

BREATHING SPACE

Respiratory Disease Newsletter

*Health Promotion & Chronic Disease Division
Chronic Disease & Environmental Epidemiology Section*



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BREATHING SPACE, a quarterly respiratory disease newsletter, is produced by the Minnesota Department of Health Asthma Program. The purpose of this newsletter is to provide health professionals, school nurses, and community members with current research, information, and resources on respiratory disease.

This newsletter is also distributed electronically. To receive an electronic version, contact:

jennifer.walker@health.state.mn.us

For more information, go to the MDH asthma website at:

www.health.state.mn.us/divs/hpcd/cdee/asthma

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Managing Asthma in Minnesota Schools

Two hundred school nurses attended the Minnesota Department of Health's pilot asthma trainings, "Managing Asthma in Minnesota Schools: A Comprehensive Resource Training for School Personnel." The Oakdale, Apple Valley, and Minnetonka trainings had over fifty people in attendance at each, while the Mounds View training had just over forty. Besides one secretary who attended, most of the participants were school nurses, licensed practical nurses or health assistants. The majority of the participants were from the metro area, but participants also came from St. Michael, Buffalo, Bemidji, and Mora.

Susan Ross (R.N.) and Stephanie Bisson Belseth (R.N., L.S.N., C.P.N.P., A.E.-C) presented at the training. Training topics included asthma basics, asthma medications, controlling asthma and implementing a school asthma management program.

Participants who attended the daylong seminar received a training manual to use at their school. The manual contains sections for all school staff, including health staff, secretaries, administrators, teachers, coaches, custodial staff, nutrition services, playground assistants and bus drivers. Each section contains information about why asthma is an important issue for that staff person, what that person should know, and what that person can do. The manual also provides policies/procedures that can be implemented to make the school asthma friendly. The draft manual can be downloaded from the Minnesota Department of Health website at <http://www.health.state.mn.us/divs/hpcd/cdee/asthma/schoolmanual.html>.

Feedback from the trainings was very positive. Participants were excited about all they learned and all the resources they received. These initial trainings were a pilot to test both the training and the manual. Changes will be made to both based on participant feedback and the full program will be taken statewide in the Fall. If you are interested in a training in your area/region, please contact Deb Hill at 612-676-5213 or Deborah.hill@health.state.mn.us to schedule.



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Jason Grengs has joined the asthma staff as a student intern. He is in the process of obtaining his Masters Degree in the Division of Environmental Health Sciences at the University of Minnesota.

Jason will be creating reports to share the asthma study results with the schools who participated in the study.

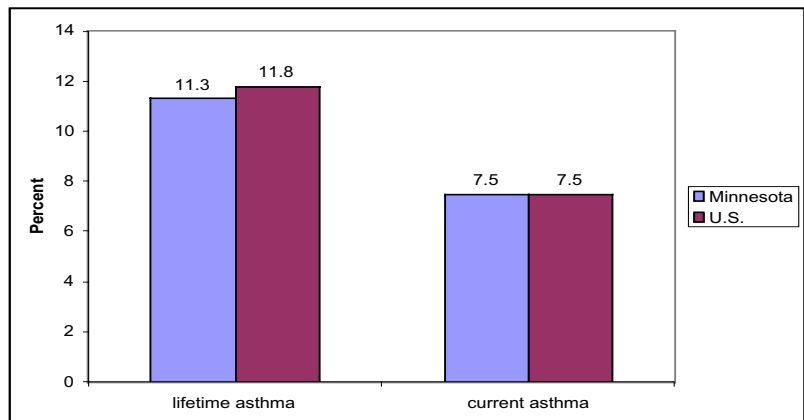
Asthma in Minnesota Adults

Information on the prevalence of asthma and other chronic conditions comes from the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing telephone survey conducted by the Minnesota Department of Health in conjunction with the Centers for Disease Control and Prevention (CDC). This survey collects information from non-institutionalized Minnesota adults age 18 and over.

Respondents are asked whether they have ever been diagnosed with asthma by a doctor or other health care provider. People with a history of asthma are then asked whether they currently have asthma. (According to the National Heart Lung and Blood Institute (NHLBI) asthma diagnosis guidelines, you do not “grow out of asthma”; this question is getting at whether a person is currently experiencing symptoms of the disease.)

According to the 2002 survey, 11.3% of Minnesota adults report that they have been diagnosed with asthma at some point in their lives and 7.5% report that they currently have asthma. In terms of population, these figures translate into 426,000 Minnesota adults with a history of asthma and more than 280,000 currently affected by asthma.

Minnesota is in line with national trends: the overall prevalence for the U.S. is 11.8% for lifetime asthma and 7.5% for current asthma.



Sources:

Minnesota Behavioral Risk Factor Surveillance System, 2002
CDC. Asthma Prevalence and Control Characteristics by Race/Ethnicity – United States, 2002. MMWR 2004; 53(07);145-148.

Changes to the Interactive Asthma Action Plan (AAP)

A revised version of our downloadable AAP will be available by April 9, 2004. Adjustments have been made that allow all users logged onto a single computer to access all saved AAP's. You do not need to uninstall your current program. Simply install over the old version and the program will make any corrections required. Please go to the MDH website to download the revised version at www.health.state.mn.us/divs/hpcd/cdee/asthma/ActionPlan.html

**South East Minnesota
Regional Asthma Coalition
(SERAC)**

Serving Dodge, Fillmore, Goodhue,
Houston, Mower, Olmsted, Wabasha,
and Winona Counties

Contact:

Judy Wothke, Regional Coordinator
jwothke@hbc.com
(507) 453-0714

**Central Minnesota
Regional Asthma Coalition
(CMRAC)**

Serving Cass, Crow Wing, Benton,
Meeker, Mille Lacs, Morrison,
Sherburne, Stearns, Todd, Wadena,
and Wright Counties

Contact:

Kathleen Milligan, Regional
Coordinator
(320) 253-6011 or (320) 492-6206

**South Central Minnesota
Regional Asthma
Coalition (SCRAC)**

Serving Blue Earth, Brown,
Fairbault, Freeborn, LeSueur, Martin,
McLeod, Nicollet, Rice, Sibley,
Steele, Waseca, and Watonwan
Counties

Contact:

Erin Simmons, Regional
Coordinator
scasthma@hickorytech.net
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**East Central Minnesota
Regional Asthma
Coalition (ECRAC)**

Serving Chisago, Isanti, Kanabec,
and Pine Counties

Contact:

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Coordinator
Kanabec County Public Health
(320) 679-6330
geneve.vaughan@co.kanabec.mn.us

MAC 2004 News

Minnesota Asthma Coalition - Regional Restructure

The Minnesota Asthma Coalition's regional structure was changed to include nine regions in January 2004. Some boundaries changed and the East Central Region was added. The restructure will improve service and data management throughout the state.

The regional coalition boundaries are in place and there are several new Regional Coalition Coordinators. Judy Wothke began as the South East Regional Asthma Coalition Coordinator in January 2004, Erin Simmons began as South Central Regional Asthma Coalition Coordinator in February 2004, and Kathleen Milligan will become Coordinator of the Central Minnesota Regional Asthma Coalition at the end of March 2004. In the East Central region, Kanabec County Public Health has agreed to be the regional coordinator. Kanabec County is also the site of an innovative asthma initiative with South Country Health Alliance.

MAC is currently in the process of hiring Regional Coalition Coordinators in the North West, North East and South West Minnesota regions.

Six of the nine regions are funded by an Minnesota Department of Health (MDH) grant through the American Lung Association of Minnesota. MDH will be contracting with Regional Coalition Coordinators in the East Central, South Central, and West Central regions.

For more information regarding this regional restructure, contact:

Lyann Yates
MAC Manager
American Lung Association of Minnesota
Phone: 651-268-7601
email: Lyann.yates@alamn.org

(See map on reverse side)

This Just In...

The North West and South West Regional Coordinators have been hired.

North West Minnesota (NWRAC)

Michelle Moncrieffe Foreman, Regional Coordinator
(218) 751-0755
nwrac@yahoo.com

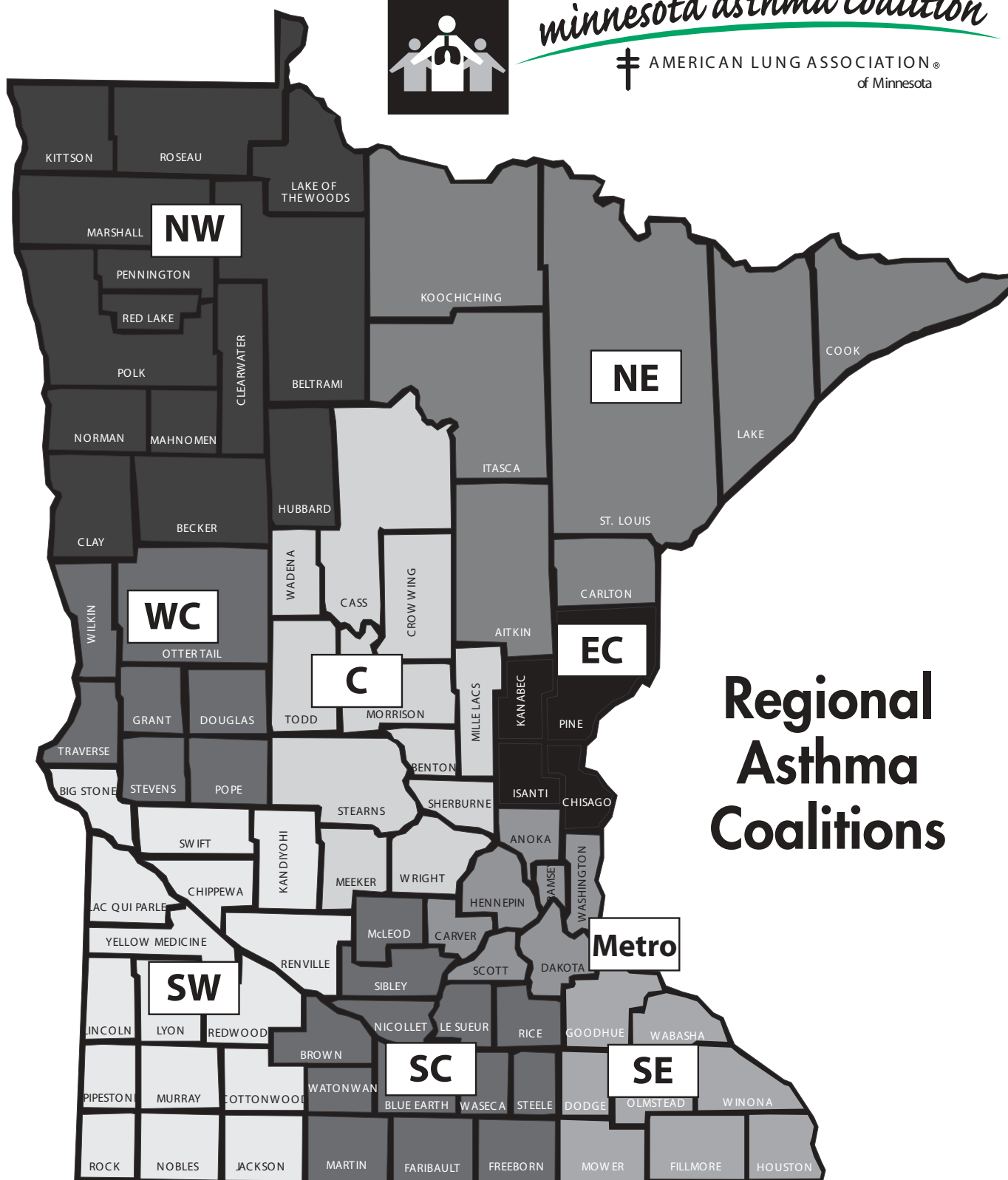
South West Minnesota (SWRAC)

Amy Roggenbuck, Regional Coordinator
(320) 568-2471
aaroggen@farmerstel.net



minnesota asthma coalition

† AMERICAN LUNG ASSOCIATION®
of Minnesota



Regional Asthma Coalitions

Upcoming Events

2004 Environmental Policy Forum: Air Condition

Thursday, April 8, 2004
Science Museum of MN, St. Paul
online registration: www.mn-ei.org/policy/events.html
Suzy Knutson, 612-334-3388

COPD: The Future Isn't What It Used To Be

Thursday, April 15, 2004
The Depot, Downtown Minneapolis
Online registration:
www.alamn.org/Prof/COPDCourseRegister.asp

World Asthma Day Event

April 24, 2004, 12 noon - 5 pm
Mall of America, Sears Court

Affordable Comfort 2004

April 26 - May 1, 2004
Hyatt Regency, Minneapolis
1-800-344-4866
www.affordablecomfort.org

Implementation and Interpretation of Spirometry Course

April 29, 2004
American Lung Association of MN
Jill Heins, 651-223-9578 or
jill.heins@alamn.org

PACE Training

April 30, 2004, 8 am - 4 pm
Southeast Minnesota Holiday Inn and Suites, Winona, MN
Judy Wothke, (507) 453-0714
jwothke@hbc.com

PACE Training

Saturday, May 8, 2004
Pediatrics Plus, Blaine, MN
Saturday, May 22, 2004
Unity Hospital, Fridley, MN
April Kaeder, 651-268-7615
april.kaeder@alamn.org

Asthma Sharing Conference

May 13, 2004
Holiday Inn, St. Cloud
Mary Isabell, 651-268-7593
1-800-LUNG-USA (586-4872)
Mary.Isabell@alamn.org
www.alamn.org (online registration)

Asthma Patients Needed

The American Lung Association Asthma Clinical Research Center (ALA-ACRC) Network is currently enrolling subjects with physician-diagnosed asthma for clinical studies. If you currently have asthma symptoms and are interested in learning more about the study, please contact one of the following centers:

Central MN:

- University of Minnesota, Minneapolis, MN (612) 626-4031
- Hennepin County Medical Center, Minneapolis, MN (612) 873-7632
- Clinical Research Institute, Minneapolis, MN (612) 333-2200 x 1360

Northern MN:

- Duluth, MN (218) 786-1219

Southern MN:

- Mayo Clinic, Rochester, MN (507) 284-5689

Asthma Sharing Conference

The American Lung Association of Minnesota and the Minnesota Department of Health are pleased to present the first annual Asthma Sharing Conference. This statewide forum will focus on the exchange of ideas, programs, and current concepts in asthma management and research.

Topics include:

- Asthma in Minnesota
- The latest in asthma medications
- Environmental controls
- Asthma management in primary care, schools and the elderly
- Multi-disciplinary approaches to asthma care

The conference is Thursday, May 13, 2004 at the Holiday Inn in St. Cloud. Admission is \$85 per person or \$50 for students (University ID required). To find out more about this conference and other asthma programs, go to www.alamn.org or contact Lyann Yates at Lyann.yates@alamn.org or 651-268-7601. Online registration is available on the American Lung Association of Minnesota website at <http://www.alamn.org/Prof/ShareConfRegister.asp>.

Minnesota Department of Health (MDH) Awards Tobacco-Free Communities Grants

MDH awarded a new round of Tobacco-Free Communities grants in Minnesota for 2004. The department awarded approximately \$3.4 million in grants for locally driven tobacco prevention activities.

Nineteen grants were awarded to organizations to create tobacco-free environments and reduce youth tobacco use by 25 percent by 2005. For details on which organizations received the funding, go to www.health.state.mn.us/divs/hpcd/tpc/tobacco120203.html.

Questions about lung health?

Call 1-800-548-8252
American Lung Association
Call Center

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For more information, or to request this material in another format contact: Deb Hill at 612-676-5213 or

deborah.hill@health.state.mn.us

MN Relay Service TDD: 1-800-627-3528

Breathing Space is also available on the MDH Asthma website:

www.health.state.mn.us/divs/hpcd/cdee/asthma

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**World Asthma Day
May 4, 2004**

May is Allergy and Asthma Awareness Month and May 4 is World Asthma Day. Plan an asthma awareness event in your community. EPA's updated World Asthma Day 2004 Asthma Event Planning Kit is now available. The kit has everything you need to plan an asthma event for your community. You will find ideas for planning events in: schools, hospitals, libraries, State capitol buildings, and other community settings. Sample proclamation, press release, and local and regional contact lists are also available. For more information and the kit, go to www.epa.gov/asthma/wad2004.html.

For activities in your area, go to the ALAMN website at: <http://www.alamn.org/asthma/AwarenessMonth.asp>.

4th Annual World Asthma Day Event

The MN Society for Respiratory Care will hold its 4th Annual World Asthma Day event on Saturday, April 24, 2004, from 12 noon - 5 pm at the Mall of America, Sears Court. This year, in addition to asthma information and instruction on asthma devices such as peak flow meters and inhalers, a program called AirCheck will also be included. The Respironics "Zooey and the Zones" will also be there to educate kids and families on asthma and the importance of asthma action plans. The event is offered as a drop-in basis and is free of charge.

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