

Vermont Asthma Program

Helping Vermonters

Breathe Easier

April 2015

Greetings from the Vermont Asthma Program!

April's Air Quality Awareness Week

April 27 through May 1 is Air Quality Awareness Week!

Air quality awareness is an important part of asthma self-management. The EPA encourages everyone to use this week to understand how air quality affects health. They offer suggestions for each weekday:

[Monday: Do Your Part: Reduce Your Contribution to Air Pollution.](#)

[Tuesday: Air Quality- Important at Every Age.](#)

[Wednesday: Air Quality & Your Health.](#)

[Thursday: Get Outside... with the Air Quality Index!](#)

[Friday: Traveler's health.](#)

The EPA also offers a user friendly and interactive tool to access daily and hourly air quality forecasts called [Enviroflash](#). Sign up for local forecasts using your computer or smartphone. Our partners in Rutland use Enviroflash to monitor air quality and alert community members via their Facebook page. The [EPA's website](#) also offers resources for teachers, weathercasters, and state and local organizations.

Environmental Health

Vermont #1 in Wood Stove Usage: Speaking of air quality awareness, northern New England states have been in the news lately regarding high woodstove emissions, which emit particle pollution that can exacerbate respiratory symptoms. A report from the Environmental Protection Agency showed that over 22 pounds of pollutants per person are emitted every year by wood stoves in Vermont. This is almost than twice the levels seen in the number 2 state, Minnesota. On the list, Maine comes in at number 4 and New Hampshire at number 5. [According to the Burlington Free Press](#), about half of all wood stoves in Vermont are the older, inefficient variety.



GRASS



WEED



TREE

Upcoming Events

***Asthma Advisory Panel Meeting:**

April 24, 2015

***Champ Camp**

August 16-22, 2015

Did you know?

4 out of 5 adults and children with asthma have been advised by their provider to modify their environment to reduce exposure to an environmental trigger.

Only 8% of adults and 4% of children with current asthma in Vermont have attended an asthma management class.

Fact Sheets

[MAPLE Plan for Controlling Asthma](#)

[Managing Air Quality in the School Environment](#)

[Healthy Cleaning and Asthma-Safer Schools](#)

[Asthma Triggers in the Classroom](#)

Publications

[Asthma Data Pages](#)

[Vermont State Asthma Plan](#)

[The Burden of Asthma in Vermont](#)

[Healthy Vermonters 2020](#)

Quick Links

Spring Allergies-Pollen Counts Available: Timber Lane Allergy & Asthma Research group collects pollen count data from Burlington, VT on a daily basis. Pollen is an allergic trigger for many individuals with asthma and can exacerbate asthma symptoms for some. Pollen information is posted on their website, [available here](#). Counts are available starting in the spring. The organization recommends that individuals with allergic asthma limit outdoor activities when pollen counts are high.

Asthma and the Flu Shot: It's Not Too Late!



The Vermont Department of Health reports that it has been an above average year for the flu season in the state. Flu season typically peaks in early March of each year. Early in the flu season, H3N2 was seen as the dominant strain. However, as the season has progressed, influenza B has taken over as the most commonly seen. The B strain was covered in this year's vaccine. Since there is still time to get the flu, there is still time to get the flu vaccine. Those with asthma are particularly at risk. [Watch the story on WCAX.](#)

School-Age Children and Asthma

Pocket Guide for Asthma: The Global Initiative for Asthma has developed a pocket guide as a brief summary of their official report. The pocket guide is designed for pediatricians to be used as a quick reference in conjunction with the overall report. The pocket guide addresses diagnostic issues and trial treatments for possible cases, control-based asthma management and proper prescribing guidelines. [Access the pocket guide here.](#)

Champ Camp:

The [American Lung Association's Champ Camp for Kids with Asthma](#) will be held August 16-21, 2015 at Camp Chingachgook on Lake George in New York. Thanks to generous donors and sponsors, the Lung Association provides full scholarships for children ages 8-11 with moderate to severe asthma. Know of a child that would enjoy this opportunity? For more information, contact Ron Douglass, rdouglass@lungne.org or 802-876-6860.

[Champ Camp](#)

[VDH Asthma Program](#)

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Asthma Surveillance](#)

[Resources & Information](#)

[Envision Program](#)



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Asthma and Worksite Wellness

New Webinar on Workplace Health: The New York State Department of Health's Bureau of Occupational Health and Injury Prevention has developed a webinar to help providers distinguish between when asthma is and is not related to the workplace. It also emphasizes why this distinction is important. The webinar is called [Work Related Asthma: Recognition and Diagnosis](#) and offers continuing education credits to physicians, nurses, and health educators.

Interested in learning more about what Vermont offers in terms of worksite wellness? [Project WorkSAFE](#) works with local employers to promote safe working environments. Have a question or concern? Project WorkSAFE offers free and confidential consultations. Contact Scott Meyer for more information: scott.meyer@state.vt.us.

Smoking Cessation and Asthma

Prevention is key to managing any disease, especially chronic diseases. The Tobacco Control Program has partnered with the VT Chapter of the Alzheimer's Association to offer a webinar for providers on the link between tobacco use and brain health, with a special highlight on elderly populations. Vermont is one of the 'oldest' states in the country, and by 2032 it is predicted that 24% of the Vermont population will be over age 65, making it the 'oldest' state in the nation (VT State Plan on Aging). This will be a great opportunity to learn more about the modifiable risk factors associated with dementia, tobacco cessation resources, and how to best promote chronic disease management.

802 QUITs VERMONT DEPARTMENT OF HEALTH

SMOKING & DEMENTIA

BACKGROUND AND ACTIONS

WEBINAR WITH DR. WALT GUNDEL
APRIL 10 | 8-9AM

JOIN WEBEX | JOIN BY PHONE
Link | <http://bit.ly/1F4BDHK> | Toll Free | (877) 668-4493
Meeting Number | 736 990 385 | Access Code | 736 990 385
Password | dementia2015

QUESTIONS | (802) 941-4004 | Ashwinee.Kulkarni@state.vt.us

Smoking & Dementia Webinar

Please keep in touch!

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

Take care,

Jane

Jane Wolforth, MPH
Asthma Program Manager
Division of Health Promotion and Disease Prevention
Vermont Department of Health
jane.wolforth@state.vt.us
(802) 951-0156