



† AMERICAN LUNG ASSOCIATION.



Approved and recommended by the  
National Association of School Nurses.

**2008 edition now available!**

Bring

# OPEN AIRWAYS FOR SCHOOLS

to your classrooms.

Give children a breath of fresh air!

**A school-based asthma management program for children with asthma.**

Empower children to effectively manage asthma with

# OPEN AIRWAYS FOR SCHOOLS.



Did you know asthma is one of the leading chronic illnesses among children today? In 2004 alone, 5.1 million school-aged children were affected by the condition.<sup>1</sup>

- On average, in a classroom of 30 children, about 3 are likely to have asthma.<sup>2</sup>
- The condition is a leading cause of school absenteeism. In 2003, about 12.8 million school days were missed due to asthma among more than 4 million kids who reported at least one asthma attack in the prior year.<sup>3</sup>

While there's no cure for asthma, the good news is children can learn to better manage it.

## Offer the most widely recognized asthma management program.

Over 40,000 schools across the country use Open Airways For Schools to promote asthma management among students ages 8–11. Now you can, too. Three simple program tools help community volunteers or school staff deliver the validated program over six 40-minute sessions held during school days.

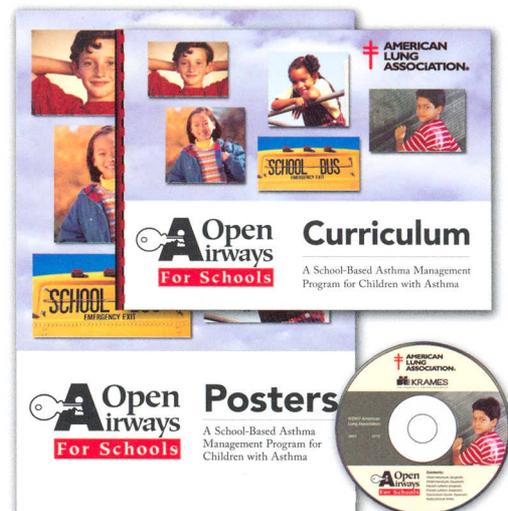
### Lessons cover:

- Basic asthma information
- Recognizing, managing asthma symptoms
- Solving problems with medications
- Finding, controlling asthma triggers
- Getting exercise, doing well at school
- And more!

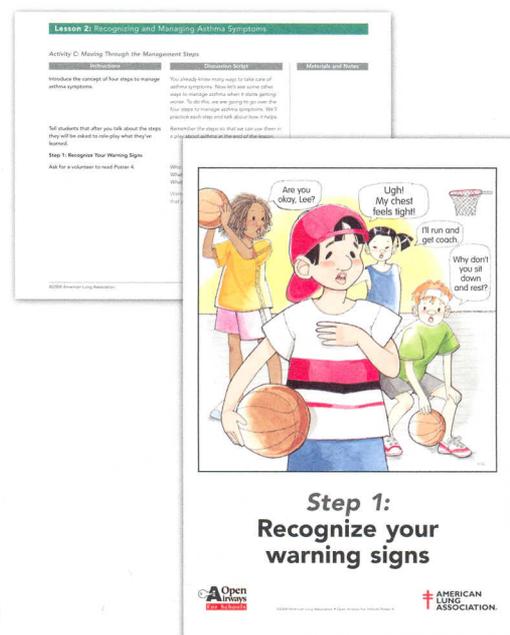
## Your instructors learn all they need to know from American Lung Association-certified trainers.

Our trainers show your instructors how to deliver the program. Sensitivity training and support for children's needs and concerns are covered, to give instructors a solid foundation of preparedness to teach the course.

Winner: Health Education Research Award,  
National Asthma Education and Prevention Program



Three easy-to-use program tools!

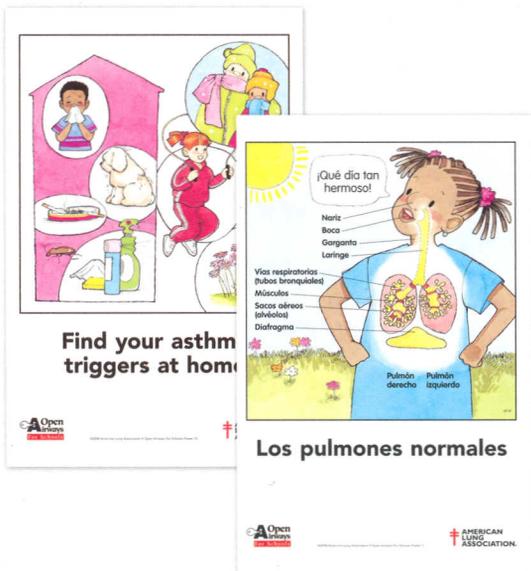


Effective resources help make instruction easy.

1. American Lung Association, Epidemiology and Statistics Unit, Research and Program Services. *Trends in Asthma Morbidity and Mortality*, July 2006.  
 2. CDC, National Center for Chronic Disease Prevention and Health Promotion, December 2007. To view, visit [www.cdc.gov/HealthyYouth/asthma/](http://www.cdc.gov/HealthyYouth/asthma/).  
 3. Akinbami LJ, *The State of Childhood Asthma*, United States, 1980-2005. Advance Data from Vital and Health Statistics: no. 381, Revised December 29, 2006. Hyattsville, MD: National Center for Health Statistics, 2006.

## Give kids a fun and interactive learning environment.

Role-playing games and stories help children learn quickly. Plus, instructors can refer to a Poster Flip Chart to clarify important concepts. Other interactive features include class handouts, progress reports, and parent letters that can be sent home with the children.



All program materials now available in English and Spanish!

### Lesson 1: Information About Asthma

#### Dear Parent/Guardian,

Your child is learning how to manage his or her asthma better by taking part in the American Lung Association's Open Airways For Schools program. Today in Lesson 1, the class learned what asthma is.

#### What is Asthma?

Asthma is a chronic lung disease without a known cure. This means that your child has asthma even when breathing seems normal. When a child has asthma symptoms (breathing trouble), the airways in the lungs become swollen and can become clogged, making it hard to breathe. Asthma is a real medical condition and not an emotional problem or "all in one's head."

The good news is that although asthma cannot be cured, it can be controlled! If your child's asthma is in control, your child should:

- Have no symptoms (even at night).
- Be able to do normal activities, including sports.
- Be able to avoid serious asthma symptoms.
- Be able to avoid side effects from medicines.

#### Children in Open Airways For Schools will learn how to help control their asthma by:

- Knowing what sets off their asthma and taking steps to prevent it.
- Recognizing asthma symptoms right away and taking steps to feel better.
- Talking about and solving asthma problems with parents, doctors, nurses, teachers, and friends.
- Feeling confident about taking care of their asthma every day.

Your child will have handouts to share with you after each lesson. Please take the time to look at each handout with your child.

Sincerely,

Instructor, the American Lung Association  
Open Airways For Schools program

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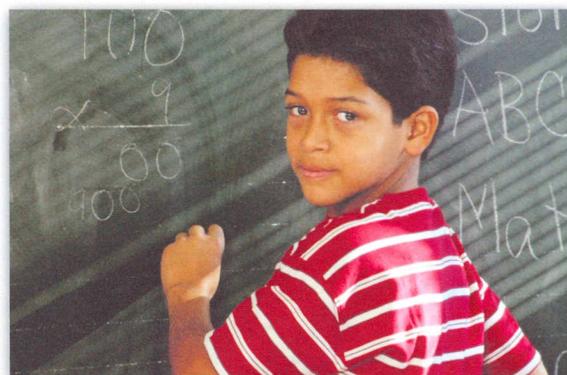
Parent Letter 1



Letters to parents encourage their participation in their children's asthma management program.

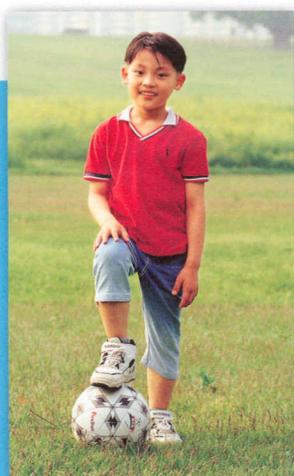
## Available in English and Spanish.

The program is now available in English and Spanish. That means you can reach children — and their parents — in the language that's easiest for them to understand.



## Proven effective!

Analysis of 2002 pre- and post-test data collected from children completing the program found the percentage of children who knew their asthma triggers at school increased from 41% in the pre-test to 65% in the post-test. Similarly, the percentage of children who could ask teachers to remove asthma triggers from the classroom increased from 44% to 58%.



## Open Airways For Schools makes a difference.

- Decreased absenteeism
- Fewer asthma attacks at school, less severe ones when they occur
- A drop in the number of children visiting the nurse's office
- Improved classroom performance
- Higher self-esteem, lower stress levels

Bring Open Airways For Schools to your classrooms!  
Call your local American Lung Association at 1-800-LUNG-USA (586-4872).

## See what educators and parents are saying about Open Airways For Schools.

"Students learn self-management skills to better handle their asthma, resulting in fewer absences and improved academic performance."

- **New York State Education Department, Student Support Services**

"A tremendous way for our students, parents and faculty to learn how to properly manage asthma...children completing this course had better attendance records than children who did not have asthma."

- **School nurse**



"I was having a hard time making my son take his medicine...this program helped him understand why it is so important to do so."

- **Parent of student with asthma**

"Kids were much more knowledgeable about asthma after the program...more in tune to their triggers...enjoyed knowing they were not alone."

- **Open Airways course instructor**

### American Lung Association: fighting asthma for over 20 years.

Fighting asthma has been an integral part of our efforts to prevent lung disease. **Open Airways For Schools** is a component of the Asthma Friendly Schools Initiative (AFSI), a comprehensive set of strategies and resources designed to educate school policymakers and children about the management and prevention of asthma. The strategies and sample materials are based on programs that have already been successfully implemented in schools throughout the country.

For over 100 years, the American Lung Association has been the lead organization working to prevent lung disease and promote lung health. Lung disease death rates continue to increase while the Lung Association funds vital research on the causes and treatments. For more information about the American Lung Association or to volunteer or contribute, call **1-800-LUNG-USA (586-4872)** or visit **www.lungusa.org**.

**Bring Open Airways For Schools to your classrooms!**

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 **AMERICAN LUNG ASSOCIATION®**  
*Improving Life, One Breath at a Time*