

# Vermont Asthma Program

Helping Vermonters

Breathe Easier

May 2014

Welcome to the May Asthma Newsletter. May is an especially important time for the Asthma Program because it is World Asthma & Allergy Awareness Month, with May 6th recognized as World Asthma Day. The prevalence of both asthma and allergies are on the rise, especially here in Vermont, which reminds us all of the need to expand resources around proper asthma self-management, education, environmental triggers, and strategic communications to our target groups. According to 2012 BRFSS data (most recent data available), Vermont had the 2nd highest rate of current asthma among adults at 10.9%. This means that more than 1 out of every 10 adult Vermonters had a diagnosis of asthma during the time of surveying. More data can be found here at the [CDC](#).

Later this month our partners in Rutland, Rutland Regional Medical Center, will be hosting a training around asthma management, home assessment, and how to reduce common environmental triggers. Know of a home visitor, Community Health Team member, or other health professional who may be interested? This training is free and open to all! Recordings of this training will be made available at a later date as well. Please see the flyer below for more information.

Reminder: We will hold our next Asthma Advisory Panel here at VDH on May 2nd in conference room 2B. All are welcome to attend. For more information please email Jane. We look forward to seeing you there!

## May is National Asthma Awareness Month

As May is a peak time for asthma and allergy symptoms, it is a great opportunity to become more aware of triggers in your environment. Reliable [allergy forecasts](#) that provide up-to-the-minute allergen conditions in your local environment will better help you consistently manage your asthma symptoms.

Sign your business up for [Way To Go](#) to reduce air pollution and win prizes. From May 12-16, Vermont businesses from across the state will compete to see who can reduce the most carbon pollution in one week. Participants will use transportation methods, other than their car, to arrive to work each day.

## Asthma and Environmental Health:

### Upcoming Events

**\*Asthma Advisory Panel Meeting: May 2**

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

**\*[Champ Camp](#): August 17- August 22**

### Did you know?

\*1 out of every 8 homes in Vermont has elevated levels of radon, a naturally occurring radioactive gas that seeps into homes from soil and bedrock. Radon is the second leading cause of lung cancer after smoking. If you smoke and your home has high levels of radon, your risk of getting lung cancer is especially high.

\*Each year approximately 380 Vermonters die from lung cancer. Of these deaths, about 50 are associated with radon - and of the 50 lung cancer deaths associated with radon, about 40 were among current or former smokers.

### 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](#)



## Integrating Asthma Education Into Home Care

Healthcare professionals can best work with patients that have Asthma in their own environment. Learn how with us.

**May 27, 2014, 1-4pm**

CVPS/Leahy Community Health Education Center CR B  
Rutland Regional Medical Center, 160 Allen Street, Rutland, Vermont

Learn about identifying early warning signs & symptoms  
How to coach patients on proper use of medications & devices to increase compliance  
Finding Asthma triggers in the home & remediation

#### Guest Speakers

Ron Rupp, Environmental Specialist, Vermont Housing & Conservation Board  
Sarah Cosgrove, Respiratory Therapist, Asthma Educator & Tobacco Treatment Specialist,  
Rutland Regional Medical Center, Community Health Improvement  
Lisa Taylor, RRT & Asthma Educator, Rutland Regional Medical Center, Pulmonary Testing

RSVP to Sarah Cosgrove at 802.345.3187

#### Supported by

Rutland Regional Medical Center, Vermont Department of Health & Centers for Disease Control and Prevention

-There is now an Environmental Public Health Tracking Update available from Vermont Department of Health. The Tracking Network will make use of modern public health tracking tools, monitor and distribute information about environmental hazards and disease trends, advance research on possible links between environmental hazards and certain illnesses, develop public health actions to prevent and control environment-related diseases, and finally reduce the burden of disease and cost of health care services.

## School Health and Asthma

-[Wellapets](#), an educational game that teaches children to manage their asthma while taking care of a pet that has asthma, is now available on the iOS and Android market. Wellapets teaches pediatrician-approved asthma care, such as proper inhaler technique, identifying asthma triggers, and acting on symptoms. Educational games such as Wellapets have shown to lead to greater knowledge, higher self-confidence, and better health in school aged children.

[Asthma Surveillance](#)

[Resources & Information](#)

[Envision Program](#)



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

**VERMONT DEPARTMENT OF HEALTH**  
1-800-QUIT-NOW (784-8669) [802Quits.org](http://802Quits.org)

Join Our Mailing List!



Wellpets - Asthma Education Virtual Pets

-Check out [free publications](#) and resources provided by EPA especially catered to school-aged children and their caregivers to learn about asthma triggers, air quality, and how to stay healthy.

-May 7th is National School Nurse Day. The theme this year, "The School Nurse: Caring for Others. Caring for Ourselves." is reflective of the significant roles school nurses have in the healthcare in their school communities, as well as in modeling health and resiliency. Big Thank You to all of our school nurses!

-The University of Vermont College of Medicine and the American Lung Association, in close collaboration with UVM med students conducted a research study on the [Barriers to and Resources for Asthma Management in Vermont Elementary Schools](#). A special thanks to Dr. Kaminsky and Rebecca Ryan for sharing.

## Smoking and Asthma

Smoking and radon are the leading causes of lung cancer, and also heavily aggravate asthma symptoms. The Radon, Smoking and Lung Cancer [Data Explorer](#) is part of a continuing effort to help Vermonters understand environmental health issues in their communities. Other environment and health data presented on the Environmental Public Health Tracking portal include: asthma, birth defects, cancer, blue green algae, heat illness, childhood lead poisoning, private and public drinking water, and air quality.

Join Tracking on Facebook - Vermonters can receive environmental health updates from the [Vermont Environmental Public Health Tracking Program's Facebook page](#).

## 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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