>1</sup> Myriam Bransi<sup>7,1</sup> Valentin Gomez<sup>1</sup> Jean-François Robin<sup>2,1</sup>  
Marlène Clairicia<sup>4,1</sup> Marguerite Mendell<sup>2,1</sup> Alena Valderrama<sup>3,1</sup> Emmanuel Kellner<sup>8,1</sup> Romain Martischang<sup>8,1</sup> Philippe Caignon<sup>2,1</sup>

info@breathinggames.net  
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BACKGROUND

Worldwide,  
out of 10 people



6 people have no access to treatment,  
or are not encouraged to follow it.

Air pollution alone kills 7 million people yearly,<sup>I</sup>  
reduces our life expectancy by 20 months,<sup>J</sup>  
and costs 6% the gross world product.<sup>K</sup>

Devices to assess lung capacity remain often  
unavailable in low / middle income countries.<sup>L</sup>

ACTIONS (2019 RESULTS)

We co-create inclusive,  
open science knowledge:



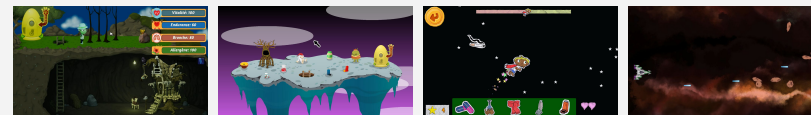
6 events: Canada<sup>23</sup> France<sup>49,10</sup>  
Switzerland<sup>8,11</sup> South Korea<sup>6</sup>

open source breath  
and air quality controllers



peak flow: test ongoing<sup>3,7,2,4,9</sup>  
integration of air data: ongoing<sup>8</sup>

libre/gratis education to reduce risks and make care fun



Asthma: 5 games tested,<sup>3,2</sup> one available in Italian,<sup>5</sup> English, French



cystic fibrosis + COPD: 3 new games<sup>4,9,10</sup>

LEARN

Awareness: breath as a way to feel life, from childhood.  
Universal health: mutualizing resources to end poverty.  
Partnership: reducing barriers with remote participation.  
Publications, videos, games: [www.breathinggames.net](http://www.breathinggames.net)

Sources with weblinks

- A. WHO '19. Air pollution.
- B. WHO '19. Household air pollution.
- C. WHO '19. World no tobacco day.
- D. WHO '19. Physical inactivity.
- E. WHO '19. Malnutrition.
- F. WHO '17. Half the world lacks...
- G. FIRS '18. Global impact respi disease.
- H. WHO '03. Adherence to long-term...
- I. Guardian '18. Air pollution new tobacco.
- J. HEI '19. State of global air.
- K. World Bank '16. Death in the air.
- L. BMC Proc '15. Improving access...

Collaborations with weblinks

- 1. Breathing Games
  - 2. Concordia U, Montreal
  - 3. CHU Sainte-Justine, Montreal
  - 4. Hôpital Necker, Paris
  - 5. IRIB CNR, Palermo
  - 6. Korea U, Seoul
  - 7. CHUL, Quebec
  - 8. U of Geneva, Geneva
  - 9. Hôpital Cochin, Paris
  - 10. Arc-en-Ciel, Besançon
  - 11. FGLM, Geneva
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