

Greetings from the Vermont Asthma Program!

Welcome to our February edition of the Vermont Asthma Program Newsletter. Our focus this month is on cardiovascular disease and on workplace related asthma.

Recognizing that February is National Heart Month it is important to highlight how prevalent heart disease is here in Vermont. According to the American Heart Association, heart disease is the number 1 killer in Vermont.

In addition, many Vermonters with asthma also suffer from co-occurring chronic diseases such as heart disease and obesity. According to 2010 BRFSS data, of those with current asthma, 35% reported obesity and 8% with heart disease. These major chronic diseases make evident the importance of ongoing patient-centered self-management practices, such as a healthy eating plan and use of the Asthma Action Plan.

Need help ordering more Asthma Action Plans? Information on ordering from your District Office can be found here: [Asthma Action Plan](#)

February is *American Heart Month*



According to CDC, heart and chronic respiratory diseases are among the top ten leading causes of death. These diseases have the potential to influence asthma conditions and negatively affect asthma outcomes. Heart and respiratory comorbidities influence the severity of asthma and should be taken into account when assessing Asthma Action Plans.

Asthma and Environmental Health: Spotlight on *Workplace Asthma*

"An estimated 11 million workers in a wide range of industries and occupations are exposed to at least one of the numerous agents known to be associated with occupational asthma"- Occupational Safety and Health Administration

A major goal of the 2013-2018 Vermont Asthma State Plan, based in part on Healthy People 2020 and Healthy Vermonters 2020 objectives, is to reduce environmental respiratory triggers in the home, work, and school environment. Common triggers in the workplace include workplace chemicals, secondhand smoke, stress, gases/fumes/vapors, airborne dusts, and mold. As you can see from the graph below, workplace-related asthma is a real public health concern.

Workplace Exposure

Upcoming Events

*Asthma Advisory Panel Meeting: April 11

*[Certified Asthma Educator Institute](#):
June 30- July 1

Did you know?

* In 2009, Vermont asthma-related emergency room visits and hospitalizations topped \$7 million.

A major goal of the 2013-2018 Asthma State Plan is to reduce ED visits and hospitalizations related to asthma.

Fact Sheets

[Asthma in the Workplace](#)

Publications

[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

[Healthy Vermonters 2020](#)

Quick Links

[VDH Asthma Program](#)

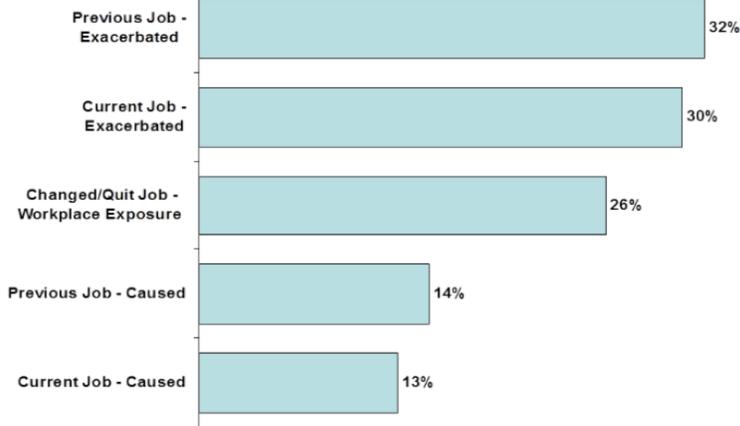
[Controlling Asthma](#)

[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!

-2012 BRFSS Data

If you know someone who might be at risk at their workplace, please contact [Project WorkSAFE](#)

Asthma and Smoking

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 read to quit can double their chances of success by using the [802 Quits](#). And quit support services -- such as phone or in-person coaching and nicotine replacement therapy -- are free!

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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