

# Sample Goals

The following goals are offered as suggestions. Use these as a guide to create SMART goals (Specific, Measurable, Attainable, Realistic, and Time-Bound). Change the numbers or wording to fit the needs and abilities of your school or population.

## A. Health Office Asthma Data:

* Increase number of students identified with asthma in the school health office’s data management system by 50% by August 2018.
* Work with partners from school administration and the school health office to develop a process for identifying students with asthma by August 2018.

## B. Environmental Policy:

* Reach 85% of the school faculty and staff with information concerning environmental policies with asthma implications by August 2018.
* Create two new policies that meet identified policy gaps to make an asthma friendly school by August 2018.
* Educate 85% of the student body on environmental policies of the school and how they impact asthma by 2018.

## C. Partnerships & Building Awareness:

* Reach 100 students and community members with asthma information by August 2018.
* Collaborate with two community partners to plan an asthma education or awareness event by August 2018.
* Involve three health care providers in planning for an asthma education event by August 2018.

## D. Provide Asthma & Self-Management Education:

* 85% of participants can demonstrate an understanding of asthma self-management skills after attending 60% of the educational sessions.
* 75% of the student body who has asthma attends at least two educational sessions by August 2018.
* 50 students who have asthma will participate in at least two asthma self-management educational sessions by August 2018.
* 75% of students who participate in Open Airways sessions will successfully complete a return demonstration of medication device technique.

## E. Linking Schools & Health Care Providers:

* Provide referrals to a health care provider for ten students for asthma management assistance by August 2018.
* Identify and advertise at least one new process linking health care providers to families of students with asthma by August 2018.

## F. Health Office Staff & School Personnel Training:

* 50% of all school staff either attend a training or receive educational instruction on school asthma policies by August 2018.
* 100% of health office staff attend asthma educational training by August 2018.
* 85% of health office staff increase knowledge of asthma and school asthma policies by August 2018.

## G. Build Your Own Asthma Project:

* Goals will vary depending on the project. MDH Asthma Program Staff can assist in development of goals during planning discussions.

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