

*World
Asthma Day
Planning
Kit*

Take
Control
of Asthma

Asthma Program
Indiana State Department of Health

Mitchell E. Daniels, Jr.
Governor

Judith A. Monroe, M.D.
State Health Commissioner



Indiana State Department of Health

An Equal Opportunity Employer

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Help your community take control of asthma. Asthma is a serious, costly, but controllable chronic disease. An estimated 389,500 Hoosier adults and 150,400 children currently have asthma in Indiana. Of these people, 15% of adults, and 24% of children cannot perform regular, daily physical activities. Asthma accounts for 11.8 million missed days of work, and 12.8 million missed days of school per year in the United States. Additionally, asthma costs \$278,230,000 annually in Indiana.

One way to take control is to plan a World Asthma Day activity. Internationally, World Asthma Day is the first Tuesday in May, and May is Asthma Awareness Month. The goal of World Asthma Day is to promote asthma awareness and management.

To help you prepare for World Asthma Day, please use this event planning kit. It may help you develop ideas for your event, write a proclamation, and promote your event.

For World Asthma Day, we believe a key message should be that you can take C-O-N-T-R-O-L of asthma – Care for yourself; Own and use an asthma action plan; Note peak flow numbers; Take medicine(s); Reduce exposure to triggers; Open airways; and Live healthy.

This kit will help you implement the key message, *Take Control of Asthma!*, for your World Asthma Day event. Should you have any questions, or need additional information, please contact the Asthma Program at (317) 233-1325.

Thank you for promoting asthma awareness and education at your World Asthma Day event.

For a Healthier Tomorrow,

JUDITH A. MONROE, MD
STATE HEALTH COMMISSIONER

Epidemiology Resource Center
2525 N. Shadeland Ave. Suite E3, Indianapolis, IN 46219
317.356.7190 ext. 253

Laboratories
635 North Barhill Dr. Room 2031, Indianapolis, IN 46202
317.233.8000

Weights & Measures
2525 N. Shadeland Ave. Suite D3, Indianapolis, IN 46219
317.356.7078 ext. 221

Take C-O-N-T-R-O-L of Asthma!

For World Asthma Day, a key message should be “You can take control of asthma!” Taking control of asthma involves the C-O-N-T-R-O-L: Care for yourself; Own and use and asthma action plan; Note peak flow numbers; Take medicine(s); Reduce exposure to triggers; Open airways; and Live healthy.

Caring for yourself involves:

- Knowing your body’s reactions, like how it handles stress, and what it does during exercise.
- Recognizing warning signs. Warning signs vary from person to person; yet, knowing one’s body may help prevent a major asthma attack.
- Taking daily controller medicine. Taking medicine daily helps prevent major asthma attacks.
- Knowing US and Indiana laws and regulations may protect the person with asthma.
 - The Americans with Disabilities Act (ADA) of 1990 prohibits discrimination on the basis of disability in employment, public services, and accommodations. Its protections apply to public schools and nonsectarian private schools, but not to organizations or entities controlled by religious organizations.
 - Section 504, Rehabilitation Act of 1973 prohibits discrimination of individuals with a disability under any program receiving federal financial assistance. This applies to public schools, but not to most private schools. Asthma qualifies as a disability under this law.
 - The Pro-Children Act of 1994 prohibits smoking in facilities (in some cases, portions of facilities) in which certain federally funded children’s services are provided on a regular or routine basis. This applies to public elementary and secondary schools, and library facilities.
 - The Individuals with Disabilities Education Act of 2004 applies to children who have a disability and who need special education and related services. This law requires schools to complete an individualized health plan and individualized education plan (IEP) for students with disabilities. Asthma qualifies as a disability in this law.
 - Indiana Code 20-33-8-13 gives students the right to possess and self-administer asthma medication. For the student to carry and self-administer his medicine, the parent must file an authorization with the student’s principal. The authorization must include a physician statement that the student has the disease for which the medicine is prescribed, the student has been instructed on how to self-administer, and the nature of the disease or medical condition that requires emergency administration of the medicine. The parent must file this annually with the principal.
 - FERPA of 2002 gives parents and students age 18 and older rights to inspect and review the student’s education records maintained by the school. Parents and students aged 18 plus have the right to request that their school correct inaccurate or misleading information. If the school decides not to amend the record, the parent or eligible student then has the right to a formal hearing. After the hearing, if the school still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information. The law applies to all schools that receive US Department of Education funds.
- Educating others about asthma. Individuals with asthma or a parent/caregiver should teach asthma management and show family, and if a child, his or her teacher and/or caregiver where asthma rescue medications are stored.

Own and use an asthma action plan

Everyone with moderate to severe asthma should have an asthma action plan. Encourage people with asthma to ask their healthcare providers to help them create an asthma action plan, and then to use it.

Note your peak flow numbers

People with moderate to severe asthma should note their peak flow numbers daily before taking controller medicine(s), and note any trends. These trends will help people control their asthma and avoid major flare-ups.

Take medicine(s)

There are two types of asthma medicine: controller medicine and rescue inhaler. The controller medicine should be taken daily, and is used long-term. On the other hand, a rescue inhaler is used to relieve asthma symptoms, and to prevent exercise induced asthma.

Reduce exposure to triggers

To control asthma, people should reduce their exposure to triggers. Triggers are things that may cause asthma attacks. The most common triggers of asthma are dust mites, pests, pet dander, indoor mold, outdoor mold and pollen, tobacco smoke, air pollution, odors, weather, and exercise. Everyone has different triggers and reacts to each differently. Reducing exposure to potential triggers helps control asthma.

Open airways

To open airways during an asthma attack, people should take their fast acting reliever medicine, commonly referred to as a rescue inhaler.

Live healthy

Engage in activities that promote overall good health. Log onto the INShape Indiana Web site at: www.inshape.IN.gov for tools and information to help you succeed at living a healthier life. Governor Daniels launched INShape Indiana in 2005 to challenge Hoosiers to eat better, move more, and avoid tobacco.

Model World Asthma Day Activities

Each year, during the month of May, local organizations hold asthma events around the first Tuesday of May in honor of World Asthma Day and Asthma Awareness Month. In May 2006, a number of events honoring World Asthma Day took place in Indiana. Below are brief descriptions about the events, and contact information to learn more.

Asthma Alliance of Indianapolis

In honor of World Asthma Day, the Asthma Alliance of Indianapolis sponsors a poster contest for children in kindergarten through eighth grades, and an asthma resource fair with an awards ceremony. Posters depict students' perception of asthma, asthma prevention, and asthma education. This project is a six-month intervention that leads to the awards ceremony and asthma resource fair near the global World Asthma Day. Poster artwork is used in presentations; placed on T-shirts for incentives in other asthma program activities, note cards, appointment reminder cards, and magnets for give-a ways at health fairs and other community events. Winning posters are displayed at various sites in Indianapolis in recognition of students' artwork and their efforts to help educate the public about asthma. The grand prizewinner has his/her poster placed on a billboard in his or her neighborhood. In addition, selected schools receive educational activities including story time and make-it-and-take-it project related to respiratory health.

To learn about sponsoring a poster contest in your community and hosting an asthma resource fair, contact Robin Costley, RRT.

Contact Information:

Robin Costley, RRT

Chairperson, Asthma Alliance of Indianapolis

3838 North Rural Street

Indianapolis, IN 46205

Phone: (317) 221-2473

E-mail: rcostley@hhcorp.org

Kids Count Radio Show, Indiana Youth Institute

Topic: Asthma in Indiana

The Indiana Youth Institute President and CEO Bill Stanczykiewicz interviewed Marti Michael, pediatric nurse at Methodist Hospital, on asthma in Indiana for a weekly IYI Kids Count Radio Show. The show aired on May 6, 2006. The show is viewable at IYI's Kids Count Radio Show Web site at www.iyi.org/media/radio_show.asp.

***Staying Active with Chronic Conditions*, National Institute for Fitness and Sport (NIFS)**

Sponsor NIFS *Staying Active with Chronic Conditions* presentation for your worksite. The presentation focuses on exercising safely and effectively with the following chronic conditions: arthritis, asthma, diabetes, high blood pressure, lower back pain syndrome, osteoporosis, and a variety of foot conditions. It will help your employees and co-workers gain control of their health. To learn more about sponsoring the presentation, visit NIFS Web site at www.nifs.org.

Sample World Asthma Day Proclamations

Proclamations are signed by the Governor and mayors to honor and celebrate events and promote an increase in awareness of issues.

For local events and issues, contact your mayor's office for the process of attaining your mayor's signature.

For events and issues reaching statewide, a proclamation from the Governor may be better suited than individual mayor proclamations. Policies regarding submission of a proclamation for the Governor to sign are available on the Governor's Office Web site: www.in.gov/gov/contact/proclamation.html.

World Asthma Day 2006

Asthma Alliance of Indianapolis, Marion County

Office of the Mayor Proclamation

1. Whereas, World Asthma Day is celebrated each May to make us more aware about asthma and to promote asthma education.
2. Whereas, the Asthma Alliance of Indianapolis serves local residents through free asthma education, screenings, in-home environmental assessments, and other appropriate asthma referrals.
3. Whereas, asthma impacts an estimated 20 million Americans and contributes to over 5,000 deaths each year
4. Whereas, in the year 2005, there were 371,475 adults and 174,825 children in Indiana with asthma
5. Whereas, 1- in -5 Indianapolis households have at least one member with asthma
6. Whereas, asthma disproportionately affects women, children, certain minorities and the poor.
7. Whereas, the Asthma Alliance of Indianapolis screens all Head Start applicants at Family Development Services, Inc. for asthma and these screens have identified more than 300 children with asthma symptoms each year.
8. Whereas, the Asthma Alliance of Indianapolis provided 161 workshops on asthma and reached over 9,000 participants.
9. Whereas, the Asthma Alliance of Indianapolis performed 72 environmental home visits to assist Indianapolis residents in removing common asthma triggers from their homes.
10. Whereas, beginning March 1, 2006, Indianapolis will be under the protection of the smoke free air regulation passed by the Indianapolis City-County Council. The Asthma Alliance feels strongly that this is a significant step in making Indianapolis a more asthma-friendly community.

Asthma Awareness Month 2006
State of Indiana Proclamation
Executive Order Proclamation

WHEREAS, asthma is the most common chronic disease in Indiana with an estimated 387,000 Hoosier adults and 133,825 children currently suffering from asthma in Indiana;

WHEREAS, asthma is the leading cause of childhood hospitalizations, long-term illness, and school absenteeism, accounting for 14 million missed school days each year in the United States;

WHEREAS, asthma is a serious chronic disease that results in restricted activities, lost nights of sleep, and disruption of family and caregiver routine, which can be costly for patients and families, costing \$278,230,000 annually in Indiana;

WHEREAS, exposure to allergens and irritants such as secondhand smoke, dust mites, mold, cockroaches, and pet dander can bring on an asthma episode;

WHEREAS, implementing simple steps to reduce exposure to environmental triggers and taking appropriate medications will control and reduce asthma episodes;

WHEREAS, the Indiana State Department of Health, the Indiana Department of Environmental Management, the American Lung Association, and other member organizations of the Indiana Joint Asthma Coalition are committed to reducing the burden of asthma through asthma education and awareness, surveillance, and public policy development.

NOW, THEREFORE, I, MITCH DANIELS, Governor of the State of Indiana, do hereby proclaim:

May 2006, Asthma Awareness Month

In the State of Indiana, and I urge all citizens to be aware of the importance of addressing this critical public health problem so those with asthma can live a healthy, active life.

Promotion: Press Release Template

FOR IMMEDIATE RELEASE

Contact: [Name]
[Phone Number]
[E-mail Address]

[YOUR COMMUNITY] CELEBRATES WORLD ASTHMA DAY

[Place Release Date] – In response, and in an effort to take control of asthma, the [Your Organization] will celebrate World Asthma Day. [Your Organization] will hold [Name of Event] on [Date] at [Location of Event].

[Insert quote from the Director of your organization]

Asthma is a serious, costly, but controllable chronic disease. An estimated 389,500 Hoosier adults and 150,400 children currently have asthma in Indiana. According to Kaiser Permanente, of these people, 15% of adults, and 24% of children cannot perform regular, daily physical activities. Asthma accounts for 11.8 missed days of work, and 14.7 million missed days of school per year in the United States according to the Environmental Protection Agency. Additionally, the Asthma and Allergy Foundation of America reports that asthma costs \$278,230,000 annually in Indiana.

[Include a brief summary of your program and/or agency]

For more information on World Asthma Day and [Name of Event], log onto [Your Organization's Web site] or contact [Your Organization's contact information].

Resources

The Environmental Protection Agency: World Asthma Awareness Month Event Planning Kit
www.epa.gov/asthma/pdfs/aam_event_planning_kit.pdf

Global Initiative for Asthma: World Asthma Day
www.ginasthma.com/WADIndex.asp?l1=1&l2=0

For more information on World Asthma Day, contact these organizations:

State and Local Organizations

Allen County Asthma Coalition
260-486-2001

American Lung Association of Indiana
1-800-LUNG-USA (586-4872)
www.lungin.org

Asthma Alliance of Indianapolis
317-221-2473
www.asthmaindy.org

Indiana State Department of Health
Asthma Program
317-233-1325
www.statehealth.in.gov

National Organizations

Asthma and Allergy Foundation of America
1-800-7-ASTHMA (727-8462)
www.aafa.org

Allergy and Asthma Network Mothers of Asthmatics
1-800-878-4403
www.aanma.org

American Academy of Allergy, Asthma
and Immunology
414-272-6071
www.aaaai.org

American Academy of Pediatrics
1-847-434-4000
www.aap.org

American Association for Respiratory Care
972-243-2272
www.aarc.org

American College of Allergy, Asthma and
Immunology
1-847-427-1200
www.acaai.org

American College of CHEST Physicians
1-847-498-1400
www.chestnet.org

Asthma Goldfish PSA Campaign
1-866-NO-ATTACKS (662-8822)
www.noattacks.org

Bureau of Primary Health Care
301-594-4110
www.bohc.hrsa.gov

Environmental Protection Agency
Asthma Awareness Month Region 5 Contact
Lara Lasky at 312-353-5614
or Fayette Bright at 312-886-6069
www.epa.gov/iaq/asthma/awm.html

Global Initiative for Asthma
www.ginasthma.com