

Vermont Asthma Program

Helping Vermonters

Breathe Easier

November 2014

Greetings from the Vermont Asthma Program!

November is Lung Cancer and COPD Awareness Month

Working together to combat respiratory diseases can help us all breathe a little easier. November is both Lung Cancer Awareness Month and COPD Awareness Month. In addition, the Great American Smokeout is on November 20th. Quitting smoking- even for one day- can help take an important step toward improving life and preventing cancer, COPD and exacerbations from asthma.



The American Lung Association, with a grant from the Cancer Support Community and in partnership with Vermonters Taking Action Against Cancer is hosting a workshop for lung cancer survivors on November 7, 2014 in Williston. This free, two-hour workshop will cover the latest treatments for lung cancer. Expert panelists will also discuss side effects, side-effect management, and tools to overcome the social and emotional challenges of the diagnosis. This is a first for Vermont and we are pleased to be supporting this effort to improve the quality of life of Vermonters living with lung cancer. October 7, 2014 5:00-8:00 PM at the ACS office, Williston VT. Contact [Rebecca Ryan](#) with any questions.

Asthma and Environmental Health:

-The Institutes of Medicine (IOM) have released an update to the 2000 guidelines on indoor environmental exposures and asthma exacerbations. The researchers reviewed sixty-nine relevant articles. The findings strengthened known associations, particularly those related to moisture. The findings can be found [here](#). Major changes included:

- a causal relationship in children with exacerbation for indoor dampness-related agents
- an association with exacerbation in adults for dampness-related agents and endotoxin
- an association with exacerbation in pre-school age children with environmental tobacco smoke
- limited evidence for association with exacerbation with indoor fungi, NO₂, rodents, feather/down pillows, dust mite, cockroach, dog and dampness

Upcoming Events

[*Vermonters Taking Action Against Cancer Survivor](#)

Event: November 7

[*Asthma Advisory Panel Meeting:](#)

January 9, 2015

Did you know?

400 Vermont youth start smoking every year.

Of Vermont students who reported smoking marijuana in the last 30 days, 41% also reported cigarette smoking.

Certain Vermont demographic groups have significantly higher rates of asthma than the US average, including women, Vermonters 35-44 years old, those with a high school education or less, or those earning \$15,000-\$24,999 per year.

Fact Sheets

[Managing Asthma Triggers in the Classroom](#)

[YRBS: Concurrent use of Tobacco and Marijuana](#)

Publications

[The Burden of Asthma among the Medicaid Insured in Vermont](#)

[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

School Health and Asthma

-From the EPA: EPA is excited to announce the release of new guidance, [Energy Savings Plus Health: Indoor Air Quality Guidelines for School Building Upgrades](#). The Guidelines equip school districts with tools to integrate indoor air quality (IAQ) protections into school energy efficiency retrofits and other building upgrade projects, thus helping schools implement important energy efficiency upgrades without compromising occupant health. Energy management and IAQ protection are critical priorities for school facility management. Renovation and construction activities can create dust, introduce new contaminants and contaminant pathways, create or aggravate moisture problems, and result in inadequate ventilation in occupied spaces. The Guidelines offer opportunities to prevent and control potentially harmful conditions during school renovations.

Smoking and Asthma

-Fifty years after the release of the first Surgeon General's report on smoking and health, remarkable progress has been made. Since 1964, smoking prevalence among U.S. adults has been reduced by half. Unfortunately, tobacco use remains the leading preventable cause of disease, disability, and death in the United States. In 2014, the Surgeon General released the 50th Anniversary Surgeon General's Report, The [Health Consequences of Smoking-50 Years of Progress](#). The report highlights half a century of progress in tobacco control and prevention, presents new data on the health consequences of tobacco use, and introduces initiatives that can potentially end the tobacco use epidemic in the United States.



5.6 Million Children

-From the Youth Risk Behavior Survey: In 2013, 13% of high school students reported past 30 day cigarette use, and 24% of high school students reported past 30 day marijuana use. Marijuana use and tobacco use are highly

Quick Links

[VDH Asthma Program](#)

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Asthma Surveillance](#)

[Resources & Information](#)

[Envision Program](#)



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associated and making marijuana more socially acceptable through legalization could erode the gains made in reducing tobacco use among youth. It is important to note that one substance does not cause the use of another substance - the YRBS can only show association, not causation. Of those students who reported using marijuana in the past 30 days, 41% also reported cigarette use. Of those students who reported smoking cigarettes in the past 30 days, 72% also reported using marijuana. Find the full report on tobacco/marijuana association [here](#).

-The new CounterBalance campaign aims to talk about the influence of the tobacco industry on children in retail stores. Videos are playing on TV, internet channels and social media. 400 Vermont youth take up smoking annually.



CounterBalance campaign: Help End Tobacco's Influence on Vermont's Kids

Asthma and Health Literacy



The Asthma Society of Canada let's kids take on the role of Asthma Agent and solve cases related to the management of their asthma. The website includes games, information, e-cards, quizzes and an Ask the Expert section. [Visit AsthmaKids.ca](http://VisitAsthmaKids.ca)

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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