

# Coach's Asthma Clipboard Program – Winning With Asthma Evaluation

## *Program evaluation shows many coaches effectively support athletes with asthma*

### Background

The Coach's Asthma Clipboard Program – Winning with Asthma (WWA) is a free 25-minute online educational program that provides coaches and those who work in youth athletics with basic information on asthma and how to help athletes properly manage their asthma during athletic events. The program explains proper medication management, ways to prevent exercise-induced asthma, steps to take when an athlete is experiencing an asthma attack, common asthma triggers, and suggestions for those who play cold-weather sports.

The program also contains a pre and post test to measure short-term knowledge gain. Minnesota coaches, referees, and physical education teachers who complete the program and provide a mailing address receive a clipboard with the words, "What to Do During an Asthma Attack" printed on the back; a laminated emergency card; a special coach's booklet with additional asthma information; and a certificate of completion. Since launching the program in 2006, 802 Minnesotans have completed WWA.

WWA was developed through a collaborative effort between the Minnesota and Utah Departments of Health and funded by the Centers for Disease Control and Prevention's asthma cooperative agreements and the Minnesota Steps Initiative. In 2009, to evaluate the program, the Minnesota and Utah Asthma Programs developed and conducted online surveys of those who had completed the WWA program in their respective states.

The Minnesota evaluation focused on the use of WWA materials, long-term knowledge gain, and attitudes and behaviors of coaches, referees, and physical activity teachers toward athletes with asthma. The online survey was sent to 249 coaches, referees, and physical activity teachers who had completed WWA between January 2006 and February 2009. Thirty-nine emails bounced back due to incorrect addresses or inactive accounts. Thus, 210 people received an invitation to participate and 86 completed the survey, for a response rate of 41%.

Of those who participated in the survey, 57% reported being a school coach and 29% were parks and recreation coaches. The majority of respondents (84%) coached athletes between 13 and 18 years of age. Forty-three percent reported coaching girls and boys, 30% report coaching only girls, and 27% report coaching only boys. Seventeen sports were represented in the survey. Basketball, baseball, football, and soccer were the most represented sports by those completing the survey. Three quarters (76%) of survey respondents reported taking the online training one to three years ago and 23% completed the training within the past year.

### Evaluation Results

#### **Use of Clipboard Materials**

54% of respondents report always or usually carrying the clipboard with them during either practice or games.

Of those who carry the clipboard, 68% also carry the laminated emergency card and 41% carry the booklet.



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41% of respondents report always or usually carrying the laminated emergency card during either practice or games.

24% of respondents report carrying the booklet with them during either practice or games.

21% of respondents report always or usually carrying all three materials with them during either practice or games.

24% of respondents also report having used at least one of the clipboard materials as a reference when assisting an athlete with asthma.

Below are some comments that coaches made about the clipboard materials:

*"I use the clipboard to carry my practice plan, and the laminated card is taped to my coaching folder so I have a quick reference when we are at home or away."*

*"I review material before practice and games from time to time."*

*"I use it as a reference to educate other staff and student athletes."*

*"I put my game line-ups on the clipboard so I have reference in my hands. I have shown the board to an athlete with asthma, who was not having an asthma attack."*

*"I use it as a quick reference reminder."*

### **Knowledge**

The online survey contained four knowledge questions that were on the pre and post test from the WWA online program. 64% of respondents answered all four of the questions correctly.

### **Attitudes**

All of the respondents agreed that asthma is a serious medical condition, but can be controlled, and that athletes with asthma can compete at the

same level as other athletes if their asthma is well controlled.

95% of respondents disagreed with the statement that asthma is an excuse for athletes to not work hard.

85% of respondents disagreed with the statement that it was not their responsibility as a coach to help athletes manage their asthma.

91% felt they are better prepared to assist an athlete with asthma after viewing the WWA program.

### **Behaviors**

25% of respondents report always or usually requesting an asthma action plan for athletes with asthma when one is not provided.

60% of respondents report working with athletes with asthma to help them manage their symptoms during practice and games.

75% report encouraging athletes with asthma to warm up before practice or competitions.

79% respondents report feeling prepared to help their athletes during an asthma attack.

**To view Coach's Asthma Clipboard Program – Winning with Asthma go to [www.WinningWithAsthma.org](http://www.WinningWithAsthma.org)**

The full evaluation report with both Minnesota and Utah evaluation results can be found at <http://www.health.state.mn.us/asthma/Educate.html>

### **For More Information**

MDH Asthma Program

[www.health.state.mn.us/asthma/](http://www.health.state.mn.us/asthma/)

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