Finding a Flu Shot

MDH is advising local public health agencies and private health care providers that they can now offer the H1N1 vaccine to everyone, provided they have enough vaccine and can still meet the needs of high risk patients who want to be vaccinated. Vaccinating people in high risk groups is still the first priority. It’s still important for people to get vaccinated, even though the H1N1 pandemic appears to be waning.

MDH has developed a website to help you find both an H1N1 and Seasonal flu shot in your area. There are separate search sites for Seasonal flu and H1N1 flu. To find either a Seasonal or H1N1 flu shot, go to the MDH website at [www.mdhflu.com](http://www.mdhflu.com) and click on either “Find a seasonal flu shot” or “Find an H1N1 flu shot.”

Call your clinic to ask if they have vaccine for you (they may not be listed on the website) and whether there is an administration fee. Note: the vaccine is free and you should be charged no more than $20.40 per shot and $13.31 per nasal spray for an administration fee. Cont. page 4

MDH American Indian Asthma Disparities Project

MDH was awarded funding for five years to address asthma disparities among Minnesota’s American Indian population as part of the disparities subcomponent of the “Addressing Asthma from a Public Health Perspective” grant by the Centers for Disease Control and Prevention. There are indications that the burden of asthma is high in Minnesota’s American Indian population based on data from the Minnesota Student Survey and the Minnesota Department of Human Services (DHS); however, overall estimates of asthma prevalence and other measures for American Indians in Minnesota do not yet exist. MDH will be working with three tribal partners during the first year, with hope that other tribal partners will join the project in subsequent years.

Unity Healthnet will work with Minnesota’s American Indian communities to develop an asthma coalition. The members of the coalition will determine the best education methods for asthma education and for raising community awareness about asthma, identify care providers interested in serving as asthma champions within the American Indian communities, and work with tribal public health staff to develop culturally appropriate tools to raise awareness and improve asthma management. They will also explore sources of asthma data in this population in order to better document asthma prevalence. Unity Healthnet will share educational and awareness resources with the other partners. Continued pg 8
Healthy People 2010 is a set of national health goals focused on disease prevention and health promotion to be reached by the year 2010. Minnesota’s status on several objectives related to asthma is described below. The accompanying table provides the latest Minnesota data, U.S. baseline data for comparison, and the Healthy People 2010 target for each objective. For a complete update on Minnesota’s status on all of the Healthy People 2010 asthma objectives, see www.health.state.mn.us/asthma/Research.html.

Selected Healthy People 2010 Asthma Objectives and Minnesota Status:

Objective 24-5. Reduce the number of school or work days missed by persons with asthma due to asthma among persons aged 5 to 64 years.
Minnesotans miss an average of 4 days of school or work each year due to asthma. This rate is two times higher than the Healthy People 2010 target.

Objective 24-6. Increase the proportion of persons with asthma who receive formal patient education, including information about community and self-help resources, as an essential part of the management of their condition.
The proportion of Minnesota adults with asthma receiving formal asthma education has not met the Healthy People 2010 target.

Objective 24-7. Increase the proportion of persons with asthma who receive appropriate asthma care according to the National Asthma Education Prevention Program guidelines:

24-7a. Persons with asthma who receive written asthma management plans from their health care provider.
The proportion of Minnesotans with asthma receiving written asthma management plans (also known as “asthma action plans”) has met the Healthy People 2010 target.

24-7b. Persons with asthma with prescribed inhalers who receive instruction on how to use the inhaler properly.
Minnesota has nearly met the goal for the proportion of persons with asthma receiving instruction on how to use their inhalers properly.

24-7c. Persons with asthma who receive education about recognizing the early signs and symptoms of asthma episodes and how to respond appropriately, including instruction on peak flow monitoring for those who use daily therapy.
The proportion of Minnesotans with asthma who are receiving education about the early signs and symptoms of asthma episodes and how to respond appropriately is 10% lower than the Healthy People 2010 target.

24-7f. Persons with asthma who receive assistance with assessing and reducing exposure to environmental risk factors in their home, school, and work environments.
The proportion of Minnesotans with asthma receiving assistance in reducing their environmental exposures for asthma is 28% lower than the Healthy People 2010 target.
### Healthy People 2010 Asthma Objectives

<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
<th>Minnesota (95% CI)</th>
<th>U.S. baseline</th>
<th>2010 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-5</td>
<td>Reduce the number of school/work days missed by persons with asthma due to asthma, age 5 to 64 years</td>
<td>4.1 (2.1-6.1)</td>
<td>6.1</td>
<td>2.0</td>
</tr>
<tr>
<td>24-6</td>
<td>Increase the proportion of persons with asthma who receive formal patient education, age 18 and older</td>
<td>6.9% (4.1-9.6)</td>
<td>8.4%</td>
<td>30%</td>
</tr>
<tr>
<td>24-7</td>
<td>Increase the proportion of persons with asthma who receive appropriate asthma care according to NAEPP guidelines (all ages):</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>a. Persons with asthma who receive written asthma management plans from their healthcare provider</td>
<td>34.2% (29.1-39.3)</td>
<td>32%</td>
<td>38%</td>
</tr>
<tr>
<td></td>
<td>b. Persons with asthma with prescribed inhalers who receive instruction on how to use inhaler properly</td>
<td>96.5% (94.7-98.4)</td>
<td>96.0%</td>
<td>98.8%</td>
</tr>
<tr>
<td></td>
<td>c. Persons with asthma who receive education about recognizing early signs and symptoms of asthma episodes and how to respond appropriately</td>
<td>63.9% (58.7-69.1)</td>
<td>68%</td>
<td>71%</td>
</tr>
<tr>
<td></td>
<td>f. Persons with asthma who receive assistance with assessing and reducing exposure to environmental risk factors in their home, school, and work environments</td>
<td>35.8% (30.7-40.9)</td>
<td>42%</td>
<td>50%</td>
</tr>
</tbody>
</table>

* 95% confidence interval
∞ Age-adjusted mean number of days missed
^ Age-adjusted percent
# 2010 target falls within the margin of error (95% CI) of the Minnesota estimate.

### Data Sources:
Minnesota: Minnesota Asthma Callback Survey, 2005

### Summary
There is still room for improvement on many of the Healthy People 2010 measures. The biggest gaps are in formal patient education, number of days of missed school or work due to asthma, and assistance with environmental risk factors. For the objectives that have been met at the statewide level, there may be regions of the state that have not yet met the targets. Unfortunately, limited data are available to track these regional differences.

For more information about Healthy People 2010, go to [http://www.healthypeople.gov](http://www.healthypeople.gov). Healthy People 2020 objectives have been proposed and are currently available for public review and comment at: [http://www.healthypeople.gov/hp2020/Comments/default.asp](http://www.healthypeople.gov/hp2020/Comments/default.asp)
**New York Autopsies Show 2009 H1N1 Influenza Virus Damages Entire Airway**

In fatal cases of 2009 H1N1 influenza, the virus can damage cells throughout the respiratory airway, much like the viruses that caused the 1918 and 1957 influenza pandemics, report researchers from the National Institutes of Health (NIH) and the New York City Office of Chief Medical Examiner. The scientists reviewed autopsy reports, hospital records, and other clinical data from 34 people who died of 2009 H1N1 influenza infection between May 15 and July 9, 2009. All but two of the deaths occurred in New York City. A microscopic examination of tissues throughout the airways revealed that the virus caused damage primarily to the upper airway — the trachea and bronchial tubes — but tissue damage in the lower airway, including deep in the lungs, was present as well. Evidence of secondary bacterial infection was seen in more than half of the victims.


### Pneumococcal Vaccination Recommended to Help Prevent Secondary Infections

During the 2009-2010 influenza season, pneumococcal vaccines can be useful in preventing secondary pneumococcal infections and reducing illness and death among those infected with influenza viruses. CDC’s Advisory Committee on Immunization Practices (ACIP) recommends a single dose of pneumococcal polysaccharide vaccine (PPSV) for all people 65 years of age and older and for persons 2 through 64 years of age with certain high-risk conditions including those ages 19 – 64 years who have asthma or smoke cigarettes.

For more information on preventing pneumococcal infections secondary to seasonal and 2009 H1N1 Influenza, go to [http://www.cdc.gov/h1n1flu/vaccination/public/public_pneumococcal.htm](http://www.cdc.gov/h1n1flu/vaccination/public/public_pneumococcal.htm).

### Finding a flu shot cont. from pg 1

If your clinic doesn’t have vaccine for you, you don’t have insurance, or you can’t afford the administration fee, enter your zip code in the box on the website to look for the nearest affordable flu shot clinic or call your county or city public health department.

To find the phone number of your local public health agency, go to [http://www.health.state.mn.us/divs/cfh/ophp/system/administration/chb.cfm](http://www.health.state.mn.us/divs/cfh/ophp/system/administration/chb.cfm)

### Additional Resources on the Flu and Asthma

**MDH Flu website**
[www.mdhflu.com](http://www.mdhflu.com)

**MDH Asthma website**
[http://www.health.state.mn.us/divs/hpdc/cdee/asthma/](http://www.health.state.mn.us/divs/hpdc/cdee/asthma/)

**CDC Influenza website**
[www.cdc.gov/flu/](http://www.cdc.gov/flu/)

**CDC Asthma Website**
[http://www.cdc.gov/asthma/](http://www.cdc.gov/asthma/)

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**H1N1 and Seasonal Flu information Available in 12 Different Languages**

ECHO Minnesota, in partnership with MDH, has created video, audio, print and other resources on H1N1 Novel Influenza in multiple languages. These resources include basic H1N1 prevention information, vaccine information, and other tips on keeping yourself and your family safe this flu season. Most resources are available in Amharic, Arabic, English, Hmong, Karen, Khmer (Cambodian), Laotian, Oromo, Russian, Somali, Spanish and Vietnamese.

For more information link to: [http://www.echominnesota.org/](http://www.echominnesota.org/).
Beta Testing of Revised Interactive Asthma Action Plan

The MDH Asthma Program is pleased to announce that beta testing of the newly revised Interactive Asthma Action Plan (IAAP) has begun. The IAAP is a clinical decision making tool for prescribing health care providers who treat patients with asthma. Providers who utilize the IAAP to assess their patient’s asthma severity or control level are able to select guideline based treatment plans and medications which print out onto individualized patient specific asthma action plans. The IAAP closely follows the National Institutes of Health (NIH), Expert Panel Report -3 (EPR-3) national asthma guidelines. Initial testing has started on the web-based (Kiosk) version by users in Minnesota and across the nation. Testing should be complete on the web-based version by end of December. Adjustments will be made and subsequent release of all versions of the IAAP are planned for a January release. The IAAP is available via a web based kiosk or can be downloaded to run either on a users desktop or for installation on a users own web server.

If you would like to be notified via email when the new IAAP is available for use, please provide contact information at the MDH asthma website: https://survey.vovici.com/se.ashx?s=56206EE341F898AB. If you have questions regarding the IAAP please contact Susan Ross RN, AE-C at 651-201-5629.
Project Green Fleet Seeks New School Bus Partners to Help Reduce Diesel Emissions

Since 2005, Project Green Fleet, an effort of the Minnesota Environmental Initiative, has been working to reduce emissions from school buses across Minnesota. State, federal, and private funds have been raised to purchase and install two pieces of pollution control equipment on school buses. The equipment reduces particulate matter, carbon monoxide, hydrocarbons and other pollutants found in diesel exhaust.

Emerging research has linked pollutants found in diesel exhaust to heart disease and other upper respiratory problems, most notably, asthma. A recent study completed by researchers at the Columbia Center for Children’s Environmental Health at Columbia University’s Mailman School of Public Health has linked exposure to particles from diesel emissions to respiratory symptoms in young inner city children. Children are especially susceptible to adverse effects of exposure to diesel exhaust because they breathe more air relative to their body weight than adults. School districts and school bus fleets that participate in Project Green Fleet reduce emissions from 30-50% and dramatically improve the in-cabin air quality for students and drivers.

Project Green Fleet has funding in place to retrofit buses with any school bus fleet interested in participating. Health professionals, parents and YOU are encouraged to visit www.projectgreenfleet.org to see if your school district or school bus company is listed as a partner. Don’t see your school district or school bus company listed? Contact the Minnesota Environmental Initiative at projectgreenfleet@mn-ei.org to help get your school bus fleet involved!

The Communities in Action for Asthma-Friendly Environments Webinar Series

The Communities in Action for Asthma-Friendly Environments Webinar Series brings you up-to-date knowledge and information from leading experts and asthma management program leaders from across the country. Simply dial into a toll-free conference line and log onto a Web site from the convenience of your home or office to:

- Learn current knowledge and state of the art tools and resources
- Discover effective strategies in asthma program design and delivery
- Engage the experts through question and answer sessions
- Contribute to the discussion through interactive polling features

All webinars are archived. To view archived webinars, presentation materials, and audio/visual recordings click on the link provided. http://www.asthmacommunitynetwork.org/webinars/
Implementation and Interpretation of Spirometry in the Primary Care Practice

This one-day spirometry training is for health care professionals who have the responsibility to administer, implement, and interpret spirometry tests. The training is divided into two sessions, with the morning session designed for health professionals who have the responsibility of administering and implementing the spirometry test, and the afternoon session designed for primary care providers who will be interpreting the results to assist with diagnosis and disease management.

When: January 14, 2010  
Where: American Lung Association in Minnesota, 490 Concordia Ave, St Paul, MN  
Cost: $75.00 for individual sessions or $125 for the full course.

To register or for more information: [http://www.mrsnv.com/evt/home.jsp?id=2913](http://www.mrsnv.com/evt/home.jsp?id=2913)  
For additional information or questions contact Heather Steffens at Heather.Steffens@LungMN.org or by phone at 651-268-7587

2010 Fight for Air Climb

The Fight For Air Climb is a unique event where individuals and teams race, run, or walk up the 660 stairs to reach the top of the Accenture Tower in downtown Minneapolis. Create a team of friends, family, or co-workers and compete together.

When: February 27, 2010  
Where: Accenture Tower  
Cost: Don't miss out on the $15 early bird registration discount fee. Minimum fundraising required to participate.

To register visit: [FightForAirClimb.org](http://www.mrsnv.com/evt/home.jsp?id=2913)  
Questions? Contact Jennifer Schroeder, Development Manager at Jennifer.Schroeder@lungmn.org or by phone at (651) 223-9561

Asthma Educator Institute

The American Lung Association in Minnesota (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: April 20-21, 2010  
Where: American Lung Association in Minnesota, 490 Concordia Ave, St Paul, MN  
Cost: $250.00 before April 5, 2010

To register or for more information: [http://www.mrsnv.com/evt/home.jsp?id=2918](http://www.mrsnv.com/evt/home.jsp?id=2918)  
For additional information or questions contact Cheryl Sasse at 651-223-9565 or cheryl.sasse@lungMN.org.
Asthma Activities Throughout the State

Event Highlights:
A fall activity of the Northeast Regional Asthma Coalition (NERAC) was the Cloquet Fun Run and Health/Fitness Expo held September 25-26 at Churchill Elementary in Cloquet, MN. NERAC partnered with the Play Tobacco Free program at the American Lung Association in Minnesota to bring asthma awareness and smoke free activities to this well attended annual event. Race packets included opportunities to pledge a smoke free home and car. Tobacco free messaging was on all of their flyers and posters. At the Expo, kids participated in a game that included an obstacle course and learning about asthma and smoke free living. Pictured below is Olivia DeCaigny, who won the t-shirt she proudly wears that says, “I am a designated no smoking area”.

Upcoming Events:
The 2010 work plan committee has met and will have a report at the next coalition meeting.

The next coalition meeting will be held January 19, 2010, 2-3 pm at St. Mary’s Medical Center, Regional Heart Center Conference room, Duluth. This meeting is also available by toll free conference call line, and anyone living or working in the NE region of MN with an interest in asthma is invited to participate.

Contact Jan.salo.korby@lungmn.org for details and to receive the agenda and call-in information.

Quarterly Meeting
Date: Thursday, January 21, 2010
Time: 8:00 a.m. to 11:00 a.m.
Where: Location to be announced

Agenda:
• 8:00 to 9:00 professional education
• 9:00 to 10:00 sharing and networking
• 10:00 to 11:00 MN Asthma Coalition business meeting

If you would like to provide a 3 to 5 minute update about the activities and programming happening in your community, please request time by contacting Jill Heins at jill.heins@alamn.org.

American Disparities Project cont. from pg 1

Cass Lake Indian Hospital and Clinic staff will explore and implement changes to improve the patient’s asthma self-management and to help clinicians better manage their asthma patients. Staff will be trained on use of the MDH Interactive Asthma Action Plan (IAAP) which produces an individualized printed asthma action plan for patients and their caregivers. They will also implement changes to improve clinic systems for following patients whose asthma is not well controlled.

Bois Forte Reservation staff will visit individual families to ensure that tribal members with asthma and their caregivers are well-informed and engaged in appropriate asthma self-management. About thirty children, adults, and elders with poorly managed asthma will receive home visits twice a year with a focus on improving self management of asthma and improving the environmental conditions in their homes that may exacerbate existing asthma. Fond du Lac tribal staff will receive training during year 1 of the CDC grant and begin home interventions during year 2. MDH expects other tribal staff will receive training in future grant years.
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.

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/.

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

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

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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