



January 12, 2018

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

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2018 Day at the Capitol



SAVE THE DATE FOR DAY AT THE CAPITOL

WHEN

Tuesday, May 1, 2018

7:30 am - 12:30 pm

WHERE

Pennsylvania State Capitol
N 3rd Street | Harrisburg, PA 17120

EVENT DETAILS

This is a one-day event held at the Pennsylvania State Capitol for individuals to come together and meet with legislators to provide education on important tobacco control issues throughout the Commonwealth.

CONTACT

Sarah Lawver
sarah.lawver@lung.org | 717-971-1130



The 2018 Day at the Capitol will be held on Tuesday May 1, 2018 at the Pennsylvania State Capitol in Harrisburg! The focus will be to educate legislators about the importance of raising the minimum sales age for all tobacco products to 21 as well as the importance of funding tobacco programming within the Commonwealth. Please mark your calendar! Information on registration will be shared soon and for questions contact Sarah Lawver at Sarah.Lawver@lung.org or 717-971-1130.



Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



PA Department of Health

Eat These Foods to Keep Lungs Young



Eating fresh fruits can keep lungs young, a new study from the Johns Hopkins Bloomberg School of Public Health has found.

Your lungs mature by the time you are about 20-25 years old. After about the age of 35, their function declines, according to the American Lung Association. The

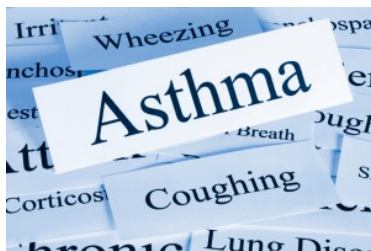
study suggests that diet could become a way to keep lungs young.

Findings showed that subjects who ate more than two tomatoes or more

than three portions of fresh fruits and vegetables on a daily basis had a slower decline in lung function, compared to those who ate less than one tomato or less than one portion of fruits, respectively, a day.



Research Shows In-School Care Reduces Asthma Flare-ups



ROCHESTER, N.Y. - New research at the U of R Medical Center shows that school-administered asthma medication and the use of telemedicine helps reduce emergency room visits for kids with asthma by more than 50 percent.

Dr. Jill Halterman and her asthma research team studied 400 Rochester City School children, ages 3-to-10, who have asthma.

In the study, children who took their asthma medication at school under nurse supervision were less likely to have asthma flare-ups.

Pittsburgh Training Opportunity- Last Call!

AMERICAN LUNG ASSOCIATION

Open Airways for Schools Facilitator Training

AMERICAN LUNG ASSOCIATION

OPEN AIRWAYS FOR SCHOOLS

Individuals who participate in the workshop gain the skills necessary to become Open Airways for Schools Facilitators in their communities. Each facilitator is trained to host an evidence-based asthma management program for children 6-11 years old. These sessions are delivered over 6 sessions and each session is 40 minutes.

Why Use Open Airways for Schools?

Open Airways for Schools is the most widely recognized asthma management program for children in the nation, and a proven-effective way to improve asthma self-management skills, decrease asthma emergencies and raise asthma awareness among families and school personnel.

Date:
Tuesday, January 23, 2018

Time:
2 p.m. - 4:30 p.m.

Location:
American Lung Association in Pennsylvania
610 River Ave Suite 140, Pittsburgh, PA 15212

Cost:
\$175 which includes the training and program materials
Scholarship Opportunity available upon request

Scholarship:

There is an online training that needs to be done prior to the in-person training. It can take 2 hours to complete. This in-person training will pull from the materials learned during the online training session.

Register by Friday, January 17, 2018 by contacting:
Shelly Cree, American Lung Association in Pennsylvania
Shelly.Cree@lung.org or 717-641-0864 x 135

Open Airways For Schools (OAS) Facilitator Training:

OAS is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management. OAS is a recommended component of the American Lung Association's Asthma-Friendly Schools Initiative, a comprehensive approach to managing asthma in schools.

When? January 23, 2018; 2-4:30pm

****Scholarships Available****

Please contact Shelly Cree at Shelly.Cree@lung.org for more information!

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DEPARTMENT OF HEALTH

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We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.

Sincerely,

**John Keith
Program Manager
PA Asthma Partnership**