

Greetings from the Vermont Asthma Program!

Welcome to our new monthly newsletter. Here you'll find up-to-date statistics, program updates, upcoming events, and opportunities to share asthma-related news. We appreciate all of the work you do to address the burden of asthma in Vermont and look forward to sharing our work with you.

Patients Should Have a Plan

The Vermont Asthma Action Plan is designed to help patients and their families better manage asthma symptoms by recommending:

- What medicines to take to stay healthy
- Which asthma triggers to watch for
- How to recognize asthma episodes and when to seek help

Help your patients make an [Asthma Action Plan](#) today!

Asthma Prevalence in Vermont



Asthma in Vermont represents a serious public health concern. According to recent data, Vermont's asthma rates in adults are the highest in the country -- with asthma affecting 11.1 percent of all adults and 10 percent of all children. For adults, this percentage is significantly higher than the U.S. average of 8.6

percent. The Vermont Asthma Program is working hard to reduce these numbers. [Learn more.](#)

Smoking and Asthma



Living in a smoke-free environment is an important part of managing asthma and improving overall health. Quitting smoking can be difficult, but smokers who are ready to quit can double their chances of success by using the [Vermont Quit Network](#). And quit support services -- such as phone or in-person coaching

and nicotine replacement therapy -- are free!

Woodstoves and Pellet Stoves

Fast Facts: Flu Season

Stats:

*It is recommended that all individuals with current asthma receive an annual influenza vaccine.

*The Center for Disease Control recommends both children and adults with asthma receive a vaccine for pneumonia.

*Only about a third of adults with current asthma reported receiving a vaccine for pneumonia.

-2013 Asthma Burden Report

As we are approaching peak flu season, consider getting your flu shot as soon as possible.

[Find a flu vaccine location near you](#)

For up-to-date flu tracker information, click [here](#)

Publications

[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

Quick Links

[VDH Asthma Program](#)

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Publications](#)

[Asthma Surveillance](#)

EPA has proposed new [updates](#) for air emission standards on woodstoves and pellet stoves. There is a proposed emission limit of PM 2.5. Each stove model line subject to the proposed rules would be required to have performance testing through specific test methods. The performance test results would be available to consumers on a website.



Please keep in touch!

Let us know if you have any questions -- or if there's an asthma-related issue you'd like to know more about.

Take care,

Jane

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