

Vermont Asthma Program

Helping Vermonters

Breathe Easier

December 2014

Greetings from the Vermont Asthma Program!

February is *American Heart* month!



Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, February is American Heart Month. 43,000 Vermonters have some form of heart disease. According to the 2013 BRFSS, those with current asthma were significantly more likely to report heart disease than those without asthma (13% vs. 7%). Heart disease remains one of the main comorbidities of current asthma, along with depression, obesity, and arthritis.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- * Watch your weight.
- * Quit smoking and stay away from secondhand smoke. This will help with managing asthma symptoms for yourself and family members, such as children. Check out [802Quits](#) for resources, tips, and motivation to quit smoking.
- * Control your cholesterol and blood pressure.
- * If you drink alcohol, drink only in moderation.
- * Get active and eat healthy.

Environmental Health: Worksite Wellness

It's time for the annual Worksite Wellness Conference! Employers throughout Vermont are invited to attend the Vermont Worksite Wellness Conference, March 25th, 8 a.m. to 4 p.m. at the Sheraton Hotel & Conference Center in South Burlington. Vermont business leaders, human resources professionals, and wellness specialists will share ideas for inspiring employees to make healthy choices on and off the job. Governor Peter Shumlin, Health Commissioner Harry Chen, MD, and the Vermont Governor's Council on Physical Fitness and Sports will present awards to 92 employers for their

Upcoming Events

*VT Tobacco Treatment Specialist Training:

March 5-6, 2015

March 12-13, 2015

*Vermont Worksite Wellness Conference:

March 25, 2015

*Asthma Advisory Panel Meeting:

April 24, 2015

*Champ Camp

August 17-22, 2015

Did you know?

Three-quarters of Vermont adults with asthma have seen their doctor for an annual check-up in the last year (compared to 64% of those without asthma).

National guidelines show that effective asthma control should include two regularly scheduled office visits per year by those with persistent asthma.

Fact Sheets

[Managing Air Quality in the School Environment](#)

[Vermont's Update to Secondhand Smoking Laws](#)

[Healthy Cleaning and Asthma-Safer Schools](#)

[Asthma Triggers in the Classroom](#)

Publications

[Vermont State Asthma Plan](#)

efforts to create a culture of wellness at their worksites. The deadline to register is March 17. [Find out more.](#)

School-Age Children and Asthma

New study highlights the social determinants of health for childhood asthma rates: While there are many factors associated with asthma prevalence and related exacerbation, a new study re-examines the effect of poverty on childhood asthma rates. While it has long been believed that children living in highly populated inner-city neighborhoods were at a higher risk for developing asthma, researchers from Johns Hopkins demonstrated that family income had a greater impact on a child's likelihood to have asthma than overall neighborhood income. The conditions that made inner-city children more likely to have asthma- cockroaches, race/ethnicity, socioeconomic status, other allergens, and high premature birth rates- are no longer exclusive to large cities. The rising poverty in rural and suburban settings has led to a higher burden of asthma in these areas, *particularly in the Northeast*. [Read the story or listen to the podcast here.](#)

School Nurse Evaluation:

Thank you to all the school nurses who have taken part in our formal evaluation (led by Fonda Ripley) to better understand what schools are doing to manage asthma and what resources the Asthma Program may be able to provide. Results will be disseminated shortly. *Thank you again, school nurses!*

Champ Camp:

The [American Lung Association's Champ Camp for Kids with Asthma](#) will be held August 16-21, 2015 at Camp Chingachgook on Lake George in New York. Thanks to generous donors and sponsors, the Lung Association provides full scholarships for children ages 8-11 with moderate to severe asthma. Know of a child that would enjoy this opportunity? For more information, contact Ron Douglass, rdouglass@lungne.org or 802-876-6860.

Asthma and Health Literacy

Local champion of pediatric health literacy, Dr. Lewis First, tackled the new Vermont smoking laws on a [recent segment of First With Kids](#). The video explains the impacts of smoking on pediatric asthma, the new laws, and offers resources for cessation.

[The Burden of Asthma in Vermont](#)

[Healthy Vermonters 2020](#)

Quick Links

[Champ Camp](#)

[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!



Keeping Your Kids Safe From Second Hand Smoke

Smoking and Asthma

Are you interested in becoming a certified Tobacco Treatment Specialist? The Vermont Tobacco Control Program (in collaboration with Blueprint for Health) is hosting UMass Tobacco Treatment Specialist Training Program on March 5,6, 12,13 in Montpelier, VT. This training is a 4-day course that provides health and human services professionals with the skills to hold one-on-one cessation counseling with clients who would like to quit smoking. The course will cover topics including determinants of tobacco dependence, motivational interviewing, pharmacotherapy, and treatment planning and strategies. Continuing education credits (CMEs) and/or a certificate of completion are available for the course. Please note the pre-requisite: UMass "Basic Skills for Working with Smokers" online course (approximately 11 hours). The training is March 5,6,12,13 (with snow dates of March 19-20) at 133 State Street, Building and General Services (BGS) Board Room #410, Montpelier, VT. Contact Celia Brisson to register: celia.brisson@partner.state.vt.us; 802-951-0163



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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