

Resources for Addressing Asthma in Schools



National Center for Chronic Disease Prevention and Health Promotion
Division of Adolescent and School Health



CDC Publications

- **An Asthma Speaker's Kit for Healthcare Professionals.** This PowerPoint presentation is divided into seven parts: introduction, epidemiology, risk factors, prevention, clinical management, managing asthma, and the public health response. A resource section is also included. www.cdc.gov/asthma/speakit/default.htm
- **Asthma Fact Sheets.** These fact sheets on asthma in adult and child populations include information on morbidity, healthcare use, mortality, and other summary data. www.cdc.gov/nchs/fastats/asthma.htm
- **Basic Facts about Asthma.** This fact sheet contains information on what asthma is, its effects, how asthma is diagnosed, what an asthma attack is, causes of an asthma attack, how asthma is treated, and important asthma triggers. Also available in Spanish. www.cdc.gov/asthma/faqs.htm; www.cdc.gov/asthma/spanish/sp_faqs.htm
- **Fact Sheet: Addressing Asthma in School.** This fact sheet provides information on children with asthma, asthma prevalence data, and a summary of CDC's six strategies for addressing asthma within a coordinated school health program. www.cdc.gov/HealthyYouth/asthma/pdf/asthma.pdf
- **Managing Asthma in Schools—What Have We Learned?** This special issue of the Journal of School Health provides updated information on developing, implementing, and evaluating school-based asthma programs. It features more than 25 research articles, brief reports, and case studies that cover a range of activities, such as asthma education programs for students and staff members, asthma-related health services, and policy changes. www.cdc.gov/healthyouth/asthma/JOSH/index.htm
- **National Asthma Control Program: Improving Quality of Life and Reducing Costs 2005.** This brochure describes CDC's national asthma program which is comprised of major data collection systems, tracking programs, funded interventions and partnerships, public health research, and training for state programs. The brochure also includes a description of how CDC is enabling the nation's schools to prevent asthma attacks and absences. www.cdc.gov/asthma/aag05.pdf
- **School Health Index: A Self-Assessment and Planning Guide.** This tool helps local schools understand their strengths and weaknesses and develop an action plan for improving their health policies and programs related to asthma and/or other health topics. www.cdc.gov/healthyouth/shi
- **Self-Reported Asthma Among High School Students—United States, 2003.** Morbidity and Mortality Weekly Report 2005;54(31):765-767. www.cdc.gov/mmwr/preview/mmwrhtml/mm5431a1.htm

- **Strategies for Addressing Asthma Within a Coordinated School Health Program.** This 12-page document offers concrete suggestions for schools and school districts working to improve the health and school attendance of children with asthma. The six strategies identified by the CDC can be effective whether your program is for the entire school district or just one school. www.cdc.gov/HealthyYouth/asthma/pdf/strategies.pdf

Other Federal Publications

- **Asthma and the Environment: A Strategy to Protect Children.** This document, prepared by the Presidential Task Force on Environmental Health and Safety Risks to Children, describes environmental factors associated with the onset of asthma and triggers of asthma attacks. Four recommendations for federal action to address childhood asthma are presented. <http://aspe.hhs.gov/sp/asthma/appxd.pdf>
- **Asthma and Outdoor Air Pollution.** This fact sheet provides information for people with asthma on understanding and using outdoor air quality warnings. www.epa.gov/airnow/health-prof/Asthma_Flyer_Final.pdf
- **Asthma and Physical Activity in the School.** This easy-to-read booklet, designed by the National Asthma Education and Prevention Program (NAEPP), is for teachers and coaches who want to help students with asthma participate in sports and physical activities. It covers the causes of asthma, symptoms of an asthma attack, how to avoid and control asthma triggers, how to help students who take medications, and how to modify activities to match children's current asthma status. It also includes a reproducible student asthma action card. www.nhlbi.nih.gov/health/public/lung/asthma/phy_asth.htm
- **Asthma Awareness Curriculum.** This curriculum, developed by the National Asthma Education and Prevention Program, is for the elementary classroom and includes not only objectives and lesson plans but also resources, activity sheets, and pre/post tests. www.nhlbi.nih.gov/health/prof/lung/asthma/school/index.htm
- **Breathing Difficulties Related to Physical Activity for Students With Asthma: Exercise-Induced Asthma.** This resource, developed by the NAEPP, offers tips for addressing exercise-induced asthma and is aimed at school personnel who are responsible for physical activity and sports programs for students. This is a handy tool that can be used in conjunction with asthma education programs for school personnel and as a quick reference on coaches' clipboards. www.nhlbi.nih.gov/health/prof/lung/asthma/exer_induced.htm
- **Guidelines for the Diagnosis and Management of Asthma.** This report, developed by the NAEPP, provides information for clinicians on asthma diagnosis and management. www.nhlbi.nih.gov/guidelines/asthma/index.htm

- **Healthy School Environments Assessment Tool (HealthySEAT).** EPA has developed a software tool to help school districts evaluate and manage their school facilities for key environmental, safety and health issues. HealthySEAT can be customized and used by district-level staff to conduct voluntary self-assessments of school facilities and to track and manage information on environmental conditions school by school. EPA has included critical elements of all of its regulatory and voluntary programs for schools, as well as web links to more detailed information. www.epa.gov/schools/healthy-seat/index.html
- **Help Your Child Gain Control Over Asthma.** An easy to read guide for parents of children with asthma. This brochure provides parents and caregivers with asthma the information they need to improve their children's quality of life. www.epa.gov/asthma/pdfs/ll_asthma_brochure.pdf
- **How Asthma-Friendly Is Your School?** This questionnaire and checklist developed by the NAEPP features seven items that can be used by parents, teachers, and school nurses to help pinpoint specific areas that may cause problems for children with asthma. Materials are also available in Spanish. www.nhlbi.nih.gov/health/public/lung/asthma/friendhi.htm
- **Indoor Air Quality (IAQ) Tools for Schools.** This comprehensive resource, developed by the Environmental Protection Agency (EPA), can help schools maintain a healthy environment by using low-cost methods to identify, correct, and prevent IAQ. The kit includes easy-to-follow checklists, video, sample memos and policies, a recommended management plan, and a unique problem-solving wheel. www.epa.gov/iaq/schools/toolkit.html
- **Is the Asthma Action Plan Working? A Tool for School Nurse Assessment.** This brief assessment tool, developed by NAEPP, offers guidance to school nurses in determining how well an asthma action plan is working for a student. It includes information about good asthma control and a checklist of assessment items and can also be used by asthma educators, primary care providers, and asthma specialists. www.nhlbi.nih.gov/health/prof/lung/asthma/asth_act_plan_frm.htm
- **Managing Asthma: A Guide for Schools.** This easy-to-use booklet was developed by the NAEPP to provide school personnel with practical ways to help students with asthma. www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.htm
- **Mold and Remediation in School and Commercial Buildings.** This guidance document, published by the EPA, contains sections on preventing, investigating, evaluating, and remediating moisture and mold problems; a checklist for mold remediation; and a resource list. www.epa.gov/iaq/molds/images/moldremediation.pdf
- **Pest Control and the School Environment: Adopting Integrated Pest Management.** This booklet, provided by the EPA, encourages and assists school officials in examining and improving their pest management practices. It identifies ways to reduce the use of pesticides in school buildings and landscapes, as well as alternative methods of managing pests commonly found in schools. www.epa.gov/pesticides/ipm/brochure/
- **Resolution on Asthma Management at School.** NAEPP's resolution states that schools should adopt policies for managing asthma that encourage the active participation of students in the self-management of their condition and allow for the most consistent, active participation in all school activities. www.nhlbi.nih.gov/health/public/lung/asthma/resolut.htm
- **School Asthma Education Slide Sets.** NAEPP provides two slide sets: 1) presents background information about the growing problem of asthma in the United States and what school staff should know about helping students to manage their asthma, including triggers and warning signs of asthma episodes (attacks); and 2) outlines five goals and action steps that are important for successful asthma management in school settings. http://hp2010.nhlbihin.net/naepp_slds/menu.htm
- **Students with Chronic Illnesses: Guidance for Families, Schools and Students.** This guidance document, published by NAEPP, describes practical and low cost actions schools and families can take to address multiple chronic diseases. www.nhlbi.nih.gov/health/public/lung/asthma/guidfam.htm
- **Suggested Emergency Protocol for Students with Asthma Symptoms.** This guidance document, developed by NAEPP, provides a sample emergency protocol may be used for students who do not have a personal plan at school. This protocol is intended to be used along with other school asthma management materials. www.nhlbi.nih.gov/health/prof/lung/asthma/sch-emer-protocol.htm
- **What You Should Know About Diesel Exhaust and School Bus Idling.** This EPA fact sheet describes the harmful effects of school bus idling on health, particularly children's health, and includes recommended actions to reduce diesel pollution. www.epa.gov/region01/eco/diesel/assets/pdfs/Diesel_Fact-sheet_Schoolbus.pdf
- **When Should Students with Asthma or Allergies Carry and Self-Administer Emergency Medications at School?** This resource, developed by NAEPP, is useful in assessing a student's maturity, disease knowledge and management skills, and appropriateness to carry and self-administer prescribed emergency medications while at school according to his/her personal disease management plan. www.nhlbi.nih.gov/health/prof/lung/asthma/emmer_medi.htm

Non-federal Publications

- **Asthma Action Card.** This tool, developed by the Asthma and Allergy Foundation of America, can be used by parents and physicians of school-age children to communicate the student's asthma management plan to school personnel. It contains information on asthma triggers; daily medication; and emergency directions to be kept on file at their school and other important locations. www.aafa.org/pdfs/AsthmaAction-Cardstudent.pdf
- **Asthma: A Growing Epidemic.** This publication of the National Conference of State Legislatures discusses the growing asthma epidemic in the United States and what is being done at the federal and state levels to address the issue. www.ncsl.org/programs/enviro/Health/ehasthma.htm
- **Asthma Care for Children: Financing Issues—A CHCS Chartbook.** This chartbook, published by the Center for Health Care Strategies, identifies which children have asthma and tracks asthma-related costs in private and publicly financed health care systems. www.chcs.org/publications3960/publications_show.htm?doc_id=212950

- **Asthma-Friendly Schools Toolkit.** This toolkit was produced by the American Lung Association for community organizations. It includes background information and specific materials they need to work with schools to create an environment that is supportive of students, faculty, and staff with asthma. www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22590
- **Asthma in Schools 101.** This information packet, created by the National School Boards Association's School Health Programs, contains facts and articles about best practices, and sample policies related to asthma management within the school system. www.nsba.org/site/doc_schoolhealth_abstract.asp?TrackID=&SID=1&DID=31300&CID=1116&VID=53
- **Clearing the Air: Asthma and Indoor Air Exposure.** This Institute of Medicine book provides information about the role that indoor air pollution plays in asthma causation, prevalence, triggering, and severity. www.nap.edu/books/0309064961/html
- **Fit, Healthy, and Ready to Learn: A School Health Policy Guide. Part III: Policies Related to Asthma, School Health Services, and Healthy Environment.** This chapter, published by the National Association of State Boards of Education, provides suggestions for education decision makers about policies and programs related to asthma and other chronic health conditions. It provides sample policies that states, school districts, and public and private schools can adapt or revise to fit their local needs and governance frameworks. www.nasbe.org/HealthySchools/fithealthy.html
- **Green Zone: An Asthma Toolkit.** The Green Zone, a tool kit created by the National Assembly on School-Based Health Centers, is a collection of numerous asthma resource materials for elementary school-based health care professionals. It is appropriate for use with teachers, school staff, parents, and students. www.nasbhc.org/TAT/Toolkits.htm
- **Health in Action: Asthma in the School Community.** The November/December 2003 issue of the American School Health Association's publication includes articles written by school asthma experts on topics such as growing up with asthma and school policies and plans related to asthma. www.ashaweb.org/healthinaction.html
- **Implementation Guide, Quest for the Code: An Adventure Game about Managing Asthma for Children.** The implementation guide helps school nurses, health educators, teachers, and others use the STARBRIGHT Foundation's asthma CD-ROM game Quest for the Code as part of a coordinated school health program. The guide contains helpful strategies on using the game to educate students one-on-one about their own asthma, teach asthma management skills to a group of students or a class, integrate the game into existing classes, and educate parents about their child's asthma. www.starlight.org/schoolasthma
- **Improving Childhood Asthma Outcomes in the United States: A Blueprint for Policy Action.** This RAND Corporation report describes a set of policy recommendations to create and maintain communities in which children with asthma can be swiftly diagnosed, effectively treated, and protected from exposure to harmful environmental factors. www.rand.org/publications/MR/MR1330/
- **Issue Brief on Asthma.** This document, written by NASBE, is a compilation of asthma-related written education policies in all 50 states. The information is organized by type of policy and lists which states have that particular asthma-related policy. <http://nasbe.org/HealthySchools/States/Asthma%20brief.pdf>
- **Managing Asthma in Connecticut Schools.** The Connecticut Department of Health published this state school asthma manual with an emphasis on coordinated school health. This easy-to-read manual not only describes the components of a coordinated school health program but also has sections for school administration, medical advisors, school nurses, all school staff, and family. www.dph.state.ct.us/bch/new_asthma/asthma_schl_manual_web.pdf
- **Managing Asthma in Minnesota Schools.** This asthma manual, produced by the Minnesota State Health Department, is divided into sections for different audiences such as teachers, secretaries, health staff, administrators, and many more. There are also sections on training, asthma basics, and resources. www.health.state.mn.us/divs/hpcd/cdee/asthma/documents/schoolmanual.pdf
- **Pediatric Asthma: Promoting Best Practices.** This document, developed by the American Academy of Allergy, Asthma, and Immunology, contains all of the pediatric information from the National Asthma Education and Prevention Program's Expert Panel Report 2: Guidelines for the Diagnosis and Management of Asthma. Emphasis is placed on recommendations addressing practical decision-making issues in diagnosis and management. www.aaaai.org/members/resources/initiatives/pediatricastmaguidelines/default.stm
- **Powerful Practices: A Checklist for School Districts Addressing the Needs of Students with Asthma.** This document, developed by the American Association of School Administrators and partner school districts, helps school administrators identify areas of asthma management their district is already doing well, as well as areas in which they may want to focus more energy. <http://aasa.files.cmsplus.com/PDFs/Focus/AASA%20Powerful%20Practices%20in%20Asthma%20Management.pdf>
- **Questions School Leaders Frequently Ask About Asthma.** This document, produced by the American Association of School Administrators, is based on school administrators' comments and requests for information on asthma. www.aasa.org/focus/content.cfm?ItemNumber=1953
- **School Governance and Leadership Issue on Asthma Management.** This publication of the American Association of School Administrators includes articles on childhood asthma, asthma management, school policies and procedures, indoor air quality, and liability and litigation. www.aasa.org/files/PDFs/Publications/Spring_20031.pdf
- **School Nurse Toolkit.** This toolkit, developed by the American Academy of Allergy, Asthma, and Immunology, is designed to help school nurses educate parents, teachers, school personnel, and students about allergies and asthma. The kit is divided into three sections: Education, PowerPoint Presentations, and Handouts. www.aaaai.org/members/allied_health/tool_kit/
- **Schooled in Asthma.** This website was developed by the American Academy of Pediatrics (AAP) and includes resources to encourage pediatricians to incorporate evidence-based asthma management guidelines with school health concepts and practices. It offers templates for Asthma Action Plans, and a variety of additional tools to facilitate communication between school personnel and students' health care practitioners. www.aap.org/schooledinasthma

Federal Websites

- **CDC's Asthma Control Programs Related to Children and Adolescents.**
www.cdc.gov/nceh/airpollution/asthma/children.htm
- **CDC's National Asthma Control Program's State Asthma Contacts and Programs.**
www.cdc.gov/nceh/airpollution/asthma/contacts/default.htm
- **CDC's National Center for Environmental Health's Asthma Programs.** www.cdc.gov/asthma
- **CDC's Potentially Effective Interventions for Asthma.** This site provides information on interventions that have been proven to be effective for children with asthma.
www.cdc.gov/asthma/interventions/default.htm
- **CDC's Tobacco Information and Prevention Source: Education Materials.** This site provides information on educational materials for specific audiences.
www.cdc.gov/tobacco/edumat.htm
- **EPA's Healthy School Environments.**
<http://cfpub.epa.gov/schools/index.cfm>
- **Fit 4 Life: Meeting the Challenge.** This CDC site is aimed at educating children with asthma about the importance of physical activity and gives tips on asthma-friendly activities.
www.bam.gov/sub_physicalactivity/index.html
- **Meet Disease Detective, Dr. Asthma.** A CDC site for children that provides asthma information in a kid-friendly format. www.bam.gov/sub_diseases/diseases_detectives_1.html
- **National Asthma Education and Prevention Program.**
www.nhlbi.nih.gov/about/naepp/index.htm
- **National Library of Medicine's Breath of Life Exhibit.** An exhibition that examines the history of asthma, the experiences of people with asthma, and contemporary efforts to understand the disease.
www.nlm.nih.gov/hmd/breath/breathhome.html

Non-Federal Websites

- **Allergy and Asthma Network Mothers of Asthmatics' School House: Breatherville, USA**
www.aanma.org/schoolhouse/
- **Allies Against Asthma Resource Bank**
www.AsthmaResourceBank.net
- **American Lung Association** www.lungusa.org/
- **Asthma and Allergy Foundation of America**
www.aafa.org/
- **Asthma Initiative of Michigan**
www.getastmahelp.org/intro_schools.asp
- **Asthma Management in Educational Settings (American Lung Association of Washington)**
www.alaw.org/asthma/ames/
- **Global Initiative for Asthma (GINA).** GINA is the official organizer of World Asthma Day. www.ginasthma.com/
- **National Association of State Boards of Education, Safe and Healthy Schools** www.nasbe.org/Educational_Issues/Safe_Healthy.html#Briefs
- **National Asthma Educator Certification Board**
www.naecb.org/
- **National Conference of State Legislatures' Asthma Web Resources.** This website contains many policy and state-related resources, including information on state policies regarding student rights to possess and self-administer prescribed medications for asthma and anaphylaxis. www.ncsl.org

For Additional Information:

Centers for Disease Control and Prevention - Division of Adolescent and School Health
www.cdc.gov/HealthyYouth/asthma 1-800-CDC-INFO CDC-INFO@cdc.gov