

**El Barrio Bikes: Eliminating Barriers to Biking in East Harlem  
Transcript**

**Arlen Zamula, MPH. Health Equity Capacity Building Director, Harlem Bureau of Neighborhood Health at the NYC Department of Health and Mental Hygiene:** East and Central Harlem are amazing neighborhoods. It's such a diverse group of people that live here. But it's also facing a lot of health inequities.

**Philippa Godoy. Steering Committee, El Barrio Bikes, We Out:** I believe that being outside and being in these green spaces really has a positive effect on your health. Not being able to access that definitely puts you at a disadvantage to other folks that didn't have that kind of access.

**SUPER:** Harlem residents in New York City have historically had less access to space for healthy outdoor activities

**SUPER:** El Barrio Bikes is a network of residents, organizations, and agencies working with the NYC Dept of Health and Mental Hygiene and the CDC to provide safe biking options to the community

**Angel Mescaín. District Manager, Manhattan Community Board 11:** The push to have safe infrastructure where people could ride safely without being concerned about getting hit by vehicles was something that we thought was very important.

**Arlen Zamula, MPH:** El Barrio Bikes promotes inclusivity, and we break down biking barriers through programming, through events, and through advocacy. We have a lot of community contracts with We Out who is actually leading all of our great work with El Barrio Bikes.

**Philippa Godoy:** We Out? Well, we out. That's what it means. It means that we outside. It's like a slang term that a lot of people would recognize. It's also kind of like my nod to be very clear on who the space is created for.

**Angel Mescaín:** So this idea that people in East Harlem don't ride bikes was just born out to be completely untrue. Now there's more cycles all over the place than there ever were.

**Philippa Godoy:** And that's what prompted me to start We Out, was to make this space specifically for BIPOC individuals to get outside, and what I'm hoping to achieve is just a whole lot of smiles.

**Giselle Guerrero, MPA. Steering Committee, El Barrio Bikes:** Part of engagement, part El Barrio Bikes is to engage and create an inclusive environment. When I became a bike leader, I didn't know the impact it would have on myself. You have to learn how to ride the bike first, but after that, we're going to be there to support you. Part of that barrier to biking could be language, and if I'm bilingual, why not use my skills to engage the community as well?

**Arlen Zamula, MPH:** The support of the CDC has been absolutely crucial because without this funding we couldn't fund the community.

**Philippa Godoy:** Health equity means to me creating space and opportunity for people to be outside.

**Arlen Zamula, MPH:** Working together with community in the present.

**Angel Mescaín:** And at the end of the day, people want to get where they're going.

**Giselle Guerrero, MPA:** Yo pienso en la salud de todo el mundo y yo pienso como nosotros podemos apoyar para que la salud de toda la gente se mejore. (I think about everyone's health, I think of ways we can support in order to improve people's health.)

**SUPER:** Helping people live their healthiest lives  
[cdc.gov/chronicdisease/healthequity](https://cdc.gov/chronicdisease/healthequity)