



 AMERICAN LUNG ASSOCIATION®

Approved and recommended by the
National Association of School Nurses.



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.¹

- On average, in a classroom of 30 children, about 3 are likely to have asthma.²
- 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.³

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. Using simple program tools, our trained facilitators will deliver the validated program over six 40-minute sessions scheduled at your convenience before, during, or after school.

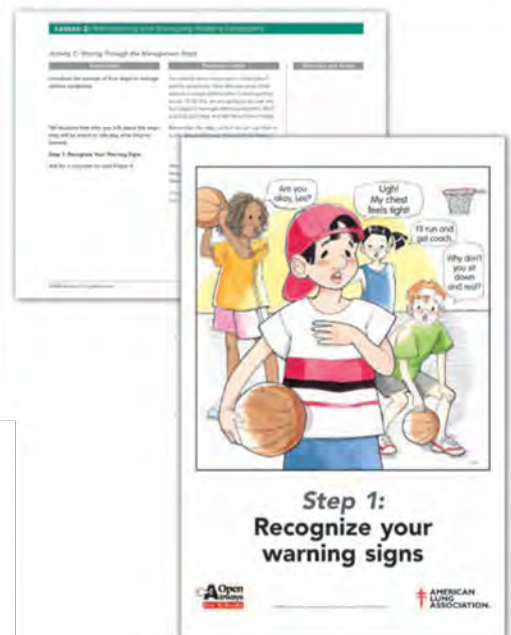
Lessons cover:

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

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



Three easy-to-use program tools!



Effective resources help make instruction easy.

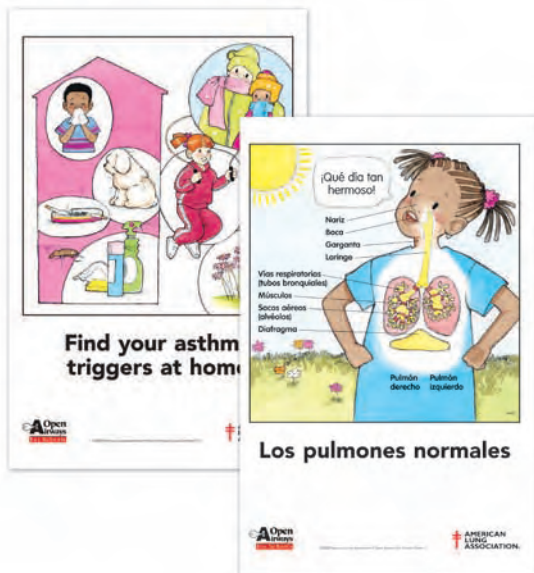
1. American Lung Association, Epidemiology and Statistics Unit, Research and Program Services. *Trends in Asthma Morbidity and Mortality*, July 2006.

2. CDC, National Center for Chronic Disease Prevention and Health Promotion, December 2007. To view, visit www.cdc.gov/HealthyYouth/asthma/.

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!

Proven effective!

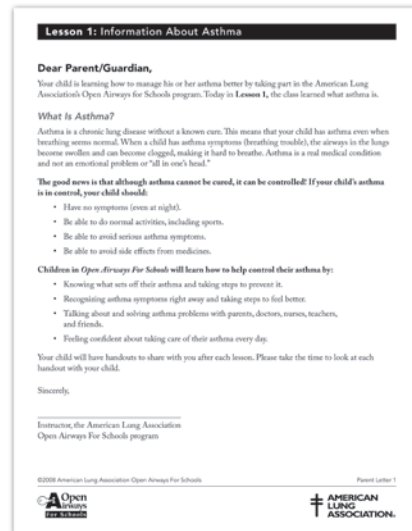
Analysis of 2002 pre- and post-test data collected from children completing the program found the percentage of children who knew their asthma triggers at school increased from 41% in the pre-test to 65% in the post-test. Similarly, the percentage of children who could ask teachers to remove asthma triggers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



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.



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!

Call your local American Lung Association at 513-985-3990.

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