

## Asthma Program Brief 2007

### What is Asthma?

Asthma is a chronic obstructive airway disease that affects the lungs. It is one of the most common long-term diseases of children. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by following a medical management plan and by avoiding contact with environmental “triggers,” such as cockroaches, dust mites, furry pets, mold, tobacco smoke, and certain chemicals.

### Asthma Program Asthma Management Goals:

- Control of symptoms
- Avoidance of triggers
- Prevention of recurrent exacerbations
- Maintenance of normal activity levels
- Decrease in ED visits & hospitalizations
- Medications taken as prescribed
- Enhanced quality of life

Program established in 2000 - Funded by federal and state dollars

Website: [http://www.dph.state.ct.us/BCH/new\\_asthma/asthma\\_home.htm](http://www.dph.state.ct.us/BCH/new_asthma/asthma_home.htm)

Program Phone; 860-509-8025

Available educational materials and/or publications developed by the program:

- Statewide Asthma Plan - 2003
- Managing Asthma in CT Schools Manual
- Managing Asthma in CT Child Care Facilities
- Teen Tool Box for Providers’ use with patients for education
- Designed & distributed Asthma Action Plans to Providers
- Published *Asthma in CT 2005, a surveillance report*

Provides asthma surveillance activities and complies with the legislative mandate that all schools report children diagnosed with asthma to DPH via the CT School Health Assessment Record

Provides and Promotes the CDC National Asthma Training Curriculum statewide for all health care providers, public health staff, and policy makers

Promotes the National Asthma Education Prevention Program’s (NAEPP) Certified Asthma Educator prep course thru the CT American Lung Association

Funded Initiatives within the state:

- 10 Regions offered funds with a single local health department taking the lead for each region to provide the following regional asthma interventions: Easy Breathing, Putting on Airm, Asthma and Allergy Essentials for Day Care Providers, and Wee Wheezers

- Putting on Airs – home environmental assessment and education program
- Day Care Provider Education
- Easy Breathing Program
- Trains medical providers in appropriate diagnosis and medical management of children with asthma
- CT Coalition for Environmental Justice-Asthma awareness, education and speakers bureaus in Hartford, Bridgeport and New Haven