

Washington State Asthma Program Email Newsletter

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[American Lung Association of WA](#)

[WA Asthma Initiative](#)

[Department of Health Asthma Program](#)

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Committee Meetings

WAI Community-Based Activities, Oct 8, 10-11:00

WAI Data & Surveillance Committee, Sept 22, 3-4:30

WAI Policy & Advocacy Committee, TBD

WAI Practitioner Support Committee, TBD

WAI Steering Committee, TBD
Yakima Area Asthma Coalition, Aug 21, 4-5:00

Inland NW Asthma Coalition, Sept 8, 12-1:00

Southwest WA Asthma Coalition, Sept 29, 8-9:00

NEWS

FDA Advises Patients to Switch to HFA-Propelled Albuterol Inhalers Now The U.S. Food & Drug Administration has issued a public health advisory to alert patients, and health care providers to switch to hydrofluoroalkane (HFA)-propelled albuterol inhalers because chlorofluorocarbon (CFC)-propelled inhalers will not be available after Dec. 31, 2008. CFC-propelled inhalers are being phased out because they contribute to depletion of the ozone layer. Since there are no generic versions of the new inhalers, this will affect the ability of thousands of people with asthma in Washington to afford their rescue medication. Resources for patient prescription assistance may be found at the [Washington Prescription Drug Program](#), [Partnership for Prescription Assistance](#), or [Rx Assist](#).

Prevention Yields Significant Return on Investment A report released by Trust for America's Health finds that a small strategic investment in disease prevention could result in major savings in health care costs. An investment of \$10/person/year in proven community programs to increase physical activity, improve nutrition, and prevent smoking could save the U.S. more than \$16 billion annually within 5 years, for a return of \$5.60 for every \$1. [Link](#)

New Report Examines Use of EHRs to Measure Care Quality A new report has been released detailing 5 health care providers' experiences developing, testing & implementing electronic health record (EHR) systems that incorporate quality and safety metrics. Researchers found that quality and safety measures are more clinically relevant when based in health information technology, which offers a more complete clinical picture for individual patients. They found that such systems are "amenable to improvement and worth pursuing." [Link](#)

Synthetic Lung Could Further Asthma Research UK researchers have started developing a 'lung in a test tube' that could aid research into respiratory diseases such as asthma and allergy and reduce the need for animal testing. The artificial airway is made with layers of the epithelial cells that make up the airway tissue grown inside a microfluidic device. The device is modified to allow lung cell growth by coating the inner surface with a membrane that will allow access to both sides (the 'air' and 'blood' surfaces) of the cells. [Full Story](#)

National Influenza Vaccination Report The June 20 Morbidity and Mortality Weekly Report includes the article, "Influenza Vaccination Coverage Among Persons with Asthma, United States, 2005-06 Influenza Season". Findings in this report emphasize the need for measures to uniformly increase influenza vaccination rates among persons with asthma. [Link](#)

Pierce County Asthma Prevention Partnership Receives Nurse Training Grant Pierce County's asthma partnership was awarded \$600 from Health Care without Harm for nurse asthma training. This will cover reproduction of the NW Clean Air Agency's mold & asthma DVDs and a speaker for the spring training. They will partner with Aging and Long Term Care and Community Health Care on the project. For more info, contact [Janet Primomo](#).

PARTNER HIGHLIGHTS

Department of Ecology Woodstove Change-out Program

Gov. Chris Gregoire and the 2008 Legislature provided \$1.5 million to the Washington Department of Ecology (Ecology) to fund grants for programs designed to get rid of old, poor-performing solid fuel-type heating devices. Local clean air agencies applied for grants for use in communities where smoke from burning wood causes air-quality problems and poses serious health risks.

Grant recipients will partner with energy companies, heating equipment suppliers, neighborhood groups, health departments, and other public entities to help put the grants to work.

Here's a breakdown of the grant awards:

- \$650,000 for the Puget Sound Clean Air Agency to use to help change out old, high-polluting heating devices in some Pierce County communities where air quality does not meet federal standards because of fine-particle pollution.
- Yakima Regional Clean Air Authority received \$330,000 for a change-out program in the Yakima area.

- Southwest Clean Air Agency will use \$260,000 to help replace an estimated 140 heating devices in an area of Vancouver with a history of elevated particulate matter concentrations. This program targets low-income households that use wood as the primary source of heat. Priority will go to households with children, elderly residents or those suffering from respiratory illness.
- Puget Sound Clean Air received \$110,000 to operate a change-out program in Marysville and the city's urban growth area in Snohomish County.
- Olympic Region Clean Air Agency received \$54,000 for change-outs in the Lacey-Olympia-Tumwater area.
- Spokane Regional Clean Air Agency will use \$45,000 for change-out work in the Spokane area.

[Department of Ecology](#)

FUNDING AND AWARD OPPORTUNITIES

Funds for Community Improvement Programs The Burger King Corporation's HAVE IT YOUR WAY Foundation provides support to nonprofit organizations that have long-term positive impact on the U.S. communities served by the company. Disease prevention is one of their focus areas. Deadline: September 15. [Link](#)

Grants for Classroom Environmental Programs The Melinda Gray Ardia Environmental Foundation supports educators in developing environmental curricula that integrate field activities and classroom teaching and that incorporate basic ecological principles and problem solving. Deadline: September 27. [Link](#)

"I Increase Your Green" School Competition October 13 - December 8 Do Something is inviting America's middle and high schools to reduce their carbon footprint this fall through the 8-week "I Increase Your Green" competition. Winners will be chosen based on: 1) energy saved; 2) garbage reduced, recycled, and reused; 3) number of people involved/impacted; and 4) innovative quality of actions and ideas. Deadline: December 15. [Link](#)

Green Housing Grants Grants up to \$50,000 per project will be available beginning August 5 for developers committed to providing green affordable housing. On Tuesday, August 5 at 2 p.m. EST there will be an online meeting to review the application process. Information on joining the meeting can be found [here](#). Deadline: September 18. [Link](#)

Community-Based Research Grants NW Health Foundation invites proposals that seek to reduce the burden of chronic disease using community-based participatory research approaches. Focus: prevention, health promotion, & disparities research addressing social, environmental, & behavioral factors through policy & systems change. Range: \$10K to \$180K. Deadline: Sept 8. [Link](#)

Climate Change and Allergic Airway Disease Research Grants The Environmental Protection Agency (EPA) announces an extramural funding competition supporting research on the impact of global change on the burden of allergic airway disease from exposure to pollen, mold, and other plant-derived allergens. Deadline: October 1. [Link](#)

RESOURCES

School Nurse Managing Asthma Triggers Program – Call for Trainers The National Association of School Nurses is seeking 18 School Nurses to become trainers for the 1-day School Nurse Managing Asthma Triggers Program (MAT). This expenses-paid instructors' training will be held in conjunction with The 9th Annual EPA Indoor Air Quality (IAQ) Tools for Schools (TfS) Symposium. Training December 3, Symposium December 4-6 in Washington, D.C. Applications due September 8. [Link](#)

New Catalog of Successful Wellness & Disease Prevention Strategies The Partnership to Fight Chronic Disease released their online "Keeping America Healthy" report. The report includes a catalog of more than 100 promising programs, an analysis of the elements that made these programs successful, and a roadmap to successful program development. [Link](#)

Best Practices in Community Reduction of Environmental Asthma Triggers The "Breathing Easy from Home to School: Fighting the Environmental Triggers of Childhood Asthma" report, newly released by PolicyLink and The California Endowment, provides a blueprint for reducing the community factors that cause or exacerbate asthma in low-income children. The report details promising approaches, case studies, and policy recommendations related to outdoor air quality, housing, and schools. It also distills the common themes from successful programs around the country. [Report](#)

Spanish-Language 2ndhand Smoke Communications Tools The "Sabemos: Por respeto—Aquí no se fuma: Community Outreach Tool Kit" is designed to promote awareness of existing positive social norms regarding in-home protection of youth from 2ndhand smoke. The toolkit includes a cultural overview, tip sheet, bilingual insert, cover letter, sticker, static cling, and an interactive CD-ROM (with English & Spanish versions of all contents and 3 radio public service announcements). [Link](#)

Online Adult Asthma Video Available Kaiser Permanente has recently released an adult asthma video. Other asthma self-management tools are also available. [Link](#)

Healthy Housing Inspection Manual The Centers for Disease Control and Prevention and the U.S. Department of Housing and Urban Development have announced the release of the *Healthy Housing Inspection Manual*. The purpose of the manual is to improve communication and collaboration among public health, housing professionals, property owners, property managers, and residents; increase understanding of the connections between exposure to hazardous agents, conditions in the home, and adverse health outcomes, and help programs to address an array of housing deficiencies in an efficient, effective, and timely manner. [Link](#)

Medscape CMEs (may require setting up a free account to view):

- [Pediatric Asthma: Individualizing and Optimizing Patient Care](#)
- [Fluticasone Spray for Allergic Rhinitis May Not Suppress Hypothalamic-Pituitary-Adrenal Function](#)
- [Smoking, Mental Health Conditions May Explain Link Between Asthma and Suicidal Ideation](#)
- [Depressive Conditions Linked to Asthma Severity](#)
- [Secondhand Smoke Exposure in Infants May Increase Later Risk for Serious Infections](#)
- [Long-Acting Beta-2-Agonists May Be Safe, Effective for COPD](#)

RESEARCH

Increasing Influenza Immunization Coverage in Elementary Schools May be Feasible A school-based trial implemented in 2007/08 efficiently increased influenza-immunization coverage in elementary schools, according to a presentation at the Eleventh Annual Conference on Vaccine Research in May. [Full Article](#)

Stability of asthma control with regular treatment This retrospective analysis of data from the Gaining Optimal Asthma control (GOAL) study, published in *Allergy*, examined the stability and duration of control once achieved. The study found that most patients achieving guideline-defined control can maintain at least a similar level of control with regular, stable dosing, with little likelihood of losing control. [Abstract](#)

Reducing Asthma Disparities in Urban Children A study in the June *Annals of Allergy, Asthma and Immunology* differences in effectiveness of an asthma management program on hospitalizations, ED visits, outpatient visits, and bronchodilator and inhaled corticosteroid prescriptions between Hispanic and black children. [Abstract](#)

Laundry Methods and Allergen Removal Another study in *Annals of Allergy, Asthma and Immunology* compared different laundry methods to identify optimal conditions for removal of common allergens. Researchers found that both water temperature and number of rinses are critical factors for the removal of house dust mite, dog dander, and pollen allergens. [Abstract](#)

Fluticasone Propionate Protects Against Ozone-Induced Airway Inflammation A study published in *Environmental Health Perspectives*, testing the effect on healthy volunteers of fluticasone propionate after an ozone challenge, found reduced airway inflammation. These findings suggest that treatments with inhaled corticosteroids before exposure to air pollution may offer protection against the inflammatory effects of ambient ozone, particularly for individuals with existing airway disease. [Full Text](#)

Maternal Asthma a Risk Factor for Congenital Malformations Canadian researchers examined the effect of asthma exacerbations on fetal development among 4,344 pregnant women in a study published in *JACI*. Those who had an exacerbation during the first trimester of pregnancy (defined as a filled prescription for oral corticosteroids or had an emergency department visit or hospitalization for asthma), were significantly more likely to have a baby with a congenital malformation. [Abstract](#)

Binge Drinking Related to Asthma Treatment Nonadherence An analysis of 2003 California adult health survey data, published in the *Journal of Asthma*, examined the association between binge drinking and other risk behaviors with adherence to asthma treatment. Researchers found that overweight adults and those who were aged 18-44, had some college education, and no usual source of medical care were at risk for medication nonadherence and therefore good targets for intervention. [Abstract](#)

Television and Wheezing A study published in *Epidemiology* collected data from over 20,000 children aged 6-7 to examine the relationship of body mass index (BMI), regular sports participation, TV viewing, and diet with current wheezing and asthma. Researchers found high body weight, spending a lot of time watching television, and a salty diet each independently increase the risk of asthma symptoms in children. [Abstract](#)

Adult Asthma Tied To Heart Disease In Women Asthma that begins in adulthood appears to increase the risk of heart disease and stroke in women but not in men, according to a study in the *American Journal of Cardiology*. Adult-onset asthma, like other inflammatory diseases that disproportionately affect women such as rheumatoid arthritis and lupus, may be a relatively strong risk factor for heart disease and stroke. [Full Text](#)

Most Patients Don't Understand ED Care Instructions A study published in the *Annals of Emergency Medicine* suggests that as many as 78% of discharged emergency department patients do not understand the care or instructions they receive, yet only 20% realize this. Based on interviews following ED discharge, patients' subjective understanding was assessed in four areas: diagnosis and cause, ED care, post-ED care and return instructions. In light of early data suggesting a direct relationship between patient comprehension, adherence to care instructions and outcomes, the researchers say their findings underscore the need for better strategies to identify patients who are experiencing difficulty understanding their care and treatment plan. [Abstract](#)

Other Select Articles:

[Pretreatment with Albuterol versus Montelukast for Exercise-Induced Bronchospasm in Children](#) *Pharmacotherapy* 2008; 28(3): 287-294

[Psychological Triggers and Hyperventilation Symptoms in Asthma](#) *Annals of Allergy, Asthma and Immunology* 2008; 100(5): 426-432

[Reducing Secondhand Smoke Exposure Among Children and Adolescents: Emerging Issues for Intervening with Medically At-Risk Youth](#) *J Pediatr Psychol* 2008; 33(2): 145-155

[Comparison of the Anti-Inflammatory Effects of Extra-Fine Hydrofluoroalkane-Beclomethasone Vs Fluticasone Dry Powder Inhaler on Exhaled Inflammatory Markers in Childhood Asthma](#) *Annals of Allergy, Asthma and Immunology* 2008;100(6):601-607

[Air Pollution, Airway Inflammation, and Lung Function in a Cohort of Mexico City Schoolchildren](#) *Environ Health Perspectives* 2008;116:832-838

[Exposure to Tobacco Smoke Increases Leukotriene E4-Related Albuterol Usage and Response to Montelukast](#) *JACI* 2008;121(6):1365-1371

[Comparison of adjustable- and fixed-dose budesonide/formoterol pressurized metered-dose inhaler and fixed-dose fluticasone propionate/salmeterol dry powder inhaler in asthma patients](#) *JACI* 121(6) 1407-1414.e6

[Total and specific IgE associations between New York City Head Start children and their parents](#) *JACI* 121(6) 1422-1427.e4

[Response to Bronchodilators After Exercise Challenge Predicts Bronchial Hyperreactivity](#) *Journal of Asthma* 2008;45(5):353-356

[Demographic and Clinical Characteristics Predictive of Asthma Diary Use Among Women](#) *Journal of Asthma* 2008;45(5):357-361

[Beliefs About Asthma Medications: Patients Perceive Both Benefits and Drawbacks](#) *Journal of Asthma* 2008;45(5):409-414

[Exhaled Nitric Oxide Decreases in Association with Attendance at an Asthma Summer Camp](#) *Journal of Asthma* 2008;45(5):415-419

[Air Pollution and Pulmonary Function in Asthmatic Children: Effects of Prenatal and Lifetime Exposures](#) *Epidemiology* 2008;19(4):550-557

[Children Living in Areas with More Street Trees Have Lower Asthma Prevalence](#) *J. Epidemiol. Community Health* 2008;62:569

EVENTS

Summer Institute for Public Health Practice - August 11-15, Seattle, WA [Link](#)

National Conference on Health Communication – August 12-14, Atlanta, GA [Link](#)

Food Allergy Walk – September 6, Tacoma, WA

The Food Allergy & Anaphylaxis Network is hosting its **first** FAAN food allergy walk, "Walk for Food Allergy: Moving Toward A Cure", at Point Defiance Park (Owen Beach). Check-in begins at 9:00 a.m.; the 2-mile walk begins at 10:00 a.m. [Link](#)

Green Tools for Healthy Schools – September 11-12, Sacramento, CA

The Collaborative for High Performance Schools is holding its second "Green Tools for Healthy Schools" networking, training, and awards event for professionals interested in creating healthier, more environmentally responsible schools. [Link](#)

National Healthy Homes Conference – September 15-17, Baltimore, MD

The HUD/CDC/EPA/USDA-sponsored "Building a Framework for Healthy Housing" conference will focus on: building capacity to deliver healthy housing; mainstreaming healthy housing principles; creating healthy housing through research; developing enforcement and regulatory strategies as a primary prevention tool; marketing healthy housing; and educating the public and practitioners. [Link](#)

Conference on Children's Health & the Environment – September 18-19, Philadelphia, PA

The 6th Annual conference will explore the intersection between the environment and child health issues related to climate change; healthy homes; children in nature; exposure to toxicants and outcomes in children; and emerging issues in children's environmental health. CE credits available. [Link](#)

ACCP Asthma & COPD Coalitions Symposium – October 29-30, Philadelphia, PA

The American College of Chest Physicians (ACCP) invites members of asthma and COPD coalitions to attend the 10th Annual ACCP Community Asthma and COPD Coalitions Symposium on October 29th and 30th during CHEST 2008 in Philadelphia. Highlights will include: the Asthma in American Cities Project, how to reduce exposure to environmental tobacco smoke, developing state plans and coalitions for COPD, and how to reach local media. [Link](#)

EPA Tools for Schools Symposium – December 4-6, Washington, D.C.

Join school leaders from across the nation to share best practices and discuss the importance of developing effective indoor air quality management practices and how the indoor environment relates to teaching and learning. [Link](#)