

Vermont Asthma Program

Helping Vermonters

Breathe Easier

May 2015

Greetings from the Vermont Asthma Program!

Happy World Asthma Month! Thank you for all that you and your colleagues have done to strengthen the Asthma Program while promoting comprehensive asthma control services. As you know, I will be transitioning away from the Asthma Program to take on the role of health policy analyst for a newly-funded grant here at the Vermont Department of Health. Thank you for your time, insight, and participation in the Asthma Advisory Panel- what a dynamic group it has become! It has been a pleasure to work with each one of you and I hope our paths will cross in the future.

Please take note of the rescheduled Asthma Advisory Panel meeting on Friday, 6/5/15. During my absence, this monthly newsletter will be put on hold until August. Please feel free to reach out to Rhonda in the meantime at rhonda.williams@state.vt.us.

Thank you again!

May is World Asthma & Allergy Awareness Month!

In recognition of World Asthma Month, [802Quits](#) is presenting information on Smoke Free Zones. The stories are about real people whose lives have been impacted by secondhand smoke. There are also tips for both smokers and non-smokers on how to communicate better about secondhand smoke, [available here](#).



Upcoming Events

*Asthma Advisory Panel Meeting

June 5, 2015
(rescheduled)

*Champ Camp

August 16-21, 2015

Did you know?

In Vermont, those with asthma smoke at a higher rate (24%) compared to those without asthma (17%).

Vermonters with severe persistent asthma have a significantly higher prevalence of smoking compared to those with mild intermittent and moderate asthma.

No significant differences in smoking prevalence by type of inhaler used were observed.

See *Asthma Control* issue brief for citations and more information.

Fact Sheets

[Asthma Control issue brief](#)

[Smoking Then and Now](#)

[Secondhand Smoking](#)

[Women and Smoking](#)

[Smoking and Reproduction](#)

[MAPLE Plan for Controlling Asthma](#)

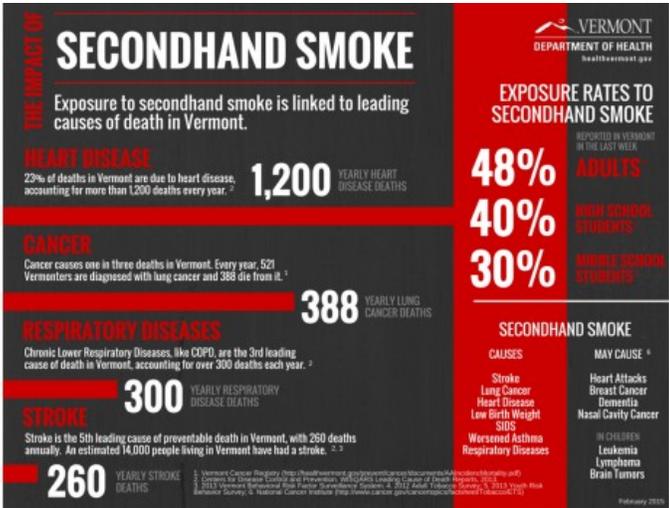
[Managing Air Quality in the School Environment](#)

[Healthy Cleaning and Asthma-](#)



CDC Tips From Former Smokers - Jamason: Please Don't Smoke Near Me

Two new infographics from 802Quits discuss secondhand smoke and smoking over time: Did you know that 48% of adults were exposed to secondhand smoke in the last week? Or that the changing design of cigarettes has made them more deadly than in the past? Access the PDF files of the infographics on the sidebar under "Fact Sheets".



[Safer Schools](#)

[Asthma Triggers in the Classroom](#)

[Publications](#)

[Asthma Data Pages](#)

[Vermont State Asthma Plan](#)

[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](#)

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Environmental Health

President Emphasizes Link Between Climate Change, Health:



In a departure from climate change discussions of the past, President Obama discussed the personal and public needs to address the issue: health, particularly asthma. In a [CNN article](#) and the above video, the president noted optimism and entrepreneurial spirit as needed factors for the future and pointed to past environmental successes as examples of the approaches that can be used to address climate change.

School-Age Children and Asthma

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.

Low Cost Asthma Medication Resources

[A new website](#) lists asthma medications and any financial assistance available for obtaining them: 28 asthma medications are listed alongside links for coupon offers or prescription assistance information. General information is available as well for when specific medications do not contain an offer.



Smoking and Asthma

Concerns about e-cigarette use: A wide variety of new research on smoking and asthma presents new findings that include concerning data on e-cigarette use. New research on electronic cigarettes suggests that [four in 10 teenage users of e-cigarettes would not have otherwise smoked](#). Another [article links e-cigarette ads to increased cravings](#) in current and former smokers. One study examines the [links between e-cigarette use in college students and other risky behaviors](#). Finally, a [study has found concerning levels of nicotine and other aerosol particles in secondhand e-cigarette vapors](#). The CDC's National Institute for Occupational Safety and Health (NIOSH) recommends workplaces include e-cigarettes in their smoke-free policies in order to protect workers. E-cigarettes are not approved cessation devices. Contact 802Quits for cessation resources.

New Infographics on smoking from the CDC:

Tobacco is a real lady killer.



**EQUALITY
IN SMOKING
& DISEASE**
Nobody Wins!

Nearly
20 million
women and girls
in the United States
smoke cigarettes.

**DURING THE
60's and 70's**
TOBACCO COMPANIES
TARGETED WOMEN.

In the last 50 years
a woman's risk of
dying from smoking has

1964

**MORE
THAN
TRIPLED**

2014

and is now equal to a
man's risk.



**WOMEN
WHO SMOKE ARE
MORE
LIKELY**
to die from COPD
than men who smoke.



**WOMEN
OVER AGE 35
WHO SMOKE**

have a slightly higher risk of
dying from heart disease than
men who smoke.



**MORE THAN
200,000
WOMEN DIE EVERY YEAR**

from smoking-related disease
compared with 270,000 men
who die from smoking-related
disease every year.



WOMEN SMOKERS SHOULD QUIT SMOKING.

For help, they can visit women.smokefree.gov or call 1-800-QUIT-NOW.

The Surgeon General's Warning: Quitting Now Greatly Reduces Serious Risks to Your Health. © 2014 American Lung Association. All rights reserved. For more information, visit www.smokefree.gov.





**WOMEN SMOKERS IN
CERTAIN AGE GROUPS
ARE MORE THAN
38 TIMES
AS LIKELY**

— TO —

DEVELOP COPD,
COMPARED WITH
WOMEN WHO HAVE
NEVER SMOKED.



Please keep in touch!

Let us know if you have any questions -- or if there is an asthma-related issue you would like to know more about.

Take care,

Jane

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