

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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## Tips for Outdoor Exercise in Cold Temperatures



Frigid temperatures and winter conditions are an obstacle when trying to maintain a regular workout routine, but those obstacles don't need to be roadblocks.

Cold air is often dry, and for many people, especially those with chronic lung disease, that means extra precautions. Luckily, there are steps everyone can take to keep your lungs healthy and safe throughout the winter season.

## Childhood asthma rates are declining, but disparities persist



After increasing for more than a decade, the rate of asthma among children in the United States has declined in recent years, dropping from 9.4 percent in 2010 to 8.3 percent in 2016, according to a report issued last week by the Centers for Disease Control and Prevention (CDC).

"We are making progress - but health care providers, parents, caregivers,



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PA Asthma Partnership



Clean Indoor Air for PA



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and schools do not do to help children avoid asthma attacks," said Dr. Anne Schuchat, the CDC's acting director, in a news release about the report. "Asthma attacks can be terrifying for children and their families. Over the past decade, we've identified asthma management actions that work - not alone but in combination. Now we need to scale up these efforts nationwide."



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## Open Airways for Schools- Facilitator Training



**OPEN AIRWAYS**  
FOR SCHOOLS

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? May 17, 2018; 1-3:30pm

**\*\*Scholarships Available\*\***

Please contact Shelly Cree at [Shelly.Cree@lung.org](mailto:Shelly.Cree@lung.org) for more information

## Day at the Capitol



### DAY AT THE CAPITOL

May 1, 2018 | 7:30 a.m. - 12:30 p.m.  
Pennsylvania State Capitol  
N. 3rd Street, Harrisburg, PA 17120

This one-day event is held in Harrisburg for individuals to come together and meet with legislators to provide education on important tobacco control issues throughout the Commonwealth. Advocates and youth will educate legislators on sustaining Master Settlement Agreement (MSA) dollars to support necessary tobacco cessation and prevention programs and services, as well as the importance of increasing the minimum sales age for tobacco products to 21 to eliminate or reduce youth tobacco initiation.

REGISTRATION IS NOW OPEN FOR THE 2018 DAY AT THE CAPITOL

**REGISTRATION**  
To register for Day at the Capitol, visit [www.dayatthecapitol.org](http://www.dayatthecapitol.org) and click on the "Take Action" and down arrow, select "Events," and then click "Register for Event" on the Day at the Capitol description.  
Click "Register Now" under the ENACT Adult Portion ONLY option.

**TRAINING**  
An invitation will be emailed to all registered participants to attend a 2-hour webinar to review your training, legislative bill schedules, agenda for the day, legislative youth activities and registration of all other events. You for conducting your meetings and more!

This one-day event is held in Harrisburg for individuals to come together and meet with legislators to provide education on important tobacco control issues throughout the Commonwealth. Advocates and youth will educate legislators on sustaining Master Settlement Agreement (MSA) dollars to support necessary tobacco cessation and prevention programs and services, as well as the importance of increasing the minimum sales age for tobacco products to 21 to eliminate or reduce youth tobacco initiation.

## Get Involved!



LUNG FORCE Expo

They are a great opportunity to learn more about the latest trends, resources and research surrounding lung cancer, COPD, asthma and other lung diseases.

[Pittsburgh, PA- June 7, 2018](#)

[Cherry Hill, NJ- March 27, 2018](#)

Fight For Air Climb

[Pittsburgh, PA- April 7, 2018](#)

[Philadelphia, PA- March 24, 2018](#)

Sapphire Gala

[Harrisburg, PA- March 3, 2018](#)

LUNG FORCE Walk/Run

[Allentown, PA- April 28, 2018](#)

[Philadelphia, PA- May 19, 2018](#)

[Harrisburg, PA- November 13, 2018](#)

Pasta Run  
[Harrisburg, PA- June 13,2018](#)

**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**