Minnesota Asthma Plan

The Minnesota Asthma Steering Committee modified and adopted the final draft of the Strategic Plan for Addressing Asthma in Minnesota at its meeting on May 1, 2007. The plan includes objectives and strategies to accomplish goals in seven areas: Data and Surveillance, Environment, Work-Related Asthma, Self Management, Community, Health Professionals, and Systems Change. The plan is intended for years 2007 – 2012. A chart of some Milestones accomplished in recent years can be found on the next page.

More than 100 people from over 80 organizations were involved in either the Steering Committee or one of the five work groups: Data, Environment, Individual/Family/Community, Health Professional Education, and Work-Related Asthma. On May 16 the plan was submitted, along with an application, to the Centers for Disease Control and Prevention (CDC) for continued funding for the state asthma program, although many activities in the plan are beyond the scope of CDC funding and are objectives which other asthma partners will be pursuing.

Some of the dozens of people involved in the state asthma plan, including Dr. Don Uden (center), chair of the Asthma Steering Committee, celebrating World Asthma Day on May 1, 2007.
<table>
<thead>
<tr>
<th>Foundations of Asthma Activities</th>
<th>Environment</th>
<th>Self Management Resources and Access to Care</th>
<th>Community Action</th>
<th>Health Professionals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal funding obtained to support asthma activities, state program staffed</td>
<td>School walkthrough protocol developed and utilized in 17 school districts</td>
<td>IAAP developed both to aid providers and to encourage written asthma action plans for people with asthma</td>
<td>Statewide smoke-free initiative approved by Legislature and signed by Governor</td>
<td>Setting the PACE in Minnesota trainings created and implemented by ALAMN</td>
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<td>Surveillance system expands to capture data on asthma prevalence, asthma control, mortality, emergency department visits, and hospitalizations.</td>
<td>EPA funded Pediatric Environmental Intervention project that significantly reduces missed school days, urgent care visits, oral corticosteroid use, and improved the quality of life.</td>
<td>ALAMN sponsored summer camp experiences for over 200 children with asthma each year at Camp Superkids and Camp Super Tots</td>
<td>Controlling Asthma in American Cities Project (CAACP) undertakes several initiatives including education in Emergency Departments, development of child care curriculum, trainings with clinics, and parent forums in Minneapolis and St. Paul</td>
<td>“Managing Asthma in MN Schools” developed by MDH and presented at 31 trainings to over 500 school personnel throughout MN</td>
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<td>Number of regional coalitions in MN Asthma Coalition (MAC) expands to 9 with all staffed. MAC website created. Membership reaches over 1000.</td>
<td>Work-related asthma advisory group convened by MDH, prepares report with 11 recommendations</td>
<td>HCMC developed video “ED Asthma Education Program” in 3 languages for ED viewing with take-home asthma information packet at HCMC and Mpls. Children’s</td>
<td>Healthy Learners Asthma Initiative (HLAI) program in Minneapolis and St. Paul public schools as part of CAACP and St. Francis Public Schools in collaboration with ALAMN and Metro MAC</td>
<td>Coaches Asthma</td>
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<td>Asthma Clearinghouse developed at ALAMN.</td>
<td>17 communities and counties adopt smoke-free ordinances; statewide smoke-free bill is introduced</td>
<td>Video “Breathing a Word: Indian Stories of Asthma” developed with Indian youth, families, graduate learners and faculty in CUPES</td>
<td>ECHO asthma pieces produced in 6 languages and aired on programs directed especially at communities of color.</td>
<td>Preparatory course for certified asthma educators (AE-C) exam offered twice a year for 5 years by ALAMN</td>
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<td>Asthma mortality in older residents reviewed. Middle and high school prevalence surveys administered by MDH.</td>
<td>Advisory group developing action advisories for high outdoor air quality readings</td>
<td>MDH Asthma Website created with extensive self-management information and resource links</td>
<td>Day care curriculum is developed by CAACP with many providers trained throughout Minnesota by MAC</td>
<td>Minnesota has 108 AE-Cs, the most per capita of any state in the country.</td>
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<td>Beta-tested EPA/CDC software for linking air quality data with asthma morbidity data</td>
<td>Collaboration with MN OSHA on sprayed truck bed liners to reduce isocyanates exposure (known asthmogen)</td>
<td>Web-based and CD program developed for Head Start providers and parents</td>
<td>MDH presentation of basic asthma management to paraprofessionals at Annual Paraprofessional Conference</td>
<td>MDH presentation on asthma management to Dept. of Corrections health staff</td>
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<td>“Breathing Space” (respiratory disease newsletter) started by MDH as vehicle to share asthma news.</td>
<td>More than 895 school personnel signed up to receive electronic notices of an Air Quality Alert</td>
<td>“Catching Our Breath” initiative in Washington Co. organized by public health agency</td>
<td>Asthma awareness walks held in non-metro communities and Minneapolis</td>
<td>Asthma rotation created for pharmacy students at University of MN</td>
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</tbody>
</table>
**Freedom to Breathe Act of 2007**

On May 16, 2007, Governor Pawlenty signed the Freedom to Breathe Act of 2007, prohibiting tobacco use in almost all Minnesota workplaces, including bars, restaurants, and private clubs. The law is a major public health accomplishment. It will significantly benefit people with respiratory diseases, including asthma. The next issue of Breathing Space will have more information on the new law that goes into effect on October 1, 2007.

**Minnesota Adults with Asthma**

Since 2000, the percentage of Minnesota adults reporting that they have asthma has ranged from a low of 6.6% in 2001 to a high of 8.4% in 2005. Increasing prevalence could be due to greater awareness of asthma leading to a greater likelihood of diagnosis, as well as the increasing development of new cases. Women are more likely than men to report having asthma (9.7% versus 5.9%). The percentage of Minnesota adults with asthma in 2006 (7.8%) was lower than the national median for that year (8.5%).

**Susan Ross Receives National Award**

On March 14, 2007, Susan Ross, RN, AE-C, received the 2007 Award for Excellence in the Prevention and Control of Chronic Disease at the National Association of Chronic Disease Directors meeting in Atlanta. The award is presented annually to one individual in the field of public health. Susan was recognized for her contributions in developing the interactive asthma action plan, in developing the asthma school manual and conducting the asthma trainings for school personnel, and in developing the asthma online program for coaches, “Winning With Asthma.”
**Asthmanex Twisthalers**

The Institute for Safe Medication Practices has alerted health care professionals about a potential problem with Asthmanex Twisthalers. Each Twisthaler contains multiple metered doses of mometasone furoate, a corticosteroid inhalation powder used to treat asthma. ISMP notes that under certain circumstances, the dose counter of an empty Asthmanex Twisthaler could indicate that the product still contained medication. This might cause patients to try to administer the drug from an empty container, and thus not receive a needed dose of medication.

To prepare a dose, the patient twists the white cap counter-clockwise and removes it while holding the inhaler upright. This loads a single dose, ready for inhalation, and it also decreases the dosage counter by one. After the dose is inhaled, the patient replaces the cap and turns it clockwise until it clicks, indicating that the device is ready for the next dose to be loaded. When the dose counter reaches “00,” the Twisthaler locks shut to prevent the patient from using an empty device.

The problem can occur if the patient twists the cap forcefully after the dosage counter reaches “00.” This could reset the counter to show some remaining doses, even though the device could not deliver them.

Before prescribing, dispensing or administering this product, show the patient the dosage counter window, found under the indented arrow on the white part of the cylinder. Remind patients to refill the prescription when the dosage counter reaches “10” and to discard the Twisthaler when the dosage counter reaches “00.” Also, instruct patients not to keep the product more than 45 days after the pouch has been opened, regardless of the remaining doses.

Additional Information:

http://www.ismp.org/Newsletters/acute care/articles/20061116_3.asp

Asmamex Website. How to Use Asmanex Tutorial.
http://www.asmanex.com/asmanex/application?namespace=main&origin=home.jsp&event=content_display&event_input=how_to_use_asmanex_tutorial

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**MDH Awarded STAR Grant**

MDH will be receiving an EPA Science to Achieve Results (STAR) grant to examine links between air quality and respiratory diseases. This grant will begin in Fall 2007 and continue for three years. Dr. Jean Johnson will be directing this project.

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**Resources available from the U.S. Environmental Protection Agency**

U.S. EPA, Indoor Environments Division, has a wealth of asthma related information available on their website at www.epa.gov/asthma. As part of their effort, they make available to the general public, partners, media outlets and health care professionals a wide variety of asthma resources at no-cost. EPA develops resources to share information about asthma, environmental asthma triggers, comprehensive asthma management and community-based efforts. A description of some of the publications available and ordering information can be found at www.epa.gov/iaq/asthma/publications.html.
Updates and Upcoming Events

Metro Regional Asthma Coalition (Metro MAC)

Upcoming events:
Monday, June 25, 2007 at 6:00 p.m.  Metro Asthma Coalition meeting at American Lung Association of Minnesota Building in St. Paul, 490 Concordia Ave.

July 8-13, 2007, Camp Superkids, at the YMCA Camp Ihduhapi, Loretto, MN, for 8-13 year olds to learn about asthma and the proper techniques for self-management of medications in a fun, medically supervised summer camp setting. Activities include swimming, waterskiing, fishing, ropes course, archery and arts and crafts. Children must be on daily meds for asthma. For more information contact Jonathan Oney, ALAMN, (651) 268-7598 or go to: http://www.alamn.org/mn/camp/campsuperkids.asp

The COPD Patient Rally will take place on Wednesday, July 11, 2007. Contact Cheryl Sasse at 651-223-9565 for more information or to register. Cost is $15 per person.

Wednesday, August 8, 2007, Implementation and Interpretation of Spirometry in the Primary Care Practice training hosted by Metro Asthma Coalition. Held at Pediatric Home Service in Roseville, Minnesota. For cost and to register, contact Kristi Van Riper, MPH, CHES at the American Lung Association of Minnesota, 651-268-7601, kristi.vanriper@alamn.org.

For more information on the Metro MAC, contact Jill Heins at 651-227-8014, jill.heins@alamn.org.

Southwest Regional Asthma Coalition (SWRAC)

Updates:
On May 3, 2007, Dr. Amy Ellingson gave an Asthma Management update at the Northside Medical Center in Ortonville for staff. She explained how to implement the new Asthma Management Guidelines to participants.

On May 8, 2007, the Coalition sponsored an Asthma Booth at the “Teen Health & Wellness Spring Expo” held at the Willmar Senior High School. Approximately 100 students completed a screening questionnaire and about 500 students (grades 9th-12th) stopped at the booth to learn about asthma and asthma medications.

A partnership was formed with the Kandiyohi County Tobacco Coalition to create, produce, and air two radio public service announcements that were recorded by two children with asthma. The SWRAC wrote the script and located the children to read the scripts. The Tobacco Coalition gave financial support to hire a media professional to assist in recording and also paid for a week of drive-time saturation for the announcements. The announcements were aired during prime times and also at other times as a public service announcement on four area radio stations during the month of May. They can be heard at www.mnasthma.org/mnasthma/swrac.

A one hour in-service was held for Kindergarten -2nd grade staff at Park Side Elementary in Marshall in May. The “Managing Your Child’s Asthma” curriculum (asthma basics, triggers, and medication administration techniques were covered) was utilized and presented to 18 staff members and one parent. A “Controlling Asthma: What You Need to Know” flipchart was given to the School Nurse for a resource. This was donated by the Coalition.

In May, over 200 kindergartners in 11 classes at Kennedy Elementary School in Willmar received a 10-minute asthma presentation. A story was read, visual aids were used for triggers, and the different medications were shown. At the conclusion each student was given a color sheet about asthma to bring home.

Upcoming events:
Tuesday, September 25, 2007, “Caring For Kids with Asthma” will take place at Ridgewater College.

September 2007, Lunch & Learn Asthma Presentation, Redwood Area Hospital; time and date to be determined.
If you have any questions or would like more details regarding any future SWRAC events, please contact Amy Roggenbuck at aaroggen@farmerstel.net or 320-568-2471.

Southeast Minnesota Regional Asthma Coalition (SERAC)

Updates:
On June 15, 2007, from 2-7 p.m. the Schmidt Printing Employee and Family Health and Safety Fair was held. Schmidt Printing is located in Byron, MN. SERAC had a display with many educational materials. Jackie Heying, CNP, AE-C, in Pediatric Asthma and Allergy at Mayo and Dr. Ashok Patel, Pulmonology and Critical Care Medicine at Mayo, were the coalition representatives at the fair and were available to answer questions from employees, spouses and children.

Upcoming events:
On June 25, 2007, the Special Respiratory Clinic opens at the Rochester Salvation Army. The SERAC is pleased to provide volunteers and assist with the organization and staffing of the new Respiratory Clinic through the Good Samaritan Medical Clinic at the Rochester Salvation Army. The clinic is one of several available for people who have limited or no insurance. Held the 4th Monday of every month from 5:00 – 7:00 p.m., the respiratory clinic provides services for people with asthma and other breathing problems. It will be staffed by volunteer medical professionals, many who are members of SERAC. Jo Anne Judge-Dietz, coalition member and STEPS to a Healthier Rochester School Coordinator, was able to have flyers printed in both English and Spanish and distributed at the Olmsted County court house at the Mexican consulate/immigration program.

For more information contact Judy Wothke 507-453-0714 or jwothke@hbci.com. Please visit the web site: www.mnasthma.org/mnasthma/serac/.

Northeast Regional Asthma Coalition (NERAC)

Updates:
Mayor Bergson proclaimed May 2, 2007 as World Asthma Day for Duluth. NERAC members were present when he signed the proclamation.

On May 3, 2007, the coalition partnered with the Lake Superior Medical Alliance to reach over 2000 4th-5th graders with asthma information at a health fair.

Upcoming events:
St. Scholastica Nursing students will be providing asthma education to day care providers as their summer clinical experience between June 20 and August 6, 2007.

For more information, contact Lori Saari NERAC Coordinator at 218-391-3942 or saarid@aol.com.

West Central Regional Asthma Coalition (WCRAC)

Updates:
In the first quarter of the year, two day care trainings were held. In March, Connie Graff presented the “Caring for Kids with Asthma” program twice at a day care conference in Bemidji. In May Barb Heier also presented the “Caring for Kids with Asthma” program in Detroit Lakes.

On April 28, 2007, the “Breathe Well, Live Well program was presented by Vickie Habberman in Detroit Lakes.

A creative effort in May for World Asthma Awareness Month was to use “Toilet Paper” to inform the public about asthma. Information sheets about asthma were strategically placed in public restrooms! Also, in May Shelly Svec and Doreen Hanson participated in a radio show discussing asthma.

On June 19, 2007 the WCRAC met at Douglas County Public Health in Alexandria and participants could join by teleconference. Amy Roggenbuck, MAC statewide coordinator, joined the meeting.

Upcoming Events:
September 29, 2007, is Super Asthma Saturday in Alexandria. Everyone is welcome! There will be educational speakers for the adults and games and prizes for the children who attend. Food and refreshments will also be provided.
For more information on the WCRAC contact Doreen Hanson at doreen.hanson@mail.co.douglas.mn.us or 320-762-3043.

East Central Regional Asthma Coalition (ECRAC)

Updates:
For World Asthma Day, May 1, information was displayed in the Kanabec County Public Services Building reaching over 300 people.

Also in May, information was provided to the staff and students at the Braham Public Schools. Coalition members also had a display and were available to answer questions at an employee Health and Wellness Fair at the Grand Casino in Hinckley.

For more information, contact Kathy Burski at 320-679-6438 or Kathryn.Burski@co.kanabec.mn.us

South Central Regional Asthma Coalition (SCRAC)

Updates:
Plans are beginning for a second annual asthma walk in Glencoe, Minnesota.

For more information contact Amy Roggenbuck at 320-568-2471 or aaroggen@farmerstel.net

Central Minnesota Regional Asthma Coalition (CMRAC)

Updates:
“Caring for Kids with Asthma” presentations were held in Monticello on May 10 and at the St. Cloud Office of Childcare Choices on May 24, 2007.

On May 23, 2007, the coalition participated in a health fair for all City of St. Cloud employees.

For information on the CMRAC contact Kathleen Milligan at 320-253-6011 or milliganala@aol.com.

Northwest Regional Asthma Coalition (NWRAC)

Updates:
If you would like to join or would like more information on this coalition, contact Amy Roggenbuck at 320-568-2471 or aaroggen@farmerstel.net

Communities in Action for Asthma-Friendly Environments Network

This free online national network is designed for community-based asthma programs and organizations that sponsor them—including representatives of health plans and providers, government health and environmental agencies, nonprofits, coalitions, schools and more. The Network is supported by the EPA in partnership with Allies Against Asthma, a program of the Robert Wood Johnson Foundation. Programs in the national Network are helping each other to achieve remarkable health and quality of life improvements for people with asthma. This interactive Network will introduce you to effective strategies that are key to achieving positive health outcomes.

Partners in this network have real-time access to other registered programs and their best practices; cutting-edge Internet tools to facilitate collaboration, problem solving, and learning between leaders of asthma programs; and the most current strategies for making your program a thriving and comprehensive asthma management resource. For more information or to join, please go to www.asthmacommunitynetwork.org/
BREATHING SPACE
For more information, or to request this material in another format call 651-201-5900
MN Relay Service TDD: 1-800-627-3528

To receive this newsletter electronically, go to:
http://www.health.state.mn.us/divs/hpce/cdee/asthma/Newsletter.html, and click on Subscribe to Breathing Space.

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Questions about lung health?
Call 1-800-548-8252
American Lung Association Call Center

MDH Asthma Staff Contact Information:
Asthma Program Telephone Number: 651-201-5909
Toll Free Number: 1-877-925-4189
Asthma Web Site: http://www.health.state.mn.us/asthma/

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