

Greetings from the Vermont Asthma Program!

This just in: The Vermont Department of Health achieved national accreditation through the Public Health Accreditation Board (PHAB). Vermont is among the first five state health departments to achieve the rating. For over 125 years, the department has worked to protect the health of Vermonters. Congratulations on a legacy of health leadership and distinction!

July is Purposeful Parenting Month!

This is a great time to examine how parents' actions impact kids' health. Parents can do a lot to reduce the chances of their children suffering from asthma.

- A quarter of young Vermonters with asthma have a parent who smokes. Smoke exposure increases breathing problems like coughing and wheezing and makes asthma attacks more frequent and severe.
- Even though adolescents are more likely to smoke if their parents do, certain practices can reduce the risk of teenagers taking up smoking regardless: goal setting, planning, open communication and monitoring. This effect increases when parents, even smoking parents, voice strong disapproval of smoking. Visit the [U.S. Office of Adolescent Health](#) for more information.
- Children with overweight/obesity are more likely than their healthy-weight peers to suffer from asthma. Furthermore, their symptoms are often worse. 35% of Vermonters with asthma are obese, compared to 23% of Vermonters without asthma. July is a great time to peruse fresh fruits and veggies at Vermont's farmers' markets! Find yours at [NOFA-VT](#).
- Asthma Action Plans help coordinate treatment between children, parents, physicians, and schools. Only 31% of Vermont students with asthma have filed an asthma action plan through the school nurse, though 51% report having made one with their physician. Encourage proper asthma management at home and school!
- Finally, celebrate our wonderful Purposeful Parenting successes! According to the [National Survey of Children's Health](#), Vermont has the nation's healthiest kids. Fewer than 1 in 4 are overweight or obese and almost 99 percent have health insurance. Read on to see what we can do to improve health for Vermont's children with asthma.

Upcoming Events

[*Champ Camp:](#)

August 17- August 22

[*Asthma Advisory Panel:](#)

Quarterly Meeting: August 22

Did you know?

*In Vermont, 14% of youth under the age of 18 have been diagnosed with asthma at some point and 10% have current asthma. Of these, 1 in 10 visit the emergency room or urgent care center for asthma treatment at least once every year and a little under half miss at least one day of school due to asthma symptoms.

*58% of Vermonters with asthma have symptoms that are considered well controlled.

*A quarter of adult Vermonters who have a child with asthma are former smokers. Another quarter are current smokers.

Fact Sheets

[Healthy Homes Fact Sheet](#)

Publications

[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

[Healthy Vermonters 2020](#)

Quick Links

[VDH Asthma Program](#)

Asthma and Environmental Health

-[AirNow](#) is an EPA program that promotes awareness for air quality and provides recommendations for activity levels based on the day's rating. Exposure to environmental pollutants can exacerbate asthma or other lung issues. The [EnviroFlash](#) program provides up-to-the-minute updates by email, text, Twitter or via smartphone app. Or, install the widget on your school or practice's website to alert patients or families to current air quality recommendations. The [School Flag Program](#) coordinates with schools to display the current air quality rating with colorful banners, letting students and teachers decide on appropriate activity levels accordingly.



-Lead poisoning and asthma are both childhood conditions that can be linked to the environment. Fine lead particles in dust contamination can both cause lead poisoning and exacerbate asthma symptoms. By focusing on efforts to reduce conditions that allow lead poisoning, we can attempt to reduce the risk for both of these problems. Here are some tips to improve respiratory health in the homes of you and your patients:

1. Evaluate the home for hazards, sources of allergens, and potential health hazards. Consider asking advice from a professional, especially if lead is suspected in the home.
2. Keep surfaces clean and dry. Childrens' areas, in particular, should be kept dust-free and clean. Households that have fewer indoor environmental triggers have lower rates of asthma, and could potentially reduce severity of asthma when it does occur.
3. Practice good hand-washing habits with children. Not only does this protect against disease, it can reduce children's exposure to mold, pet dander, and lead.
4. Maintain healthy eating habits with the family. When exposed to lead, a healthy diet helps protect your body, reducing lead's absorption and the potential for harmful effects.

Learn more at [Vermont Healthy Homes](#) and [Lead Safe Vermont](#).

School Health and Asthma

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Asthma Surveillance](#)

[Resources & Information](#)

[Envision Program](#)



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

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3rd Annual

WORKING TOGETHER:

Vermont Children's Hospital at Fletcher Allen Health Care
and Vermont School Nurses

Hosted by the Children's Specialty Center

Tuesday, August 19, 2014

8:00 am to 4:30 pm

DoubleTree by Hilton, Burlington, VT

The Children's Specialty Center nurses from the Vermont Children's Hospital at Fletcher Allen Health Care invite you to join us for a day of presentations and questions and answers on the challenges of caring for the health needs of children who are receiving acute and chronic medical care while in the school setting.

The content of this course is applicable to school nurses caring for children who are receiving hospital and outpatient medical care while attending school. The knowledge you gain from attending this conference will enhance the value of the work that you do on behalf of your student population with medical health needs.

Fletcher Allen Health Care is an approved provider of continuing nursing education by the Vermont State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



-Summer camp season is upon us! Get camp staff prepared for potential asthma attacks. The Utah and Minnesota Health Departments have teamed up to create a resource for school coaches to facilitate care for student athletes with asthma. The program consists of a short online training module and compact resources to refer to when athletes are experiencing asthma symptoms. Read more [here](#).

-The American Lung Association has a series of videos showing how to use asthma medication delivery devices, along with downloadable instructions. View the video below on YouTube or access all of the videos on their [website](#)



How to use an Aerolizer[®] asthma inhaler.

Smoking and Asthma

-Starting July 1, Vermont's ban on smoking in cars with young children goes into effect. The ban prohibits smoking in all vehicles carrying children under the age of 8. H.217 also prohibits smoking in hotel rooms, public schools, within 25 feet of state buildings, and requires that the liquid nicotine for electronic cigarettes be sold in child-resistant packaging. Celebrating the move, climbers took to the Bennington Monument June 7 to raise money for the New England chapter of the American Lung Association. Visit the [Fight for Air Climb](#) to learn about the annual event and all of the reasons to "fight for air."



-[Free My Ride VT](#) lets people know just how dangerous secondhand smoke in cars really is. Even car rides as short as five minutes can expose people to dangerously high levels. Smoke residue can linger on seats and car surfaces for hours or days after smoking has stopped. Children exposed to secondhand smoke are at an increased risk for respiratory problems, Sudden Infant Death Syndrome (SIDS) and infections. In 2011, 31% of Vermont high school students reported riding in a car while others were smoking.

-[A new 802 Quits video](#) aims to help young women become and remain smoke-free during pregnancy. Hear Kathryn's story below:



Helping Kathryn Quit for Her Baby

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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