



AMERICAN LUNG ASSOCIATION®

serving Kansas, Missouri, Nebraska, Oklahoma and Texas

CURES | CLEAN AIR | SMOKEFREE KIDS

Improving Life, One Breath at a Time

1-800-LUNG-USA

www.lungusa.org



Mission

To promote lung health and prevent lung disease

Program Areas

The American Lung Association of the Central States fights lung disease in all its forms, with special emphasis on:

- Asthma
- Air Quality (indoor and outdoor)
- Tobacco Control
- COPD

Asthma Facts

According to the National Center for Health Statistics:

- Over 22 million Americans, including 6.5 million children under age 18, have asthma
- Asthma is the number-one chronic condition causing children to be absent from school and the highest ranked cause of pediatric hospitalizations in the United States
 - In 2004, 5.2% of children (3.8 million) had at least one asthma attack in the preceding year and there were an estimated 750,000 ED visits by children under 18 with a primary diagnosis of asthma.
- Childhood asthma accounted for 14 million days missed from school annually.

Asthma Programs

- Asthma Educator Course
- Asthma Walks “Clean Air Challenge”
- Asthma 101
- Open Airways For Schools
- **Asthma Friendly Schools Initiative**

What is AFSI

Asthma Friendly Schools Initiative (AFSI) is a cooperative project to improve asthma management and increase school attendance and participation for students with asthma.

AFSI supports a goal of all schools:

Educating children by *keeping them healthy, in school, and ready to learn.*

What is AFSI

- A framework and tools for community organizations to assist schools in **assessing needs, current capabilities, and opportunities** to strengthen themselves as “asthma-friendly schools.”—*A school that provides the infrastructure, education, and support needed to ensure that students with asthma are ready and able to learn.*

**AFSI is a process, not a program.
It is system, not a quick fix solution!**

AFSI Action Steps

1. Organize stakeholders
2. Conduct needs assessment
3. Create 5-year goals
4. Develop annual action plans

Key Components to Effective School Asthma Management:

Health & Mental Health Services —

Individuals with asthma must have appropriate and immediate access to healthcare. Within the school, this includes access to trained school health services staff with required resources, Asthma Action Plans, existence of medical emergency protocols, immediate access to prescribed medications, and referrals as needed to community and medical resources.

Healthy Environments—

Students and school staff who spend their days in a healthy environment with well-managed facilities and air quality should suffer fewer asthma episodes and other short- and long-term health effects from environmental causes. Schools should manage indoor air quality (IAQ) and implement a procedure for managing students' exposure on high outdoor air pollution days.



Asthma Education—

Education efforts increase knowledge among students with asthma, classmates of students with asthma, parents, and school staff about asthma and their roles in its management.

Physical Education and Activity—

Students with asthma can participate fully in physical activity when they are symptom-free, but they may need to make modifications when their asthma is not fully controlled. School staff must be prepared to work with students individually to ensure their ability to participate and to provide appropriate physical activity when needed.

The Asthma Friendly Schools Initiative is just one of the ways the American Lung Association of the Central States works to prevent lung disease and promote lung health. With your help, we are “Improving life, one breath at a time.”

*To learn more about the American Lung Association call
1-800-LUNG-USA (1-800-586-4872)
or log on to www.lungusa.org.*