

# Asthma School Support

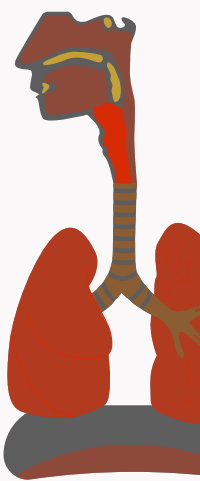


Important information about asthma prevention and resources

## What is Asthma?

*Asthma is a chronic (long-term) condition that affects the airways in the lungs. The airways are tubes that carry air in and out of your lungs. If you have asthma, the airways can become inflamed and narrowed at times. This makes it harder for air to flow out of your airways when you breathe out.*

Reference, <https://www.nhlbi.nih.gov/health/asthma>



## Asthma Prevalence and Triggers!

*1 in 13 people in the United States has asthma, according to the Centers for Disease Control and Prevention. It affects people of all ages and often starts during childhood. The prevalence, severity, and burden of asthma is greater among children from racial minorities, particularly black children. Certain things can set off or worsen asthma symptoms, such as pollen, exercise, viral infections, or cold air. These are called asthma triggers. When symptoms get worse, it is called an asthma attack.*

Reference

<https://www.aaaai.org/tools-for-the-public/latest-research-summaries/the-journal-of-allergy-and-clinical-immunology-in/2018/disparities-asthma>  
<https://www.nhlbi.nih.gov/health/asthma>

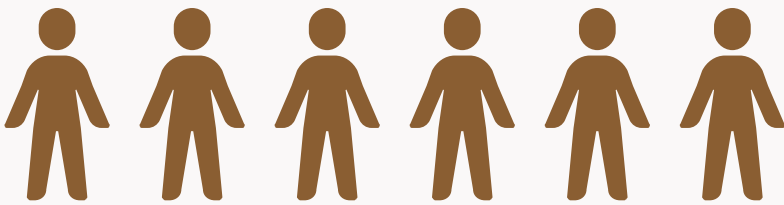


## CHILD DEMOGRAPHICS AGE <18 YEARS

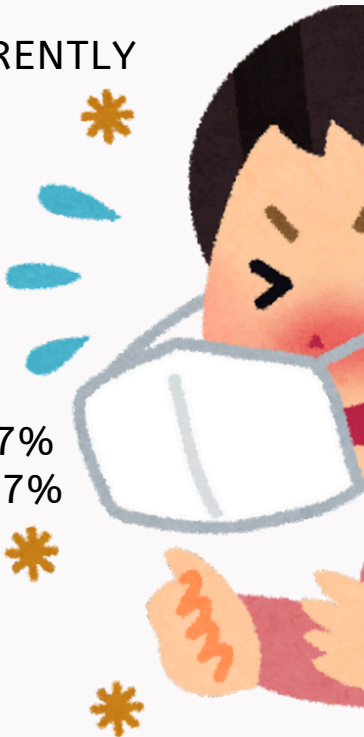
ADULTS LISTED TO REPRESENT THE POPULATION OF STUDENTS AT GCA THAT ARE 18+

APPROXIMATLY, 4.7 MILLION U.S CHILDREN OR 6.5% CURRENTLY HAVE ASTHMA

- BOYS, 2.7M OR 7.3 %
- GIRLS, 1.9M OR 5.6%
- ADULTS, 20.3M OR 8.0%
- WHITE CHILDREN 2.1M OR 5.5%/ ADULTS 12.7M OR 8%
- BLACK CHILDREN 1.1M OR 11.6% /ADULTS 3.1M OR 10.7%
- HISPANIC CHILDREN 1.1M OR 5.9%/ ADULTS 2.8M OR 6.7%



Reference [https://www.cdc.gov/asthma/most\\_recent\\_national\\_asthma\\_data.htm](https://www.cdc.gov/asthma/most_recent_national_asthma_data.htm)



## ASTHMA RISK FACTORS

Asthma Triggers	Strategies to Reduce Symptoms
Allergies. Common allergens: house dust mites, animal dander, molds, pollen, and cockroach droppings.	Your allergist can identify what you are allergic to and recommend ways to avoid exposure to your triggers.
Irritants. Tobacco smoke, air pollution, strong odors, or fumes.	Quick-relief medications, used to provide temporary relief of symptoms and, at times, used before exercise.
Exercise may cause exercise-induced bronchoconstriction (EIB).	Long-term controller medications taken on a daily basis to control airway inflammation and treat symptoms in people who have frequent asthma symptoms.
Medications (e.g. aspirin, or other non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, and beta-blockers).	Talk to your doctor about asthma symptoms and medications such as aspirin, NSAIDs, and beta-blockers (used to treat conditions such as heart disease, high blood pressure, migraine headaches or glaucoma).
Emotional anxiety and stress	Proper rest, diet and exercise are important for your overall health and can help in managing asthma.
Viral and bacterial infections such as the common cold	Your asthma medications may need to be adjusted as

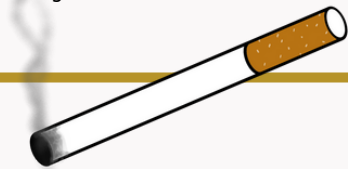


Reference <https://www.aaaai.org/tools-for-the-public/conditions-library/asthma/asthma-triggers-and-management-ttr>

## TREATMENT AND MANAGEMENT

THERE IS NO CURE FOR ASTHMA, BUT SYMPTOMS CAN BE CONTROLLED WITH EFFECTIVE ASTHMA TREATMENT AND MANAGEMENT. THIS INVOLVES TAKING YOUR MEDICATIONS AS DIRECTED AND LEARNING TO AVOID TRIGGERS THAT CAUSE YOUR ASTHMA SYMPTOMS

REFERENCE [HTTPS://WWW.AAAAI.ORG/CONDITIONS-TREATMENTS/ASTHMA/ASTHMA-OVERVIEW](https://www.aaaai.org/conditions-treatments/asthma/asthma-overview)



# Glass City Academy

# ASTHMA SCHOOL

# SUPPORT

## Take Aways

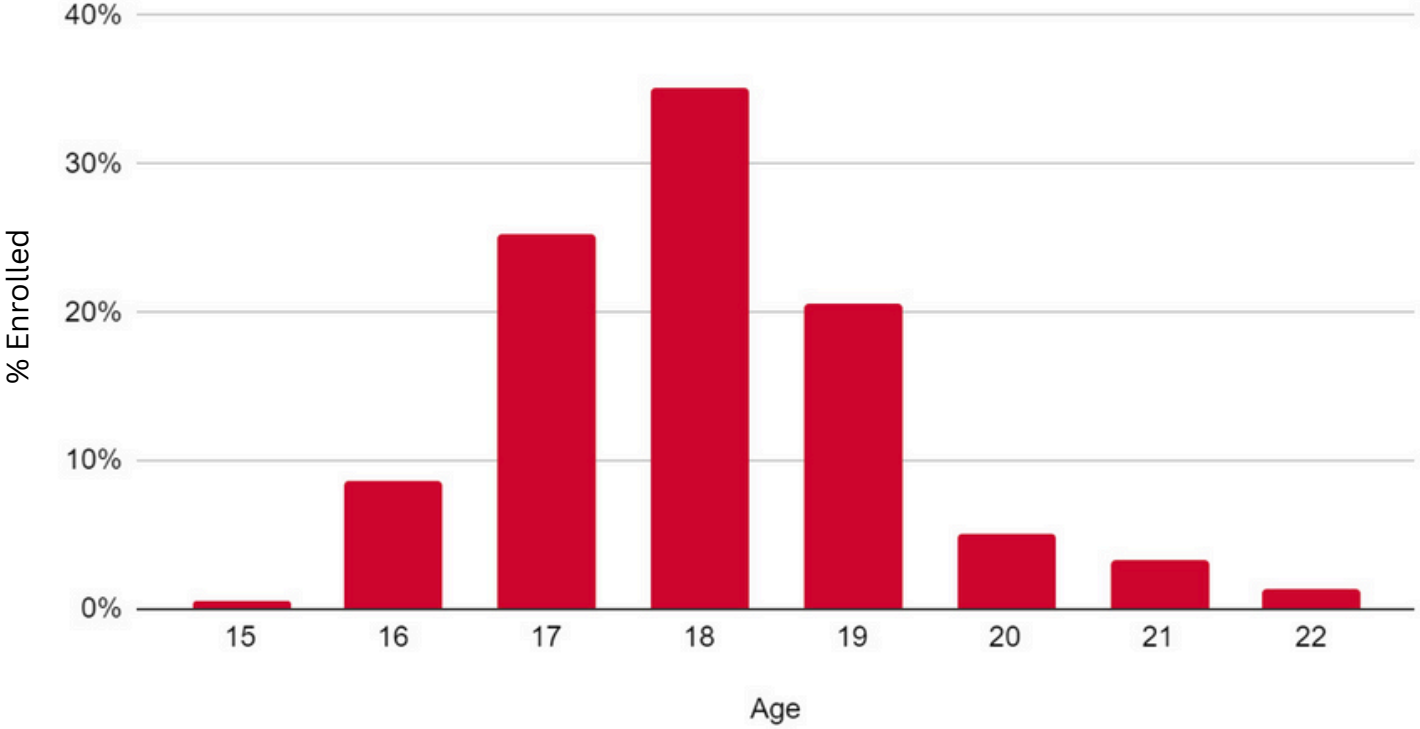
### 1 Lessons Learned

Recognizing the Importance of Early Intervention: Understanding the importance of early intervention in managing asthma is crucial. Through early education and support for children, parents, and school staff, we can equip them with the necessary knowledge and resources to effectively handle asthma. This proactive approach also helps in implementing preventive measures to prepare the school for the future.

### 2 Students Served

The graphics below illustrate the total number of students served across both campuses. These students, along with their families and staff, will have access to the updated Asthma Action Plan and resources.

Percent of Enrollment by Age of Student



### 3 Increase awareness:

Our aim is to enhance our educational outreach initiatives by raising awareness of the asthma plan and updates within the school, forging stronger partnerships with healthcare facilities. By empowering staff, students, and their families to increase their understanding of asthma care and management, we can reach a wider audience and equip them with the essential knowledge and skills to effectively handle asthma.

### 4 The Process

Maintaining ongoing discussions with staff, students, and families regarding prevention, and implementing strategies to establish a healthy home and school environment.

Actual # of Students Enrolled vs Age and Percent

Age	#	%
15	2	1%
16	31	9%
17	91	25%
18	126	35%
19	74	21%
20	18	5%
21	12	3%
22	5	1%

### 5 Sustainability

We aim to engage the community proactively by forming a network of volunteers from both within and outside schools to offer continuous support and aid in program implementation. Leveraging community resources and knowledge will not only boost program sustainability but also broaden our impact.

