Protect Yourself from Seasonal and H1N1 Influenza

Fall is here which means the leaves are changing, kids are back at school, and it’s time to get your flu shots. This year will be a little bit different when it comes to flu shots because of Novel H1N1 influenza. Novel H1N1 is a new influenza which was first detected in people in the United States in April 2009. It is continuing to cause illness. This virus is spreading from person-to-person worldwide, in much the same way that regular seasonal influenza viruses spread.

People with asthma are at high risk for influenza-related complications such as pneumonia and acute respiratory disease. It is therefore important for people with asthma to be vaccinated against both seasonal influenza and H1N1 influenza as soon as the vaccines become available. Separate shots are needed to be protected from both seasonal and N1H1 influenza, as the seasonal influenza vaccine does not protect against H1N1 influenza.

People with asthma should visit their healthcare provider at the earliest signs of flu. These signs include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

In addition to receiving vaccines for both seasonal and H1N1 influenza, people with asthma should have an updated asthma action plan developed by their health care provider for daily treatment and control of worsening symptoms. Parents of children with asthma should ensure that an updated asthma action plan is on file at their child’s school and that the plan and medications are readily accessible if needed.

Flu shots are our strongest defense against the flu. Other important preventative actions you can take to prevent the spread of the flu include:

- Staying home when you are sick;
- Covering your mouth when you cough with a disposable tissue or by coughing into your sleeve;
- Washing your hands often.
Trends in Flu Vaccination Among Minnesotans with Asthma

In 2007, 55.6% of Minnesota adults with asthma reported receiving a flu shot versus 44.6% of adults without asthma. In 2005, the latest year for which this data is available, 51.4% of Minnesota children with asthma received a flu shot. These results are encouraging since people with asthma are more likely to become seriously ill if they contract influenza. However, there is still a need to increase the proportion of adults and children with asthma who receive an annual flu shot.

![Flu Shot in Past Year by Asthma Status, Minnesota Adults, 2000-2007](image)

Source: Minnesota Behavioral Risk Factor Surveillance System

Updated Guidance for Schools for the Fall Flu Season

Updated federal guidelines offer state and local public health and school officials a range of options for responding to 2009 H1N1 influenza in schools, depending on how severe the flu may be in their communities.

Updated guidance and resources for schools can be found at: [http://www.flu.gov/plan/school/index.html](http://www.flu.gov/plan/school/index.html)

Resources available to schools include:

- Guidance for Childcare and Early Childhood Programs
- Guidance and Information for K-12
- Guidance and Information for Universities and Colleges
- General information on Flu for schools
- Checklists to assist local educational agencies in developing and/or improving plans to prepare for and respond to an influenza pandemic.
- Additional Guidelines, Tools, and Reports
One in 14 Minnesota children (an estimated 85,000) currently have asthma. Among Minnesota children with asthma, more than half had an asthma attack in the past year. Children in the U.S. miss about 14 million school days each year due to asthma. There is substantial evidence that indoor environmental exposure to allergens and irritants plays a role in triggering asthma symptoms. While there are many indoor environmental triggers of asthma, the U.S. Environmental Protection Agency emphasizes five: animals; dust mites; mold/moisture; pests; and secondhand smoke. Other important indoor environmental triggers are related to cleaning products and air fresheners. All these indoor environmental triggers of asthma can be found in schools.

**Minnesota School Walkthroughs**
The MDH Asthma Program has developed a school asthma walkthrough checklist. The checklist is designed to help school personnel identify indoor environmental triggers of asthma in their school and reduce or eliminate these triggers through low to no cost solutions. MDH staff has conducted walkthroughs in 30 schools, both rural and urban, and in a variety of K-12 classrooms. The most common problems seen in the school environmental asthma walkthroughs were grouped into two categories: building related problems and occupant related problems.

Building related problems, including reduced maintenance funds, structural problems such as a leaking roof, and policies such as school bus idling, often affect the entire school building. Occupant related problems are associated with an individual’s behavior such as having too many plants in the classroom, using consumer products with strong odors or harsh chemicals, and having open food containers which attract pests.

### Common Building Related Problems
- Carpet next to moisture sources such as sinks and drinking fountains
- Ceiling stains are evidence of moisture
- Entrances without walk-off mats
- No school bus idling policy
- Common pests such as ants, mice, silverfish
- Reduction in custodial staff

### Common Occupant Related Problems
- Plants: too many; no water trays; over watering; dead leaves/plants/insect infestations
- Refrigerators on carpet
- Upholstered furniture brought from homes of staff
- Consumer products such as plug-in air fresheners and cleaning products
- Animals in classroom: seen more frequently in elementary grade classrooms
- Excessive clutter: seen more frequently in elementary grade classrooms
### MDH recommendations for addressing indoor environmental triggers of asthma

<table>
<thead>
<tr>
<th>Building Related Problems</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carpet near sinks</td>
<td>As carpet is replaced, place hard flooring around sink area</td>
</tr>
<tr>
<td>Ceiling stains</td>
<td>Replace tiles and look for source of the moisture</td>
</tr>
<tr>
<td>Pests such as mice, rats, and cockroaches</td>
<td>Develop and implement integrated pest management policies</td>
</tr>
<tr>
<td>Bus idling</td>
<td>Develop and implement “no bus idling” policies</td>
</tr>
<tr>
<td>Lack of walk-off mats at all building entrances</td>
<td>All entrances need walk-off mats</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Occupant Related Problems</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants which can produce excess moisture</td>
<td>Limit number of plants, require watering trays and encourage regular maintenance (such as tossing dead leaves) of plants</td>
</tr>
<tr>
<td>Small refrigerators on carpet</td>
<td>Prohibit personal refrigerators or require an impervious surface such as rubber tray</td>
</tr>
<tr>
<td>Consumer Products</td>
<td>Remove consumer products that release strong odors or particles</td>
</tr>
<tr>
<td>Animals in classrooms</td>
<td>Remove animals from school, if possible; if not, keep animals in cages or localized areas and away from upholstered furniture and carpets</td>
</tr>
<tr>
<td>Clutter (dust collector)</td>
<td>Remind staff that papers and general clutter are difficult to clean, collect dust, and can worsen existing breathing problems such as asthma</td>
</tr>
<tr>
<td>Upholstered furniture/stuffed toys</td>
<td>District-purchased items only or suggest small items that are washable in hot water. Wash removable covers in hot water on a regular basis.</td>
</tr>
</tbody>
</table>

The MDH school walkthrough forms and a sample walkthrough report are available at: [http://www.health.state.mn.us/asthma/schoolenvironment.html](http://www.health.state.mn.us/asthma/schoolenvironment.html)

For more information, contact Laura Oatman at 651-201-5914 or [laura.oatman@state.mn.us](mailto:laura.oatman@state.mn.us)

**Other Resources for School Personnel**

MDH Managing Asthma in Minnesota Schools Resource Manual [http://www.health.state.mn.us/asthma/schoolmanual.html](http://www.health.state.mn.us/asthma/schoolmanual.html)

U.S. EPA Managing Asthma in Schools [http://www.epa.gov/iaq/schools/asthma.html](http://www.epa.gov/iaq/schools/asthma.html)
News from Minnesota Department of Health

CDC Awards Asthma Grant to MDH

Minnesota was one of 36 states awarded core funding for a new “Addressing Asthma from a Public Health Perspective” grant by the CDC. In addition to receiving its core funding, Minnesota was one of 9 states awarded other funds to implement the activities proposed in its Disparities subcomponent intended to address asthma in American Indian populations. Good News!

MDH presenting at American College of Preventive Medicine Webinar

Susan Ross, RN, AE-C, MDH Asthma Program Clinical Advisor, and Dr. Angie Carlson, PhD, University of Minnesota College of Pharmacy, will present on the Interactive Asthma Action Plan (IAAP) during a webinar sponsored by the American College of Preventive Medicine on September 29, 2009, 1-2:30 pm CT. The theme of the webinar is “Using technology and media to improve the reach of asthma prevention in at-risk populations.”

Susan and Angie will discuss the development, use, and implementation of the MDH Interactive Asthma Action Plan (IAAP). The IAAP is a clinical decision making tool for health care providers who work with patients who have asthma. This computerized tool helps clinicians utilize the NIH, EPR-3 asthma guidelines while treating patients with asthma. The tool also prints out a patient specific asthma action plan and other documents. The IAAP should be ready for use in December 2009. To register for the webinar, go to the American College of Preventive Medicine website link at: http://live.blueskybroadcast.com/bsb/client/CL_DEFAULT.asp?Client=446569&PCAT=1586&CAT=1586

Updated and New Asthma Tools and Resources

The MDH asthma program is pleased to make the following new and revised documents available on the MDH asthma website. These documents are available for download in English and Spanish and can be found by accessing the Asthma Action Plan and School Health webpages on the MDH asthma website at: www.health.state.mn.us/asthma

Pediatric and Adult Asthma Action Plans

The National Institutes of Health asthma guidelines recommend that “All patients may benefit from a written asthma action plan (AAP) that includes instructions for daily management and recognizing and handling worsening asthma, including self-adjustment of medications in response to acute symptoms or changes in peak flow measures. Written action plans are particularly recommended for patients who have moderate or severe asthma, a history of severe exacerbations, or poorly controlled asthma.” AAP’s can be printed out for use by school health offices, clinics, hospitals or for patients to bring to their health care provider on their next visit.

Asthma Triggers Control Document

The asthma triggers document is intended to be used by anyone with asthma or caring for someone with asthma, including family members, health care providers, and asthma educators. The document lists the most commonly known allergens and irritants for people with asthma, and provides suggestions on how to avoid and deal with those triggers. The asthma triggers document can also be used by asthma educators and health care providers as an educational reference tool.

Consent to Share Asthma Action Plan and Information about My Child’s Asthma

The consent form allows the school nurse and other health office staff to communicate information with your child’s health care provider and others checked off on the document about your child’s asthma. A parental/guardian signature is required on the consent form, and copies need to be sent to the health care provider and school nurse/health office. This document complies with the requirements of the Health Insurance Portability and Accountability Act Privacy Rule (HIPAA), the Family Educational Rights & Privacy Act Regulations (FERPA), and the Minnesota Government Data Practices Act.
In August, the Centers for Disease Control (CDC) announced that the Minnesota Environmental Public Health Tracking Program (MN EPHT), a program in MDH, was one of six new states to receive a five-year Environmental Public Health Tracking grant. This federal funding opportunity provides MN EPHT with resources to implement the state tracking system as part of a national network of states that comprise CDC’s Tracking Network. Since its inception in 2007, MN EPHT has been gathering existing data on hazards in the environment, exposures, and health effects potentially related to those hazards. MN EPHT integrates this information and makes it available to the public, health professionals, and researchers. Asthma hospitalizations are one of the indicators included in the tracking system. While asthma hospitalizations may indicate severe disease and/or barriers to regular asthma care, many studies show an association between asthma hospitalizations and exposure to air pollution. Other environmental triggers of asthma exacerbations include mold, pollen, and second hand smoke. Tracking asthma hospitalizations can aid in identifying populations at risk of future exacerbations due to environmental exposures. For more information on the MN Environmental Public Health Tracking Program go to: www.health.state.mn.us/tracking

As noted by the CDC, “Public Health tracking systems are critical in preventing and controlling disease in populations. A key characteristic of environmental public health tracking is the emphasis on data integration across health, human exposure, and hazard information systems.”

**Upcoming Trainings at 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 Courses: October 29, 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 Course: October 2, 2009*

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

**Breakfast Briefing: Respiratory Protection for Healthcare Workers**

**Risk Assessment and Fit Testing for Novel Influenza A (H1N1)**

*Wednesday, September 30, 2009, 7:30 to 9:30 am*

The Midwest Center for Occupational Health and Safety is offering a breakfast presentation and workshop to address risk assessment and management for healthcare workers in preparation for potential Novel H1N1 outbreaks. This learning activity will focus on respiratory protection and respirator fit testing for health care workers.

**LOCATION:** 2221 University Avenue SE, Minneapolis, Minnesota on the East Bank Campus of the University of Minnesota.

**REGISTRATION:** $35.00.


TO REGISTER: online go to: http://ustar.ahc.umn.edu/cpheo/register/register_event.cfm or fax the registration form to 612-626-4525.
Obstructive Lung Disease for Pharmacists

Faculty: Molly Ekstrand, RPh, AE-C, Fairview Medication Therapy Management.

Objectives of this program:
- Describe asthma and COPD pathophysiology
- Select appropriate therapy according to the asthma and COPD guidelines
- Identify the medications used for asthma/COPD
- Demonstrate the correct use of delivery devices
- Describe successful medication therapy management skills

This course will be held in several locations:

Oct. 1, 2009, at 6:30 pm
The American Lung Association in Minnesota
490 Concordia Ave, St. Paul

Oct. 16, 2009, at 6:30 pm in Duluth
University of Minnesota Duluth, Life Science Bldg, Lecture Room 165

Oct. 22, 2009, at 6:30 pm in St. Cloud
St Cloud Hospital, 1406 Sixth Ave. N, St. Cloud
Riverside Conference Center

Cost: $20, free for UMD Pharmacy Students.

To register go to: http://www.mrsnv.com/evt/home.jsp?id=2799

For additional information contact Heather Steffens at the American Lung Association at: 651-268-7587 .

Respiratory Rally

Date: Monday, November 9, 2009.

Location: Sheraton Minneapolis West Hotel, 12201 Ridgedale Drive, Minnetonka, MN.

The Respiratory Rally is a one-day conference held annually for all individuals affected by lung disease, their families, caregivers, friends, or anyone interested in learning more about lung disease. The day is full of networking, education, and exhibits.

The goals of this program are:
- To provide a community forum for the exchange of information that will give those affected by lung disease the necessary tools for living daily with a chronic illness.
- To provide social interaction with those sharing a common problem in an effort to decrease depression and provide a more optimistic view of life.
- To enable individuals with chronic lung disease to live a more productive and fulfilling life.

For more information or display opportunities, contact Cheryl Sasse at 651-223-9565 or Cheryl.sasse@alamn.org

Upcoming Trainings Sponsored by American Lung Association

COPD Educator Course

Date: October 27-28, 2009

Location: American Lung Association MN, 490 Concordia Ave., St Paul, MN

The American Lung Association in Minnesota's COPD Educator Course provides healthcare professionals with a thorough overview of COPD information. The course will include practical information healthcare providers can use in their work with COPD patients.

Topics include: COPD overview, smoking cessation, Spirometry, COPD diagnosis and management, medication guidelines, oxygen therapy, psychosocial issues, education, self management, and COPD updates.

Additional information and registration available at: http://www.mrsnv.com/evt/home.jsp?id=2771
**FDA Ongoing Safety—Review of Omalizumab (marketed as Xolair)**

The FDA is evaluating interim safety findings from an ongoing study of Xolair (omalizumab) that suggests an increased number of cardiovascular and cerebrovascular adverse events in a group of patients using Xolair compared to a group of patients not given the drug (control group).

The ongoing study, titled *Evaluating the Clinical Effectiveness and Long-Term Safety in Patients with Moderate to Severe Asthma* (EXCELS), is an observational study of approximately 5000 Xolair treated patients and a control group of approximately 2500 non-Xolair treated patients. The primary objective of the EXCELS study is to assess the long-term safety profile of Xolair in patients followed for 5 years. Study patients are 12 years of age and older with moderate to severe persistent asthma and who have a positive skin test or blood test for an allergen.

FDA is not recommending any changes to the prescribing information for Xolair and is not advising patients to stop taking Xolair at this time. Until the evaluation of the EXCELS study is completed, healthcare providers and patients should be aware of the risks and benefits described in the prescribing information, as well as the new information from the ongoing EXCELS study that may suggest a risk of cardiovascular and cerebrovascular adverse events.


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**Acting Surgeon General Issues ‘Call to Action to Promote Healthy Homes’**

On June 9, 2009, Acting Surgeon General Steven K. Galson, M.D., M.P.H., issued “The Surgeon General’s Call to Action to Promote Healthy Homes.” The *Call to Action* looks at the ways housing can affect health. Improving air quality in homes by eliminating smoking and exposure to second hand smoke and controlling allergens that contribute to asthma and mold growth was identified as one of the steps needed to reduce health hazards in the home. “The Surgeon General’s Call to Action to Promote Healthy Homes” and other resources relating to Healthy Homes can be found at: [http://www.surgeongeneral.gov/topics/healthyhomes/index.html](http://www.surgeongeneral.gov/topics/healthyhomes/index.html)

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**Minnesota Zoo Goes Smoke Free**

On June 20, 2009, the Minnesota Zoo in Apple Valley went smoke-free. Citing health concerns and the need for a cleaner environment, the Zoo will join nearly 2/3 of all zoos and aquariums accredited by the Association of Zoos and Aquariums (AZA) that are either entirely smoke-free or have designated smoking areas. “Families visiting the Minnesota Zoo are engaging in a multi-generational, nature-focused, educational and fun experience,” said Minnesota Zoo Director/CEO Lee Ehmke. “That experience will be enhanced by this new non-smoking policy.”

**Update: Asthma Educator Certification Exam**

Beginning August 3, 2009, questions on the asthma educator certification exam will reflect information from the National Heart, Lung, and Blood Institute’s (NHLBI) Expert Panel Report 3 (EPR-3).

AE-C® certification began in 2002. With a 7-year certification period, those who were certified in 2002 will need to re-take the examination prior to their expiration date in 2009 to maintain their AE-C® certification. The cost for re-certification ($245) reflects a $50 discount from the initial certification cost of $295. Ten free Continuing Respiratory Care Education (CRCE) credits are now available through the American Association for Respiratory Care (AARC) for respiratory therapists passing the re-certification exam!

For more information on AE-C certification, taking the exam, and preparation materials, see the NAECB website at: [www.naecb.org](http://www.naecb.org)

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**The Institute of Medicine Announcement**

The Institute of Medicine (IOM) has launched a website providing information for community coalitions looking to implement recommendation from the 2007 IOM report “Ending the tobacco problem: A blueprint for the nation.” The website contains information on smoke free communities, smoking cessation, and tobacco regulation and can be found at: [http://sites.nationalacademies.org/Tobacco/](http://sites.nationalacademies.org/Tobacco/)
Past Activities:
May 6 – Vickie Haberman taught the Asthma 101 course to 15 nurses in Moorhead

May 13 – Asthma 101 course taught to Public Health Nurses from all 15 Northwest MN counties

May 2009 - An article on asthma triggers was printed in two Clay County newspapers

June 9 – Booth on asthma at the Moorhead RiverArts Celebration, and 200 families visited the booth.

July 15 – Coalition meeting in Bemidji discussing future coalition goals.


July 23 – Radio Program “Chat About” in Bemidji interviewed Richard Chernugal on asthma.

Aug. 2 – “Nite to Unite” – Collaboration with Moorhead Police to distribute asthma information at neighborhood block parties.

Aug. 11 – NW MAC meeting held in Moorhead

Sept. 2 – Asthma 101 education for Head Start teachers and staff in Clay and Wilkin Counties. 55 staff were trained.

Upcoming Activities:
Nov. 9 – Community Education class using Asthma 101 curriculum in Moorhead

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Northwest Regional Asthma Coalition (NWRAC)

Northwest Regional Asthma Coalition (NWRAC)

Aitkin County Fair booth

The Asthma/American Lung Association booth at Healthy Kids Day/St. Louis County Fair

Northeast Regional Asthma Coalition (NERAC)

In July and August, the Northeast Regional Asthma Coalition (NERAC) partnered with the American Lung Association in MN (ALAMN) to distribute asthma educational materials and hold asthma activities at local county fairs. Itasca, Cook, Aitkin, Koochiching and St. Louis counties all distributed asthma information at the ALAMN booths. At the St. Louis County fair in Chisholm, MN, one day was declared, “Healthy Kids Day”, and the fair board designated kids’ zones to be tobacco free. The activities for kids ranged from breathing through a straw to simulate asthma, to board games to learn more about nutrition.
Upcoming Activities:

October 16, 2009, 6:30 – 9:30 pm: Obstructive Lung Disease for Pharmacists - MTM training (also includes asthma) at University of MN Duluth Life Science Building – room 165. Three Pharmacy CE’s and dinner included - $20. Participants will receive a placebo kit for patient instruction. For more info or to register, email: jan.salo.korby@lungmn.org

December 8, 2009, 2 –3 pm: Regional Coalition Meeting at St. Mary’s Medical Center – Duluth. Call-in information will be sent out closer to meeting date. Contact Jan for details.

Upcoming Events:

Dave brings his clipboard to the coaches orientation and encourages everyone to complete the program – and receive their own free clipboard in the process! “Those few minutes Dave takes to persuade coaches to take the training not only to instill the confidence needed to work with players who have asthma, but it can save lives”, says Jan Salo Korby, Coordinator of the NERAC. “Members like Dave are what make this volunteer coalition achieve success in our goals.”

You can find the link to Winning With Asthma on the homepage of AYSA’s website, www.arrowheadsoccer.com or go to www.winningwithasthma.org.

Information about the program was also in the AYSA newsletter, distributed to over 7500 soccer families, and Winning With Asthma fliers were included in the coaches information packets. Thank you, NERAC and AYSA, for your successful promotion of asthma management education!

As a result of the efforts of NERAC and AYSA to promote the Winning with Asthma Program, over 40 coaches have completed the program since May 2009 in the Northeast Region!

Past Activities:

June 9, 2009 – Moorhead RiverArts was held in Davy Park. A bean bag game was played with the kids and a Dusty Activity Book was given as a prize. Parents were also able to pick up other asthma information.

June 24, 2009 – The quarterly West Central Region Asthma Coalition meeting was held at the Lake Region Hospital in Fergus Falls.

July 2009—An Asthma 101 presentation was given by a Public Health Nurse in Ottertail County to a group of nurses from the New York Mills Clinic and also to nurses in the Perham Clinic.

July 14, 2009 – Moorhead RiverArts was held in Davy Park. Asthma materials were given out to parents and children.

August 11, 2009 – Moorhead RiverArts was held in Davy Park. A jeopardy game was played where children and adults had the chance to win a prize for answering a question about asthma.

Upcoming Events:

October 10, 2009 – Ruth Tollefson will be doing two Asthma 101 presentations at a Daycare Providers Training at the Alexandria Tech School.

Winning with Asthma in the Northeast

The Northeast Regional Asthma Coalition (NERAC) and the Arrowhead Youth Soccer Association (AYSA) partnered this past season to bring asthma management training to coaches. AYSA has over 600 coaches in their program and this year many of them learned from the educational program, Winning With Asthma.

This free, online course is designed for coaches, referees, or physical education teachers. Upon completion, participants are mailed a free clipboard and written materials to reinforce what they learned about asthma management.

This year, AYSA had over 100 new coaches attend a specialized coaches training. Dave Geary, executive director of AYSA, says, “There is so much for new coaches to learn, we do not have time to teach asthma management. With Winning With Asthma, I don’t have to teach asthma management, I only have to instill the importance of learning and direct them to the website. Coaches can go to the website at their convenience and become familiar with asthma.”
**BREATHING SPACE**

For more information, or to request this material in another format call the Minnesota Asthma Program at:

651-201-5909

MN Relay Service TDD

1-800-627-3528

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.

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Call 1-800-548-8252

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Toll Free Number: 1-877-925-4189

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PLEASE NOTE: All MDH staff e-mail addresses have changed and no longer contain the word “health”.

**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 supported by Grant/Cooperative Agreement #1U59EH000498-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.