Smoke Free Riverbats Game on June 3

Sponsored by Central Minnesota Asthma Coalition and Smoke Free Communities

The Central Minnesota Asthma Coalition in partnership with Smoke Free Communities is hosting a “Breathe Free” St. Cloud Riverbats baseball game on Wednesday, June 3, 2009, at 7:05 pm when the Riverbats take on the Alexandria Beetles. This is the only game of the season that the Joe Faber Field complex will be entirely smoke-free. The partnering coalitions have organized over 700 individuals who will gather to celebrate smoke-free spaces and promote asthma awareness. The evening will include a youth button making station, a coloring contest for kids, and exciting onfield events such as an adult tricycle riding contest. Look for September’s issue of Breathing Space for game night highlights and photos. For information on tickets contact Alicia Bauman at 320-309-7359 or alicia.bauman@lungmn.org.

Upcoming Asthma Camps

Camp SuperKids takes place on July 12-17, 2009, at YMCA Camp Ihduhapi in Loretto, MN, and is for children with asthma that are between the ages of 8-13. Camper cost is $495 for the week.

Camp We No Wheeze North takes place on August 2-5, 2009, at Wolf Ridge Environmental Learning Center in Finland, MN, and is for children with asthma that are between the ages of 9 - 14. Camper cost is $175 for the three days.

Please contact Heather Steffens with any questions about these camps at 651-268-7587 or Heather.Steffens@alamn.org.
Use of Complementary and Alternative Medicine Among Adults with Asthma in Minnesota

A finding from the Adult Asthma Callback Survey suggests that adults with asthma in Minnesota are using complementary and alternative medicine (CAM) as a supplement to rather than a substitute for asthma medication.

CAM consists of a wide variety of practices that are used in addition to or in place of conventional medicine. Examples of CAM include aromatherapy, herbs, vitamins, acupuncture, naturopathy, yoga and reflexology.

The Adult Asthma Callback Survey, a comprehensive survey of adults with asthma, was conducted in Minnesota in 2005, and includes a series of questions about the use of CAM. Respondents are asked to indicate which, if any, of the following CAM methods they used in the past 12 months to control their asthma: aromatherapy, breathing techniques, herbs, homeopathy, vitamins, yoga, acupressure, acupuncture, naturopathy, and reflexology. Respondents can also report other techniques not listed above; these responses are incorporated into the total count if generally known to be a form of CAM. CAM methods are also categorized as to whether they are self-care (aromatherapy, breathing techniques, herbs, homeopathy, vitamins, yoga) or practitioner-based (acupressure, acupuncture, naturopathy, and reflexology).

Among Minnesota adults with asthma:
- 37% reported that they have used one or more CAM methods in the past 12 months to control their asthma
- 35% reported using self-care methods
- 6% reported using practitioner-based methods

The most commonly reported form of CAM was breathing techniques (reported by 31% of adults with asthma) followed by vitamins (reported by 7%). Women were more likely than men to report using CAM; however the difference was not statistically significant. CAM users were just as likely as non-CAM users to report having taken asthma medications within the past year (83.4% vs. 83.0%).

Source: Asthma Callback Survey, Minnesota, 2005

MDH and ALAMN staff attend June Conferences

Wendy Brunner will be a presenter at the Council of State and Territorial Epidemiologists (CSTE) Annual Conference in Buffalo, NY, from June 8 - 10, 2009. The title of her presentation is "Asthma Mortality among Older Adults in Minnesota: When Death Certificates Deserve a Second Look."

During the week of June 2, Susan Ross and Erica Fishman will attend a series of meetings and conferences in Washington DC. Both Erica and Susan will attend a workshop organized by the Environmental Protection Agency (EPA) National Indoor Environments Program designed to bring together state, local and national Asthma Partners from around the country to share program information and to gain support and commitment from those participating in the National meeting. Susan will also participate in the Merck Childhood Asthma Network Workshop on Childhood Asthma Policy Reform, while Erica will participate in the Region V USEPA Tribal and State Asthma Meeting. Both Erica and Susan will attend the national meeting entitled “Communities in Action for Asthma-Friendly Environments -2009 National Asthma Forum” on June 4 – 5, 2009. Jill Heins Nesvold from ALAMN and Angie Carlson from Data Intelligence will also attend the National Asthma Forum.

MDH Environmental Public Health Tracking and Biomonitoring Program

The April issue of Minnesota Physician, a monthly medical newspaper, featured an article on the MDH Minnesota Environmental Public Health Tracking (MN EPHT) and Biomonitoring programs, “Bridging the Gap Between Environmental Factors and Disease”. The article written by MN EPHT staff, Michonne Bertrand, describes how environmental public health tracking and biomonitoring on a state and national level will help answer the public health question of whether there is a relationship between exposure to environmental hazards and health outcomes such as asthma, cancer, and heart attacks.

The article is available at http://www.health.state.mn.us/tracking/
Asthma Article Featured in Minnesota Spokesman-Reader

Dory Baker, RN, CNP, AE-C, and a member of the Metro MAC published a column in the Minnesota Spokesman-Reader entitled “Effective ways to get your asthma under control” which was posted online in March.

This column regularly features articles that inform readers of health issues specific to the MN’s African American community, and educates on current health issues and offers, practical, tangible ways to address them.

The full article can be found at http://www.spokesman-recorder.com/news/article/Article.asp?NewsID=95456&sID=20&ItemSource=

Minnesota Clean Diesel Grant Program

The Minnesota Pollution Control Agency (MPCA) is currently accepting applications through June 25, 2009, for the Minnesota Clean Diesel Grant Program, funded by the American Recovery and Reinvestment Act (ARRA), for clean diesel projects in the state. This grant opportunity is for fleet owners that are headquartered in Minnesota and that operate diesel-powered vehicles and equipment. Funding may be used for the purchase of idle reduction devices, emission control devices, engine repowers, and diesel hybrid vehicle replacements (for public entities). Diesel emissions include fine particles and other air pollutants that may exacerbate asthma and other respiratory and cardiovascular conditions. Health professionals and others are encouraged to share this information with people who may be interested in applying to the Minnesota Clean Diesel Grant Program. Applications will be evaluated based, in part, on whether the vehicles/equipment operate in areas of air quality concern, areas with high population densities, and areas near sensitive populations (e.g., children, elderly, hospitals, schools, care facilities). For more information about this grant opportunity see the MPCA web site: http://www.pca.state.mn.us/air/cleandiesel-grants.html or contact cleandiesel@pca.state.mn.us.

Metro MAC Members Honored by MN Chapter of Pediatric Nurse Practitioners

We are proud to recognize coalition member Dory Baker, RN, CNP, AE-C who received the 2009 Pediatric Nurse Practitioner of the Year from the MN Chapter of Pediatric Nurse Practitioners (MN NAPNAP) for her outstanding efforts working with children with asthma and their families! Dory has been actively involved in the leadership team of Partners for Asthma Action, formerly Controlling Asthma in American Cities project, as well as the Metro MAC. Dory received her award with a standing ovation on May 14, 2009, at the MN NAPNAP Spring Gala at the Campus Club at the University of Minnesota. Congratulations, Dory!

At the same event, Kay Kufahl, RCP, AE-C, accepted the 2009 Organization of the Year award on behalf of Pediatric Home Service (PHS). Kay’s leadership in the in-home asthma education program was instrumental in PHS receiving this award. Also recognized, was Barb Lehn, AE-C, also a Metro MAC member, actively involved in PHS’s in-home asthma education program. PHS provides a range of services for children with special needs in their homes. Nice job, Kay and Barb!
Training Opportunities

Centers for Public Health Education and Outreach

The following courses are offered through the University of MN, School of Public Health, Centers for Public Health Education and Outreach:

**For Emergencies Only? Successful Respiratory Protection Program Implementation**

This class is designed to review and explain the OSHA Respiratory Protection Standard (1910.134) and the newest updates. Key elements of daily program implementation as well as planning for emergencies will be addressed using a practical approach. In addition, fit testing will be presented and you will have the opportunity to participate in a fit test laboratory.

*Next Course: September 15, 2009*

**NIOSH Approved Spirometry**

This NIOSH-approved program will provide instruction in spirometry through lectures, workshops, and testing. This workshop covers American Thoracic Society standards for pulmonary function testing, recent developments in spirometry testing, and the current NIOSH standards.

*Next Course: October 5-6, 2009*

**NIOSH Approved Spirometry Refresher**

This one-day, interactive program is designed as an update for those who have successfully completed an introductory NIOSH-Approved Spirometry Training Course on or after January 1, 2000, and can provide a copy of their certificate to the course director.

*Next Courses: June 24, August 25, and October 2, 2009*

For additional information or to register online go to [http://cpheo.sph.umn.edu/](http://cpheo.sph.umn.edu/) or call 612-626-4515 or 800-493-2060

**Implementation and Interpretation of Spirometry in the Primary Care Practice**

The morning session of this one-day spirometry training is designed for health professionals who have the responsibility to administer and implement the spirometry test. The afternoon session is designed for primary care providers who will be interpreting the results to assist with diagnosis and disease management. The course will be taught by Ed Corazza, MS, RPFT, Director of Pulmonary Lab, University of MN.

*When: Wednesday, June 10, 2009, 8:00 am - 4:00 pm*

*Where: ALAMN, 490 Concordia Ave, St. Paul, MN 55103*

*Cost: $125 for the full day (both implementation and interpretation); $75 for the morning session only (implementation); $75 for the afternoon session only (interpretation)*

For more information contact: Heather Steffens at 651-268-7587 or [Heather.Steffens@lungmn.org](mailto:Heather.Steffens@lungmn.org)

**Breathing A to Zzz Conference**

Presented by ALAMN through joint sponsorship with the Minnesota Medical Association

*When: Thursday, June 11, 2009, 7:30am-4:00pm*

*Where: Sheraton West Hotel, located at 12201 Ridgedale Dr, Minnetonka, MN*

*Cost: Cost includes course materials, continental breakfast, lunch and refreshments. Registration fee is $125.*

*Target Audience: Primary Care Physicians, Physician Assistants, Nurse Practitioners, Pharmacists, Respiratory Therapists, Registered Nurses*

For more information or to register for the course go to: [http://www.mrsnv.com/evt/home.jsp?id=2633](http://www.mrsnv.com/evt/home.jsp?id=2633)

**American Lung Association of the Upper Midwest Asthma Educator Institute**

ALAMN Asthma Educator Institute is a two-day workshop for individuals wanting to improve their ability to provide asthma education for patients and families with asthma. It is expected that many of these individuals will go on to take the certified asthma educator exam offered by NAECB and become certified asthma educators.

*When: June 16-17, 2009*

*Where: ALAMN, 490 Concordia Ave, St Paul, MN*

*Cost: $250 before June 2, 2009*

*To register: [http://www.mrsnv.com/evt/home.jsp?id=2597](http://www.mrsnv.com/evt/home.jsp?id=2597)*

For additional information or questions contact Cheryl Sasse at 651-223-9565 or [cheryl.sasse@alamn.org](mailto:cheryl.sasse@alamn.org).
Metro Regional Asthma Coalition (Metro MAC)

With spring came a flurry of activities for the Metro MAC. In celebration of World No Tobacco Day, Smoke-Free Dakota County Partnership led by partner and coalition member Diane Tran, coordinated a 5K on the beautiful Big Rivers Regional Trail in Lilydale, MN on May 31. Sixty-eight runners and walkers participated with over $1,200 raised for Camp SuperKids camper scholarships.

On June 1 the Metro MAC held a meeting and potluck at ALAMN patio in St. Paul.

Upcoming Events:
June 2, 2009: “Managing Your Child’s Asthma”, 6 p.m., Mary’s Place shelter, Minneapolis
June 7, 2009: “Team Metro MAC”, ALAMN 5K Lung Walk, 8 a.m., Como Park, Saint Paul
June 10, 2009: “Managing Your Child’s Asthma” in Spanish, 6 p.m., Ramsey County foster care/child care providers, Saint Paul
June 13, 2009: “Asthma 101: What You Need to Know” for child care providers and parents, 10 a.m., AFSCME building, South Saint Paul
June 20, 2009: “Asthma 101: What You Need to Know” for child care providers, 1:30 p.m., Phillips Community Center, Minneapolis

If you are interested in future events in the Metro Region or are interested in joining the coalition, please contact Stephanie Kimmes at 612-986-5699 or Stephanie.kimmes@alamn.org
The Southwest Region held its first Coalition meeting since September on March 10. The Coalition is back on its feet having just completed a successful Asthma 101 for Child Care Providers in Willmar.

**Upcoming Events:**
June 9, 2009: Asthma 101 in Redwood Falls; 6:30 pm

June 20, 2009 at 8:30 am: 30-minute radio program on KDJS sponsored by Rice Memorial Hospital in Willmar. You can listen to the show on the radio stations website after June 20th at [http://www.k-musicradio.com/webcasts.html](http://www.k-musicradio.com/webcasts.html)

A professional education program will be held in Spicer in partnership with the Central Region. The date for this event has not yet been set.

If you are interested in future events in the Southwest Region or are interested in joining the coalition, please contact Erin Simmons at 507-381-8257 or erin.simmons@lung.mn.org

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**West Central Regional Asthma Coalition (WCRAC)**

On March 25, 2009, the West Central Region Asthma Coalition held its quarterly meeting at the Lake Region Hospital in Fergus Falls.

On April 30, 2009, the Alexandria Clinic held a Women’s Night Out event, where Ruth Tollefson displayed information about asthma.

**World Asthma Awareness Month Activities**

On May 7, 2009, there was a Men’s Night Out event held in Fergus Falls where Connie Graff provided information about asthma.

On May 18, 2009, Bryana Mayer from MERCK showed an ‘Activating Patients’ video and also showed a presentation entitled “Practical Approaches to Assessing and Managing Asthma Control in Adults and Adolescents” to 40 Health Care professionals at Lake Region Clinic in Fergus Falls.

**Upcoming Events:**
On June 24, 2009, the West Central Asthma Coalition will hold its next quarterly meeting at 10:00 am at the Lake Region Hospital in Fergus Falls.

Over the summer a Public Health Nurse from Ottertail County will be providing the Asthma 101 education to area clinics.

If you are interested in future events in the West Central Region or are interested in joining the coalition, please contact Keely Hyland at 218-299-7180 or keely.hyland@co.clay.mn.us

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**Northwest Regional Asthma Coalition (NWRAC)**

On April 23, 2009, Colleen Falk and Richard Chernugal taught an Asthma class on “Controlling Asthma in Allergy Season” to six individuals in Bemidji.

On April 28, 2009, the Northwest Regional Asthma Coalition held their quarterly meeting at the Family Service Center in Moorhead.

**World Asthma Awareness Month Activities**

On May 6, 2009, Vickie Haberman taught the Asthma 101 training to 15 nurses in Moorhead at Family Service Center.

On May 13, 2009, Leslie Witte taught the Asthma 101 training to 15 nurses in Moorhead at Family Service Center in Moorhead.

During May there was an Asthma Display located at the Family Service Center in Moorhead, and an article on asthma triggers was printed in two Clay County newspapers.

On May 29, 2009, there was a Fiesta de Familia Celebration held at Dilworth Community Center, and information on asthma was displayed and provided to families. 25 families were reached at this event.
Upcoming Events:
On August 11, 2009, 3:00 pm, the Northwest Asthma Coalition will hold its next quarterly meeting. Location to be determined.

Asthma information will also be provided at Moorhead’s RiverArts Celebration the second Tuesday of each month in June, July and August.

If you are interested in future events in the Northwest Region or are interested in joining the coalition, please contact Leslie Witte at leslie.witte@co.clay.mn.us or 218-299-7178

Northeast Regional Asthma Coalition (NERAC)

The Northeast Coalition has been very busy this past quarter with a wide variety of activities. These activities include promoting of Coach’s Clipboard Program (www.WinningWithAsthma.org) to 85 soccer coaches in 5 counties in NE region, providing the Arrowhead Youth Soccer Association with 2500 flyers with information about asthma and a regional asthma camp, and submitting an article to Living North Magazine. The coalition has also participated in many regional fairs and carnivals to provide people with information on asthma and asthma triggers. Some of the events the coalition participated in during the spring 2009 include:

March 15: Distributed asthma educational materials at an employee health fair for 150 NWA/Delta employees in Chisholm, MN.

March 26: Provided asthma educational materials for a table display at a community event at Duluth area elementary school. 75 people attended event.

March 30: Provided asthma educational materials and information on asthma triggers to 150 attendees of a community event at Two Harbors high school.

April 21: NERAC Quarterly Coalition Meeting

April 22: Presented information on asthma triggers at a family carnival held at Lake Superior College.

April 25: Conducted a presentation on asthma triggers and provided general asthma information at table display for the Spirit of Health Festival, a community event, in Lincoln Park/West Duluth. Approximately 25 people attended the presentation and over 200 attended the festival.

Held two 90 minutes sessions for parents on the Iron Range in Virginia, MN on “Managing Your Child’s Asthma – Asthma 101 for Parents and Caregivers.”

Asthma Awareness Month Activities
Asthma Awareness month materials were distributed at a Leech Lake Health Fair in Cass Lake. Approximately 100 people attended the event.

May 12: Held a 90 minutes session on “Managing Your Child’s Asthma – Asthma 101 for Parents and Caregivers” for parents in Two Harbors.

May 15: Distributed general information on asthma and asthma triggers and participated in a cigarette butt pick up for Earth Treks at the zoo. This event was attended by over 1500 people!

May 30: Arrowhead Youth Soccer Association Tobacco Free Event. Approximately 200 kids attended the event and received education on the dangers of second hand smoke and participated in a simulated of what it feels like to have asthma by jumping rope while breathing through a straw. A booth was also staffed and people were provided with information on asthma, asthma triggers, and were able to participate in educational activities using airways models.

May 30, Arrowhead Youth Soccer Association, Tobacco Free Event
Upcoming events:
June 1, 2009: Grand Itasca’s Breathe E-Z Asthma Camp for kids with asthma ages 9-15; Timberlake Lodge and Grand Splash Waterpark in Grand Rapids, MN; 1 - 5 pm.

June 16, 2009: Panel presentation on secondhand smoke, asthma triggers; Burke Apartments, Duluth; 4:30 pm.

July 21, 2009: Quarterly Coalition Meeting; St. Mary’s Hospital Heart Center Conference room or by conference call; 2 – 3 pm.

August 2-5, 2009: Camp We No Wheeze North, a camp for kids with asthma ages 9-14, at Wolf Ridge Environmental Learning Center in Finland, MN.

If you are interested in future events in the Northeast Region or are interested in joining the coalition, please contact Jan Salo Korby at 218-726-4721 or jan.salo.korby@lungmn.org

World Asthma Awareness Activities
The Central Minnesota Asthma Coalition in partnership with Smoke Free Communities is hosting a “Breathe Free” St. Cloud Riverbats baseball game. See page 1 for more details.

Upcoming Events:
July 15, 2009, 3:00-4:30 pm, Central MN Asthma Coalition meeting. Location to be determined.

If you are interested in future events in the Central Region or are interested in joining the coalition, please contact Alicia Bauman at 320-309-7359 or alicia.bauman@lungmn.org

South Central Regional Asthma Coalition (SCRAC)
The South Central Region started the second quarter off with a bang on April 1 holding an Asthma 101 in Hutchinson and conducting a presentation the following day to the South Central School Nurses.

World Asthma Awareness Activities
In celebration of Asthma Awareness Month the South Central Region hosted Super Asthma Sunday at the Panther Field House in Glencoe. The event drew 20 participants and included a presentation by Dr Zajac and educational activities for the children followed by open swim.

In addition to Super Asthma Sunday an article was posted in several schools weekly newsletters including Hoover Elementary in Mankato.

Upcoming Events:
The summer months include a professional education program for clinic staff in St Peter, Asthma 101 training for the Brown County Home Health Nurses and a presentation to the South Central Health Educators.

If you are interested in future events in the South Central Region or are interested in joining the coalition, please contact Andrea Monk at 507-457-6400 or amonk@co.winona.mn.us

Southeast Regional Asthma Coalition (SERAC)
On April 3, 2009, the Southeast Region held its quarterly meeting in Rochester, MN. The main agenda item was planning for World Asthma Awareness Month.

On April 22, 2009 the Southeast Region Asthma Coalition participated in the Mayor’s Diversity Taskforce Health and Wellness Fair in Winona, MN.

World Asthma Awareness Activities
Two radio interviews were held, one in Winona and the other in Rochester. Several area radio stations also agreed to play Asthma Awareness PSAs for the entire month of May.

The coalition developed an Asthma Awareness display board which was displayed in the Winona Health Asthma and Allergy Clinic for half the month of May and was displayed at Olmsted Medical Center in the Pediatric/Allergy area for the second half of the month. Along with the display board we also included several pieces of asthma information, including coloring and puzzle pages for children.

Upcoming Events:
The Southeast Regional Asthma Coalition will meet July 10, 2009, via conference call.

If you are interested in future events in the Southeast Region or are interested in joining the coalition, please contact Andrea Monk at 507-457-6400 or amonk@co.winona.mn.us
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.

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

Editor
Andrea Baeder, MPH

Production
Janis Smith, OAS, Sr.

Comissioner of Health
Sanne Magnan, MD, PhD

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/.

Andrea Baeder, 651-201-5896, email: Andrea.Baeder@state.mn.us
Wendy Brunner, 651-201-5895, email: Wendy.Brunner@state.mn.us
Erica Fishman, 651-201-5899, email: Erica.Fishman@state.mn.us
Janet Keysser, 651-201-5691, email: Janet.Keysser@state.mn.us
Laura Oatman, 651-201-5914, email: Laura.Oatman@state.mn.us
Susan Ross, 651-201-5629, email: Susan.Ross@state.mn.us
Janis Smith, 651-201-5909, email: Janis.Smith@state.mn.us