



The Asthma COALITION Update

Summer 2010

2010 North Carolina Asthma Summit

The 2010 North Carolina Asthma Summit was held May 18 at the N.C. Biotechnology Center in Research Triangle Park, with nearly 170 asthma health care providers, champions, and advocates from across the state in attendance!

This event was sponsored by the Asthma Alliance of North Carolina (AANC) and featured a talented physicians panel for the second consecutive year, around the theme of “Asthma Management: Where We’ve Been, Where We Are, and Where We’re Going.” Dr. David Collier, ECU Brody School of Medicine, presented a keynote address on the relationship between obesity and asthma. Special thanks to Dr. Collier; Dr. Spencer Atwater (Allergy Partners of Western N.C.); Dr. Joseph Boals (Sandhills Pediatrics); Dr. Gurvinder Deogun (Allergy Partners of Raleigh); and Dr. Maeve O’Connor (Carolina Asthma and Allergy Center) for being part of this year’s panel.

Morning sessions also included a message from Dr. Ruth Petersen, Chief, Chronic Disease and Injury Section, on behalf of the N.C. Division of

Public Health and the presentation of the 2010 Asthma Champion Award.

Afternoon breakout sessions featured the following exciting topics: asthma and allergies; DNA and asthma; an update on asthma guidelines; an update on smoke-free policies and resources; Healthy Carolinians resources; spirometry; the Asthma Education Curriculum for Child Care Providers; and healthy homes assessments.

We capped off the day with a surprise visit from CAM the Clean Air Maniac and a presentation on air quality initiatives from Jonathan Navarro of Triangle Tomorrow.

Summit presentations are available online at the N.C. Asthma Program’s web site, www.asthma.ncdhhs.gov/ncapAANC.htm. For more information about the 2010 N.C. Asthma Summit, contact Caroline at (919) 707-5209, or Caroline.Chappell@dhhs.nc.gov. Stay tuned for information about the 2011 N.C. Asthma Summit! ❖

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SAVE THE DATE

***Asthma Alliance
of North Carolina
(AANC) Quarterly
Meeting***

See inside for details

200,000 reasons to learn about air quality

Over **200,000** people under the age of 18 in North Carolina have asthma. Our state continues to struggle with poor air quality in many areas. Research has consistently shown that air pollution contributes to respiratory illness and impacts the economy and quality of life for all citizens, especially children. Asthma is a serious health threat to children across North Carolina. Understanding the connections between air quality and asthma is critical to protect the health of people, especially those with respiratory issues. Unfortunately, children are affected more by air pollution because their lungs are still developing, and they breathe 50 percent more air per pound than adults. To help protect children and educate parents, Triangle Air Awareness has launched an exciting mascot program featuring Clair, the Clean Air Explorer, and CAM, the Clean Air Maniac.

The Clair and CAM mascot program is a unique air quality education program that focuses on young children ages 4-8. Clair and CAM encourage students and parents to reduce air pollution by saving electricity, not idling, and driving less. Reducing vehicle miles traveled, or VMTs, can quickly translate into better air quality for everyone. The program also empowers children to make a difference by changing their habits, and those of their parents, friends and neighbors. By searching for “Clean Air Clues,” Clair and CAM work to tackle two of North Carolina’s biggest air quality problems: ground-level ozone and



CAM and Clair have fun with friends at a local event.

particle pollution. Both pollutants are caused mainly by emissions from cars and trucks, and from the coal-burning power plants that supply most of our electricity.

The Triangle Air Awareness Program’s goal is to help everyone in the region take action daily to reduce air pollution and keep the air healthy. Triangle Air Awareness is eager to partner with asthma educators, medical professionals, and community advocates already involved with outreach efforts to protect children’s health.

To learn more, visit www.triangleairawareness.org or contact Jonathan Navarro, Air Awareness Coordinator, at 919-733-1805, jnavarro@researchtriangle.org. See Clair and CAM in action @ www.youtube.com/triangleairawareness, or www.facebook.com/triangleairawareness. ❖

SAVE THE DATE

8/31/2010

What: Asthma Alliance of North Carolina (AANC) Quarterly Meeting
When: Tuesday, August 31, 2010
Where: Cardinal Conference Room, 5605 Six Forks Road, Raleigh
Who: All interested asthma advocates and champions across N.C.!

Asthma Events and Expos

Wake County's 2nd Annual Asthma Fair

Wake County Asthma Coalition (representing over 20 local asthma organizations) worked diligently again this year to host its **second** successful asthma fair on Saturday, April 10th., in recognition and celebration of asthma awareness.

This year, over 200 people attended the fair at the Andrews Conference Center at WakeMed's Raleigh Campus. The focus of the fair was to increase public awareness of asthma and stress the importance of understanding this disease and maintaining good lung health.

Specific highlights included:

- Educational sessions provided in English and Spanish, included:
 - Environmental Triggers – provided by Dr Deogun - Allergy Partners, Raleigh, NC
 - Judy Esquilin, RN – Community Care, and
 - Juan Cerda, RRT, RCP, CVT – Rex Hospital
 - Asthma Medications and Devices – provided by Keri Erickson RRT, AE-C – Wake Med Children's Asthma Program
 - Judy Esquilin, RN – Community Care, and
 - Juan Cerda, RRT, RCP, CVT – Rex Hospital
- 35 Exhibitors
- Asthma educational materials and information concerning current asthma research.
- A “trigger house” explaining indoor and outdoor asthma triggers
- Spirometry



Keri Erickson, Coalition Member, serving up orders of hot, delicious flapjacks at the Flapjack Fund Raiser at Applebee's on Hillsborough Street

- Children's arts and craft activities.
- Multiple opportunities to earn tickets for door prizes, including:
 - Expense paid weekend to Camp Coast, Asthma Camp at Arapahoe, NC
 - HEPA filter vacuum cleaner
 - Carpet shampooer
 - Air purifier
 - Numerous gift cards
 - Hypo-allergenic products
- Bus tickets provided upon request at no charge.

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Asthma Events and Expos

Wake County's 2nd Annual Asthma Fair cont. from page 3

Funds supporting this year's Asthma Fair were raised in part by the Coalition's first **Flap-Jack Breakfast** fundraiser at **Applebee's** and through donations from local businesses.

If you are interested in becoming a community partner with the Wake County Asthma Coalition, the email address is: asthmacoalition@wakedocs.org, or contact:

Debbie Credle at 350-7979
Email: dcredle@wakemed.org
or

Tami Hilton, RN at 533-3111
email: tlibscomb@wakedocs.org

Also check out the Coalition's web site at: www.wakemed.org/body.cfm?id=979&oTopID=239. Meetings are held monthly at 2500 Blue Ridge Road, Raleigh, NC 27609; Suite 330. Emphasis is placed on providing asthma education and community interventions throughout Wake County. Your interest and participation are welcomed! ❖

Western N.C. Celebrates Asthma Awareness Month



Asthma Awareness Month was celebrated in North Carolina and across the world in May. Western N.C. had its own series of five special events, "All About Asthma, It's Party Time," across the region at elementary schools and at the Cherokee Ceremonial Grounds. These events featured the animated character, "Arthur," and lots of asthma education and fun activities! These events drew about 650 participants from across the region! ❖

2010 Asthma Champion Award



Lucy Kernodle accepts the 2010 Asthma Champion Award from Planning Committee Chair, Caroline Chappell

The 4th Annual Asthma Champion Award was given to Lucy Kernodle at the 2010 N.C. Asthma Summit. Caroline Chappell presented the award to Lucy on behalf of the Summit Planning Committee. Lucy is the lead school nurse for the Alamance Burlington School System and has been a member of the Healthy Alamance Child Asthma Coalition since its inception in 2001. The award was created in 2007 to recognize the extraordinary efforts of those working to reduce the burden of asthma in our state.

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Healthy Carolinians Launches New Web site

2010 Asthma Champion Award cont. from page 4

Lucy's nominator stated, "Lucy has been an invaluable asset to the Healthy Alamance Child Asthma Coalition. She is always reaching out to children and families living with asthma as well as the rest of the community through the Air Quality Awareness Flag program, Open Airways Curriculum, Tools for Schools, Anti-Idling program, World Asthma Day, and the Love My Lungs campaign. No matter what project Lucy is working on she always has a positive attitude and enthusiastic passion for what she does. It is very motivating to work with her and her commitment to disseminating public health information is greatly appreciated by many."

The selection committee pointed out that asthma is not Lucy's job, it is her passion.

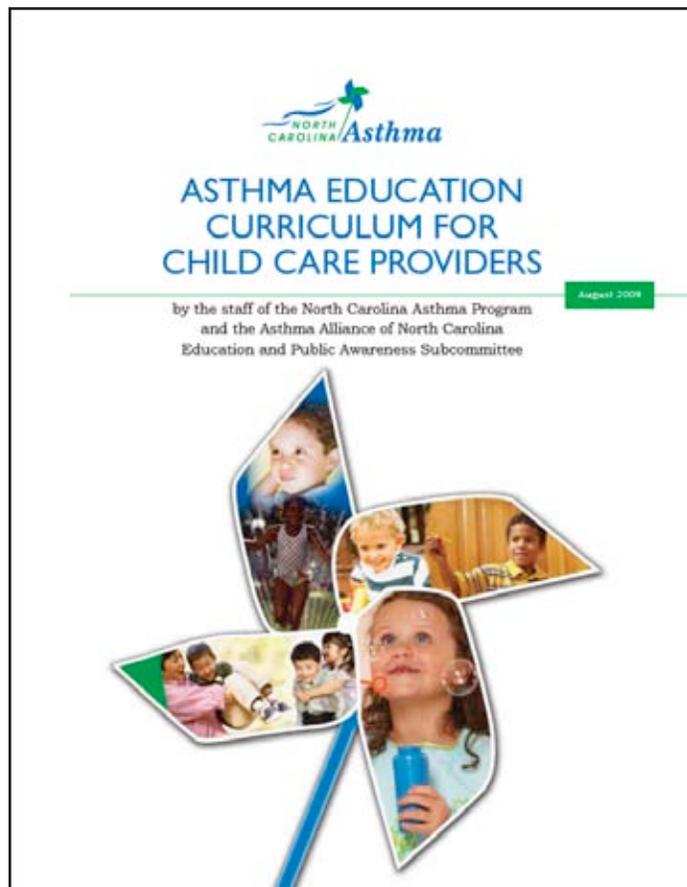
Congratulations to Lucy Kernodle for being named the 2010 N.C. Asthma Champion! Please get your thoughts/ideas together for the 2011 Asthma Champion Award!



In May 2010, the Office of Healthy Carolinians and Health Education officially launched its new web site, **www.healthycarolinians.org**. This site welcomes and introduces visitors to the mission and outreach of Healthy Carolinians. It also features county profiles; 2010 Healthy Carolinians Health Objectives and the upcoming Healthy N.C. 2020 Objectives; an overview of the Governor's Task Force; information on the Community Health Assessment and Certification/Recertification Process; success stories; contact information; and other links and resources. Debi Nelson, deputy director of Healthy Carolinians, presented a breakout session on the new site, along with other Healthy Carolinians resources, at the 2010 N.C. Asthma Summit. Be sure to visit **www.healthycarolinians.org** for a "tour" and for more information!

News and Tools from the N.C. Asthma Program

Asthma Education Curriculum for Child Care Providers



The *Asthma Education Curriculum for Child Care Providers* is brought to you by the North Carolina Asthma Program and the Education and Public Awareness Committee of the Asthma Alliance of North Carolina (AANC). The curriculum was published in the fall of 2009 and is currently being used in training sessions across the state with Child Care Health Consultants and with our Enhancing Local Asthma Efforts (ELAE) grant project. The purpose of this curriculum is to provide a standardized method of providing asthma education to child care providers in North Carolina.

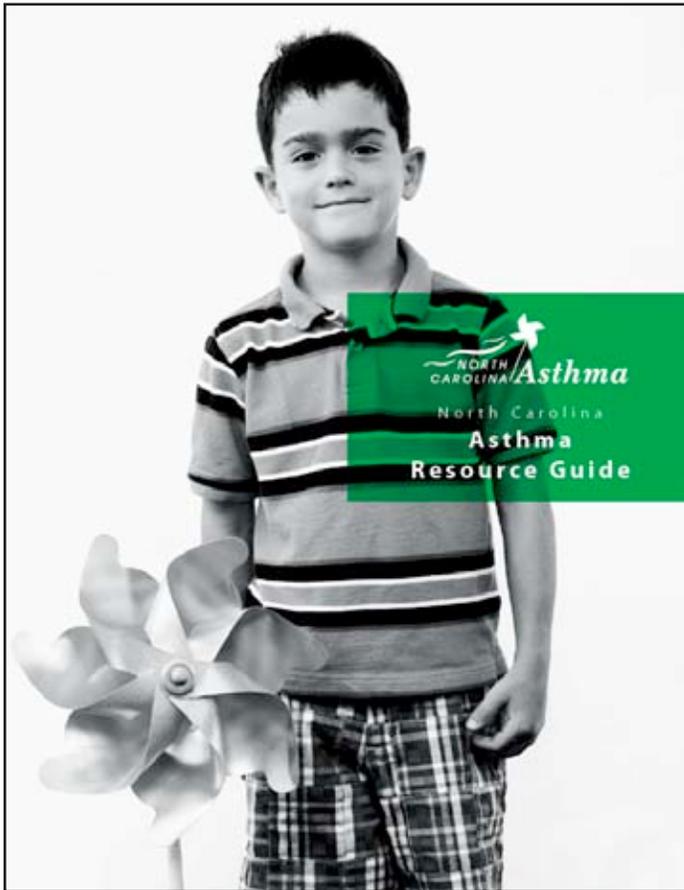
The curriculum's five modules, "What is Asthma?," "How Do You Know if a Child has Asthma?," "Common Asthma Triggers and Environmental Control Measures," "Signs and Symptoms of Asthma Trouble," and "How is Asthma Treated and Managed?" offer important, hands-on asthma-related information for those working with children under age 5.

The curriculum is available online at **www.asthma.ncdhhs.gov**. If you would like more information on the curriculum or would like to inquire about training opportunities, please contact Diane Price at (919) 707-5212, or Diane.Price@dhhs.nc.gov.

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News and Tools cont. from page 6

N.C. Asthma Resource Guide



The guide was carefully designed to provide useful asthma-related information for all populations affected by asthma in North Carolina. The guide can be used in its entirety or as a series of one-page style handouts.

The guide includes general asthma information, along with information on specific asthma triggers; the air quality index; asthma management resources; asthma education classes; asthma camps; free clinics and asthma social services; important contact information, and more!

The N.C. Asthma Resource Guide is available online at www.asthma.ncdhhs.gov. If

you would like more information on the Guide or its handouts, please contact Caroline Chappell at (919) 707-5209, or Caroline.Chappell@dhhs.nc.gov. The guide is intended to be a living, working document, so we welcome your feedback and ideas!

Summer 2010 Asthma Epi Update Features Childhood Asthma

Childhood Asthma in North Carolina

Introduction
This issue of *The Asthma Epidemiology Update* presents prevalence and hospitalization data for childhood asthma in North Carolina. It also provides a look at selected asthma outcomes and management behaviors among children with asthma, and school-based asthma data.

North Carolina's childhood asthma prevalence and hospitalization rates continue to decline. From 2005 to 2008, the N.C. lifetime (have ever had) and current (still have) prevalence rates have declined by 20.2 percent (17.8 percent to 14.2 percent) and 28.7 percent (11.5 percent to 8.2 percent), respectively, whereas those for the U.S. have increased by 8.7 percent (12.7 percent to 13.8 percent) and 5.6 percent (8.9 percent to 9.4 percent) during that four-year period.^{1,2}

Prevalence of Asthma among Children (<18 years), North Carolina and US, 2005-2008

Year	NC Lifetime	US Lifetime	NC Current	US Current
2005	17.8	12.7	11.5	8.9
2006	16.2	13.2	10.8	9.2
2007	14.2	13.5	9.8	9.4
2008	14.2	13.8	8.2	9.4

Sources: NC, 2005-2008 Child Health Assessment and Monitoring Program; NC State Center for Health Statistics; US 2005-2008 National Health Interview Survey; National Center for Health Statistics, Centers for Disease Control and Prevention

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N.C. Department of Health and Human Services ♦ Division of Public Health

The Summer 2010 *Asthma Epidemiology Update* newsletter presents prevalence and hospitalization data for childhood asthma in North Carolina, including rates by gender, race, and age. There is some good news, as overall childhood asthma rates in N.C. continue to decline! *The Update* also features a glimpse at selected asthma outcomes and management behaviors among children with asthma, and school-based asthma data. Read more at www.asthma.ncdhhs.gov. ❖

Send Us Your Stories, and Tell Us What You Think!

The *Asthma Coalition Update* is released several times a year, and we would love to share your coalition or work group's stories and activities in future issues. Let us know what's going on in your communities! We also welcome your feedback on stories/updates that you would like to see in future issues. Send any news, updates, or ideas to Caroline at Caroline.Chappell@dhhs.nc.gov. ❖



State of North Carolina
Department of Health and Human Services
Division of Public Health
North Carolina Asthma Program
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