

Vermont Asthma Program

Helping Vermonters

Breathe Easier

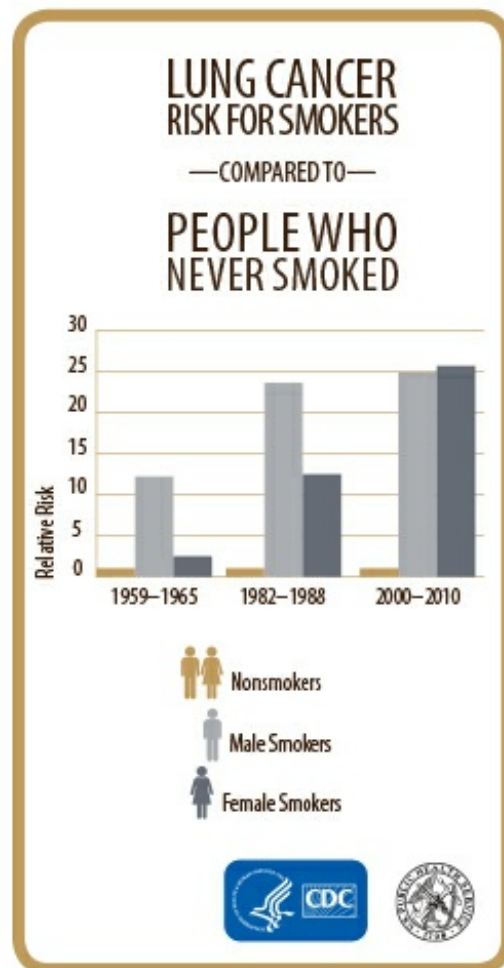
April 2014

Greetings from the Vermont Asthma Program!

With Earth Day just around the corner (April 22nd), it is a good time to consider air quality and asthma control. Asthma attacks may be triggered from the air pollution as a result of car emissions, factories, and power plants. Air quality has improved throughout the country, yet it is still an issue for asthma symptoms. Air pollution can be reduced by enforcing stricter national air quality standards and strengthening regulations for cleaner power plants, cars, and trucks.

April is Cancer Control Month

Cancer is the leading cause of death in Vermont, with over 3,600 new diagnoses and 1,300 deaths each year. Lung cancer has the highest incidence rate, and there may be an association with the high prevalence of asthma, as Vermonters with current asthma were more likely to report having cancer. Vermont Department of Health provides [county level fact sheets](#) that compare to the state's cancer prevalence. Check out Meryl Strep's Cancer Control [PSA](#) in association with VDH.



Upcoming Events

*[Asthma Advisory Panel Meeting](#): May 2

*[Certified Asthma Educator Institute](#): June 30-July 1

*[Champ Camp](#): August 17- August 22

Did you know?

The first Earth Day began when 20 million people gathered to protest the Industrial Revolution on April 22, 1970. Air pollution is a leading trigger in making asthma conditions worse.

Publications

[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

[Healthy Vermonters 2020](#)

Quick Links

[VDH Asthma Program](#)

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Asthma Surveillance](#)

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Vehicle idling on school grounds is a problem. The EPA reports monitoring at schools has shown elevated levels of air toxics during the afternoon hour coinciding with parents picking up their children. Parents need to be aware that vehicle idling exhaust emissions can cause asthma and other respiratory diseases. In Vermont, the school bus idling rule that limits diesel-powered school bus idling on school grounds is benefiting students who are particularly vulnerable to vehicle exhaust emissions. But more work needs to be done. Other vehicles on school grounds -- parents, faculty, delivery vehicles -- also pollute when idling. Supervisory unions can adopt board approved, central no idling policies for these vehicles, too. While Vermont's new limited idling law (effective May 5, 2014) will serve to strengthen policies, it cannot replace these policies which are more specifically focused in a school environment and better complied with. **Turn the key and be idle free!**

School Health and Asthma

Each day about 20% of the U.S. population spends their day inside of a school, so it is very important to support the movement of improving indoor air quality of schools. Healthy school environments play a large role in children's health and academic success. This year, April 8th marks the 12th Annual National Healthy Schools Day. EPA and the Healthy Schools Network coordinate public information events and outreach on this day. Visit [Healthy Schools Network](#) for more information on National Healthy Schools Day and local activities that you can take part in to encourage the significance of healthy school environments.

Smoking and Asthma

March 19th marked the eighteenth annual Kick Butts Day. As every day should be about seizing control against tobacco, events to raise awareness of the problem of tobacco use, encourage youths to stay tobacco-free, and urge officials to take action to protect kids from tobacco take place on Kick Butts Day. Visit [Kick Butts Day](#) to plan a tobacco awareness event, or to search Kick Butts activities that are already in place.

Please keep in touch!

Let us know if you have any questions -- or if there's an asthma-related issue you'd like to know more about.

Take care,

Jane

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