

Asthma

Nationwide Asthma Initiative

www.Lung.org/asthma



Asthma is a chronic, or life long, disease that can be serious — even life threatening. Asthma remains one of the most prevalent lung diseases, affecting nearly 25.9 million Americans, including 7.1 million children. There is no cure for asthma, but it is manageable and treatable. Asthma is one of the main reasons that students miss school — more than 10.5 million lost school days every year. The Lung Association has been leading the fight against asthma for many years through research, education and advocacy.

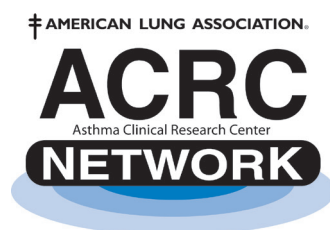
Prevention and Advocacy

The American Lung Association fights to reduce the environmental threats that can worsen asthma, such as outdoor air pollution and smoking indoors. For example, the Lung Association helped lead the fight to clean up diesel trucks and buses, a step that will prevent over 360,000 asthma attacks each year.

In 2009, the American Lung Association led a number of asthma experts and organizations to agree on a National Asthma Public Policy Agenda. The Agenda recommends strategies in six key areas: Healthcare, Homes, Outdoor Air, Public Health Infrastructure, Schools and Workplaces. Within each area are actions that lawmakers, administrators, regulators and advocates can take that are proven to help reduce the burden of asthma. If implemented, the public policy priorities could have the greatest impact on asthma morbidity and mortality. The Lung Association is working now to put these strategies into place across the nation. The Guide to Asthma Policy for Housing & Schools (www.lung.org/asthmapolicyguide) is one example of how we are putting these strategies into action. This resources was created to support the work of community advocates and policy-makers by providing tools, templates and resources that can help protect the health of children and adults living with asthma.

Research

The American Lung Association funds research focused on preventing, treating and improving the quality of life of patients with asthma. The American Lung Association Asthma Clinical Research Centers (ACRC) Network is the nation's largest not-for-profit network of research centers responsible for conducting clinical trials that will have a direct and immediate impact on patient care and asthma treatment. The Network consists of 18



asthma clinical research centers throughout the country and a Data Coordinating Center at Johns Hopkins.

The American Lung Association also funds basic and socio-behavioral research on asthma through the Awards and Grants Program. The goal is to fund researchers at important crossroads of their careers to gain long-term commitment to lung disease research. Examples of currently funded asthma research projects include:

Improving Treatment

Co-funded by the National Institutes of Health's National Heart, Lung and Blood Institute

The ACRC trial "Effect of Positive Airway Pressure on Reducing Airway Reactivity in Patients with Asthma (CPAP)" will examine whether a safe, non-pharmaceutical device that is used for sleep apnea, can also improve asthma control.

Specialized Smoking Cessation Programs for Those with Asthma

Alison McLeish, PhD, at University of Cincinnati Cincinnati, OH

Research has suggested that smokers with asthma may have a more difficult time quitting than other smokers. Dr. McLeish will attempt to identify factors that contribute to poor smoking cessation success rates so that a specialized cessation program for people with asthma can be developed.

A Nasal Spray Vaccine for Preventing Flu in Asthmatics

Yoichi Furuya, PhD, at Albany Medical College, Albany, NY

The commercially available nasal spray flu vaccine does not appear to be effective in asthmatics. Using a mouse model, the researcher will add compounds to the current vaccines in an attempt to improve the immune response in asthmatics.

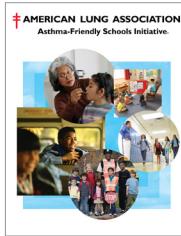
¹Source: EPA, 2001 estimates.

Health Education

Education is a key component to improving the lives of people living with asthma. We offer a variety of tools and resources, some even downloadable from our website, that educates health professionals, school personnel, and people living with asthma and their caregivers.

Addressing Asthma in Schools

Asthma-Friendly Schools Initiative® is a framework for comprehensive asthma management in schools and is intended to be used by local Lung Associations, asthma coalitions, community groups and community organizations in collaboration with schools. The Toolkit is currently available for download from Lung.org at www.lung.org/afsi.

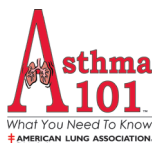


AFSI Champion Awards Schools taking positive steps to address asthma are encouraged to apply for the Asthma-Friendly Schools Initiative Champion Awards. Learn more about the Awards criteria at www.lung.org/afsi/champion.

Open Airways For Schools® (OAS) program is a widely recognized program for children ages 8-11 to improve asthma self-management skills, decrease asthma emergencies, raise asthma awareness among parents/guardians and promote broader asthma management coordination among physicians, parents and schools. The program is designed to take place in a small group setting with an American Lung Association-trained facilitator and is available in English and Spanish. For more information, visit www.lung.org/openairways.



Asthma 101: What You Need To Know™ addresses the growing demand for basic asthma education among school personnel, child care providers and coaches. Asthma 101 is a 1-hour in-service educational program that provides basic information regarding the condition and treatment of asthma.



Kickin' Asthma was developed to fill the need for a practical, school-based curriculum that addresses the unique needs of children too old for OAS but not quite adults (ages 11-16; grades 6-10). The program stresses the concepts of taking responsibility, self-management, and taking action early to avoid a visit to the emergency room.



Educating Children & Adults in Asthma

Asthma Basics is a 50-minute online module course, developed by the American Lung Association and targeted to adults and caregivers interested in learning more about asthma. Participants that complete the course are able to recognize and manage asthma triggers, understand the value of an Asthma Action Plan, and recognize and respond to a breathing emergency. Directions on completing the course can be found at www.lung.org/asthmabasics.

Lungtropolis®—Where Kids with Asthma Learn to Play is a powerful, inexpensive tool for giving parents and children the information and guidance they need to manage asthma. Lungtropolis works! A randomized control trial with 311 parent-child pairs revealed that children in the treatment group showed significant gains in knowledge of asthma management and parents felt more confident in managing their child's asthma. For more information, visit www.lung.org/lungtropolis



Breathe Well, Live Well®: An Asthma Management Program for Adults aims to reduce asthma-related morbidity and mortality by improving asthma knowledge and self-management skills. The program is designed to take place in a small group setting with an American Lung Association-trained facilitator and is available in English and Spanish.



Teaching Proven Effective Strategies in Asthma Care

Asthma Educator Institute® is the American Lung Association's professional education course targeting nurses, respiratory therapists, and those qualified to take the National Asthma Educator Certification Board (NAECB) examination. This two-day course prepares health care providers across all settings to provide NIH asthma guidelines-based care.



Patient Support

Lung Connection is a free online community for individuals who are living with asthma, COPD, lung cancer and other lung diseases, as well as their caregivers. This online forum is a place for members to discuss how lung disease is affecting them and share their life experience with their peers. Join today! <http://connection.lungusa.org>.

The **Lung HelpLine**, which is staffed by registered nurses and respiratory therapists, offers free counseling and support to callers seeking information about asthma. To speak with a lung health specialist, call: 1-800-586-4872 or 1-800-LUNGUSA.

About the American Lung Association

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association, holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit www.Lung.org.