

Greetings from the Vermont Asthma Program!

December 7-13 is *National Influenza Vaccination Week*

Stay healthy (and keep those around you healthy) this holiday season by making sure you are vaccinated. Visit [the CDC's National Influenza Vaccination Week](#) site for more information.

the **benefits** of **flu vaccination**

The estimated number of influenza-associated illnesses prevented by flu vaccination during the 2012-2013 season:

6.6 million



or the population of the state of **Arizona**

The estimated number of flu-associated medical visits prevented by vaccination during the 2012-2013 season:

3.2 million



or the passengers of **1,067** mega cruise ships

The estimated number of flu hospitalizations prevented during the 2012-2013 season:

79,000



or all the fans in a **FULL** NFL stadium

get **vaccinated**

DATA: Morbidity and Mortality Weekly Report (MMWR), December 13, 2013.

www.cdc.gov/flu



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

NCIRD-004 | 12-19-2013

Source: CDC

Asthma and Environmental Health:

-In a study in Israel, researchers tied low vitamin D levels to increased number and severity of asthma exacerbations in those with current asthma. Vitamin D levels had been recorded in 308,000 people and 21,327 of them had asthma. Vitamin D levels were not tied to initial diagnoses of asthma but were lower in those with current asthma under poor control. Inadequate levels were significantly associated with severity and frequency of attacks in the 21,327 subjects with asthma. Researchers suggested that vitamin D levels be checked in asthma patients experiencing difficulty with controlling their asthma. Read about the study [here](#).

Upcoming Events

*Asthma Advisory Panel Meeting:

January 9, 2015

Did you know?

- Smokers are more likely to be male, have a GED, live in the midwest, and have lower socioeconomic status.
- Fewer than 18% of adults nationwide now smoke. Adult Vermonters with asthma are still more likely to smoke than those without asthma.
- Influenza vaccination rates for Vermonters with current asthma, both children and adults, increased between 2006 and 2010.

Fact Sheets

[Smoking and Cancer](#)

[Smoking and Reproduction](#)

[Smoking and Respiratory Diseases](#)

[Asthma Triggers in the Classroom](#)

Publications

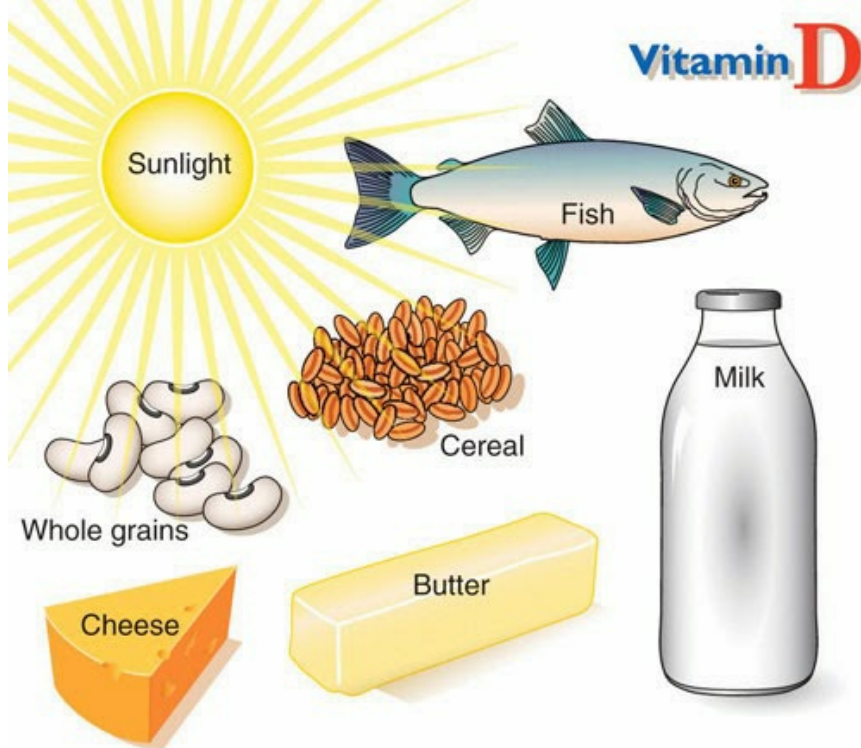
[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

[Healthy Vermonters 2020](#)

Quick Links

[VDH Asthma Program](#)



Sources of Vitamin D. Source: www.mslicious.com

-Another new study looks at a surprising element of indoor environmental health: heating with gas cooking stoves. In the study of 7,300 children aged 2-16, children living in homes with properly ventilated gas stoves had 14% lower risk for asthma and 38% for children in homes that did not use the stove for heating. For children in homes with proper ventilation and where the stoves are not used for heating, risk dropped by 59%. Find a [summary of the study](#) in The Nation's Health.

School Health and Asthma

-The American Lung Association, with support from the Centers for Disease Control and Prevention, has developed an issue brief, [Improving Access to Asthma Medication in Schools: Laws, policies, practices and recommendations](#). The report examines the policies and practices in schools, and makes recommendations on ways that schools, families and communities can better ensure that all students have quick, reliable access to the medications they need to stay healthy, in school and ready to learn. The report is available for download on Lung.org. Additional tools and resources to assist communities in learning about the barriers and steps to improve school policies and practices will be available on our website soon.

Asthma and Health Literacy

-A new study shows that obese children with asthma may confuse symptoms of breathlessness with those related to asthma, resulting in overuse of rescue medications. Researchers suggested clinical application of the findings in the form of education for children on the feelings of breathlessness. This might reduce medication overuse, reduce anxiety, improve quality of life, improve healthcare utilization statistics and avoid associated problems like acid reflux. Obese children with asthma in the study used short acting Beta-agonists (SABA) medications three times more often than non-obese children with asthma. Read the summary of the article [here](#)

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Asthma Surveillance](#)

[Resources & Information](#)

[Envision Program](#)



**YOU CAN QUIT.
WE CAN HELP.**

VERMONT DEPARTMENT OF HEALTH
1-800-QUIT-NOW (784-8669) 802Quits.org

Join Our Mailing List!

Smoking and Asthma

-The American Industrial Hygiene Association has released a white paper on Electronic Cigarettes. [White Paper: Electronic Cigarettes in the Indoor Environment](#) includes recommendations that suggest e-cigarettes should be included in indoor air laws and policies. The paper cites lack of evidence on e-cigarettes and the potential for harm from second- and third-hand smoke, poisoning from household ingestion of charging fluids and flavorings suggestive of marketing to children. E-cigarettes often contain substances like propylene glycol, which can exacerbate asthma and other conditions.



Source: articles.mercola.com

-The Centers for Disease Control and Prevention has reported that smoking in US adults is at an all time low. Fewer than 18% of adults smoke, a level lower than any other over the last 15 years. Smoking is associated with being male, living in the midwest, having a GED education level, and having low socioeconomic status. Read about the report [here](#).

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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