



**AMERICAN
LUNG
ASSOCIATION®**

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ASTHMA FACT SHEET

National Statistics

- An estimated 14.6 million Americans suffer from asthma; 4.8 million of which are children
- Asthma is the sixth ranking chronic condition in the U.S., and the leading serious chronic illness among children.
- The estimated annual cost of asthma in the U.S. is **\$12.4 billion** dollars.
- Between 1982 and 1994, the prevalence rate of asthma rose from 34.8% to 56.1%, an increase of **61.2%**. The prevalence rate of pediatric asthma during that same period rose by **72.3%**.
- Nationwide, asthma accounts for approximately **10 million** lost school days a year. Among all chronic diseases, it is the number one cause of missed school days.
- Asthma is the third ranking cause of hospitalization among children under 15, and accounts for approximately 17% (one in six) of all pediatric emergency room visits in the U.S.

Local Statistics

- According to the Arizona Department of Health Services, an estimated 210,000 asthmatics reside in Arizona.
- The asthma death rate in Arizona in 1995 was 2.8 per 100,000 while the average death rate in the United States is 2.1%.

DESERT BREATHWAYS

THE ANNUAL REPORT OF THE ALA OF ARIZONA FALL 1997

CAMP NOT-A-WHEEZE

GOLD SPONSOR

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SILVER SPONSORS

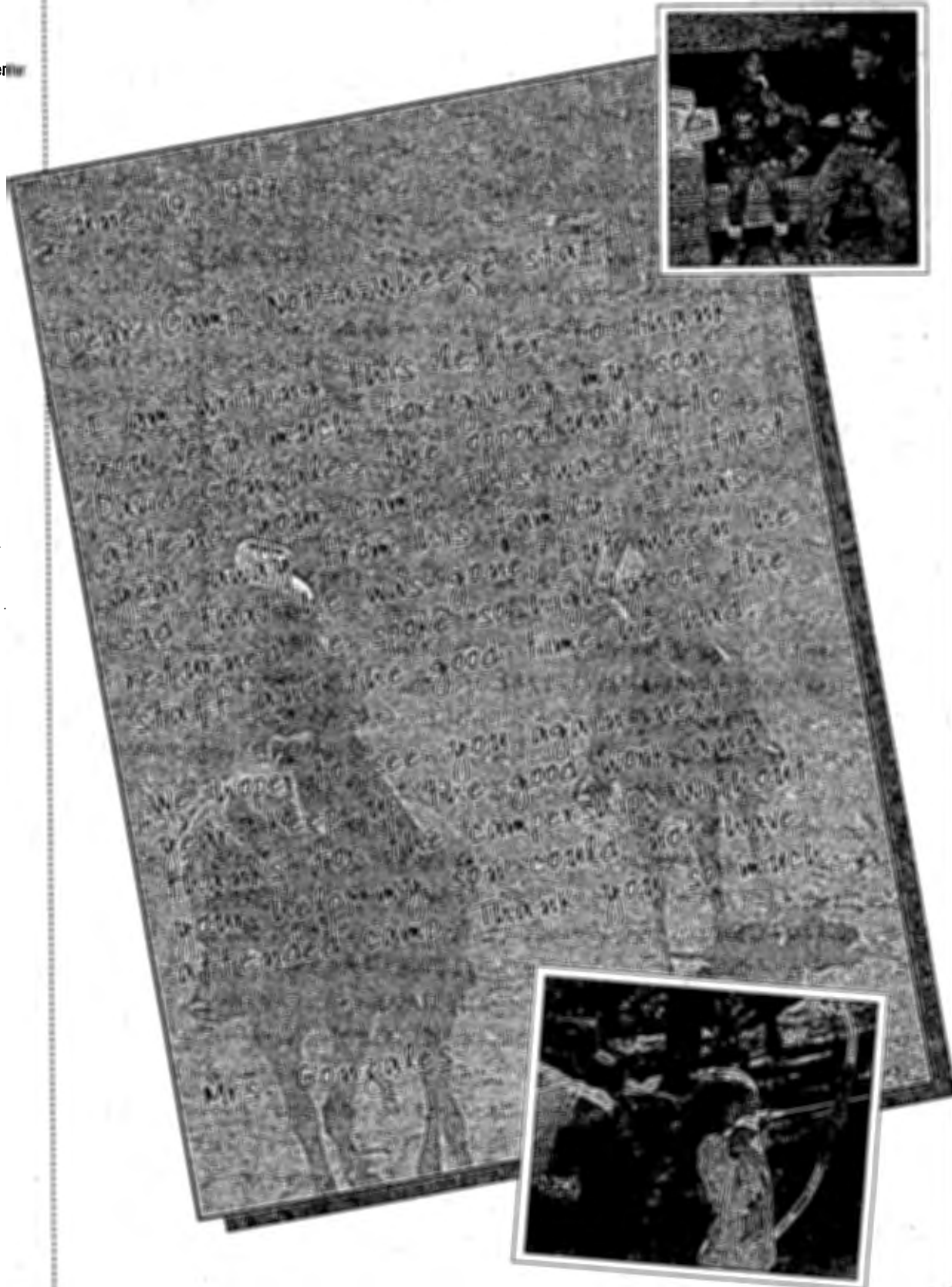
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**Open Airways
For Schools**
is an elementary-
school-based
program that helps
children with
asthma.

Lung disease is the third leading cause of death in America. Over the last decade, the death rate from lung disease has been growing faster than the death rate from any other leading killer.

Since 1904, the American Lung Association has been fighting lung disease through, education, community service, advocacy and research. We are working to help those who suffer from lung disease today, and to stop the spread of lung disease tomorrow.

To succeed, we need your support. Contact your local Lung Association to find out how you can join the fight.

Call 1-800-LUNG USA (1-800-586-4872)

**When You Can't Breathe,
Nothing Else Matters®**

The American Lung Association thanks Fisons Pharmaceuticals and the Auxiliary of the National Rural Letter Carriers' Association for their support in making this program possible.

ARIZONA  LUNG ASSOCIATION
102 W. McDOWELL RD.

PHOENIX, ARIZONA 85003
PHONE: 258-7505

 AMERICAN LUNG ASSOCIATION®



An entertaining,
easy-to-use program
that can make
a real difference
in the lives of kids
with asthma...

 AMERICAN
LUNG
ASSOCIATION®

Open Airways For Schools is effective, fun and easy to use. And it only costs pennies per child.

Asthma is a serious lung disease and one of the most common chronic illnesses among elementary school children. It is a leading cause of unnecessary school absenteeism and visits to the emergency room. Now there's a cost-effective way to help children more effectively control their asthma—and make missed school days and needless hospital visits less likely.

The American Lung Association's *Open Airways For Schools* is a program that works! Developed and evaluated by Columbia University's College of Physicians and Surgeons, *Open Airways For Schools* was tested and refined in elementary schools across the nation. The program is approved and recommended by the National Association of School Nurses.

Open Airways For Schools is a package of easy-to-use teaching materials including a curriculum, instructor's guide, a poster-flip chart, and reproducible handouts for both children and parents. Each package is designed to serve an entire elementary school and can be used over and over again.

Open Airways For Schools consists of six lessons for children with asthma, aged 8-11. Generally

Story of George Part 2

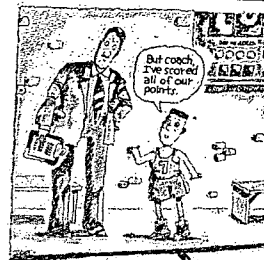
It's the beginning of the second half of the basketball game during gym. The physical education (P.E.) teacher talks to George.

P.E. Teacher: I am taking you out of the game, George.

George: Why, Mr. Abernathy?

P.E. Teacher: I don't want you to get sick with asthma. I don't know how to take care of it.

George: But, Mr. Abernathy!



to his P.E. teacher do?



Step 5: Do your deep cough

CA Open Airways For Schools

AMERICAN LUNG ASSOCIATION®
The Chronic Lung Experts™



Instead of worrying, what can you do?

CA Open Airways For Schools

AMERICAN LUNG ASSOCIATION®
The Chronic Lung Experts™

Tensing and Relaxing Exercise

1. Sit up straight on a chair or lie down comfortably on the bed or floor.
2. Place your hands on your legs or at your sides.
3. Close your eyes and drop your chin onto your chest.
4. Tense the top of your head as tight as you can. Hold it, then relax it.
 - Tense, hold, and then relax your face.
 - Tense, hold, and then relax your shoulders.
 - Tense, hold, and then relax your arms and hands.
 - Tense, hold, and then relax your stomach.
 - Tense, hold, and then relax your buttocks.
 - Tense, hold, and then relax your legs and feet.
5. Now think of the most beautiful place you have ever visited and place yourself there for a few moments. Relax.
6. When you are ready, open your eyes and come back.



CA Open Airways For Schools

AMERICAN LUNG ASSOCIATION®
The Chronic Lung Experts™

©1994 American Lung Association

held during the school day, each lesson takes about 40 minutes, and is flexible so you can work with your school to decide which schedule fits best. The program's interactive teaching approach utilizes group discussion, stories, games, and role-play to promote children's active involvement in the learning process.

The artwork has a distinctive multicultural appeal with specially designed illustrations of cartoon kids in urban, rural and suburban settings.

School nurses, health educators, respiratory therapists and American Lung Association volunteers have been instructors of the program and have successfully used it in various learning environments.

The components of *Open Airways For Schools* include:

A Curriculum: A 110-page illustrated curriculum with a running script to guide instructors through each lesson.

An Instructor's Guide: A 30-page guide with tips to help instructors optimize the learning experiences of children with asthma.

A Poster Flip Chart (11" x 17"): Features 13 four-color posters keyed to the curriculum.

19 Reproducible Handout Slicks: Ten handouts for children and nine for parents—many of which can be repackaged and given to school personnel.

To order *Open Airways For Schools*, contact your local American Lung Association listed in the white pages of your telephone book.

AMERICAN LUNG ASSOCIATION®
The Chronic Lung Experts™

Open Airways For Schools

Instructor's Guide

A school-based asthma health education program for children with asthma

AMERICAN LUNG ASSOCIATION®
The Chronic Lung Experts™

Open Airways For Schools

Curriculum

A school-based asthma health education program for children with asthma

ASTHMA

S T R A T E G I E S F O R T A K I N G C O N T R O L

INSIDE:

**Asthma News From the
American Lung Association**

Avoiding Acute Asthma Episodes

CFC-Free Inhalers

**Indoor Air Quality: Does Your
School Make the Grade?**

Exercising with Asthma

**Asthma Magazine and the American Lung Association
have formed an alliance for asthma education.**

**With each prepaid subscription to Asthma Magazine a
donation will be made to your Local Lung Association.**

To subscribe today - Call 1-800-527-3284.

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asthma

STRATEGIES FOR TAKING CONTROL

INSIDE:

Asthma News From the
American Lung Association

Facts About Inhaled Steroids
and Cataracts

Allergy Testing?

Is Your Asthma Treatment
Up to Date?

Teens and Asthma

Asthma Magazine and the American Lung Association
have formed an alliance for asthma education.

With each prepaid subscription to Asthma Magazine a donation will be
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Discover a Summer Adventure

Camp Not-A-Wheeze

June 6-12, 1998

West Mountain
7160

Friendly Pines
Prescott, Arizona



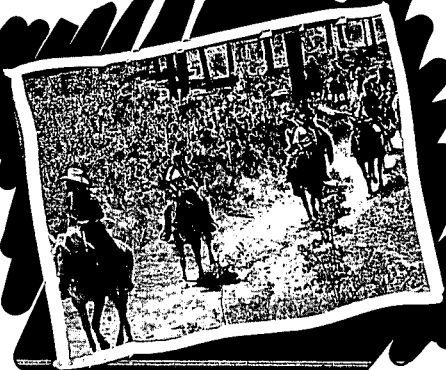
Explore Camp Not-A-Wheeze

Exploring the great outdoors has never been easier for children with asthma. At Camp Not-A-Wheeze, 8-14 year olds experience the same exciting activities found in a typical summer camp, but at a pace geared to their needs. A team of volunteer medical professionals monitors their healthcare needs, dispensing all medication to the children.

"Thank you for providing this wonderful experience. This is the best organized and staffed camp our child has attended."

Healthcare at Camp Not-A-Wheeze
"Everyone was really concerned...I felt secure and at ease knowing my children would be well monitored and well cared for in case of an emergency."

Learning is part of the fun, too. Camp Not-A-Wheeze educational sessions instill confidence in campers and teach them how to manage their asthma.



Camp Not-A-Wheeze is designed for children who have moderate to severe asthma, as defined by the National Institute of Health. Physicians, nurses, nurse practitioners, respiratory therapists, pharmacists and other licensed healthcare professionals provide round-the-clock supervision to campers. In fact, medical volunteers team up in cabins with six to eight children. On hand all week, the volunteer medical professionals also monitor children during their camp activities.



Camp Not-A-Wheeze:
Nestled in Cool Northern Arizona
"Camp Not-A-Wheeze was extremely organized and well presented."

AMERICAN LUNG ASSOCIATION
of Arizona



A Day At Camp Not-A-Wheeze

- 7 a.m. Wake-up bell for the campers. The children's day begins as medical volunteers dispense medications.
- 8 a.m. It's breakfast—a healthy meal served in the crisp mountain air.
- 8:30 a.m. Campers gather for asthma education sessions. The topics—which range from identifying asthma triggers to using peak flow meters—are designed to bolster the children's confidence as they live with asthma. The curriculum is provided by the American Lung Association of Arizona.
- 9:30 a.m. Campers and volunteers participate in morning recreational activities.
- Noon Lunchtime, followed by a rest period.
- 2 p.m. Snacks, followed by afternoon recreational activities.
- 5:30 p.m. The grill is sizzling with chicken, burgers or other tasty fare prepared by Friendly Pines staff. After a satisfying meal, the campers and medical volunteers gather for an evening activity of singing, storytelling and games.
- 8 p.m. Campers receive night-time medications from medical volunteers.
- 8:45 p.m. Lights out for the campers; the day begins early at Camp Not-A-Wheeze.

Camp Activities

Campers participate in a variety of fun activities at Camp Not-A-Wheeze. Take a look at what to expect during the week at camp.

Arts and crafts
Archery
Canoeing
Fishing
Games
Skits
Horseback riding
Music
Swimming
Tumbling
Water skiing

Camp Not-A-Wheeze hosts more than 100 children each year near Prescott, Arizona at Friendly Pines—an American Camping Association accredited camp.

The cost to attend camp is \$500 which includes:*

- ♦ meals, activities and lodging
- ♦ transportation to and from camp in an air-conditioned bus.

*No child is turned away from Camp Not-A-Wheeze for financial reasons. Full and partial camperships are available to qualified applicants.

Joining the Camp Not-A-Wheeze Adventure

Complete the following Camper Request Form and send it to the American Lung Association of Arizona. You will receive an application to complete. Your completed application does not guarantee acceptance to Camp Not-A-Wheeze. All applications are reviewed by a volunteer medical committee to ensure the applicants suffer

from moderate to severe asthma. Camp applications are then considered on a first-come, first-served basis. Children who are accepted for camp must undergo a physical by their physician. Applications must be received by April 24, 1998 to be considered.

Now Accepting Applications for an Adventure

The first step is to complete the following Camper Application Request Form below and mail or fax it to:

American Lung Association of Arizona • 102 West McDowell Road • Phoenix, Arizona 85003 • Fax: (602) 258-7507

We will mail you a complete Camper Application with instructions.

Questions? call the American Lung Association of Arizona at (800) LUNG-USA or (602) 258-7505.

Camper Application Request Form

Please send me a Camp Not-A-Wheeze application.

Parent's Name _____ Child's First and Last Name _____ Child's Age _____

Address _____

City _____ AZ Zip Code _____ Daytime Telephone _____

How many applications do you need?

Volunteer for a Summer Adventure

Camp Not-A-Wheeze

June 6-12, 1998

Friendly Pines

Prescott, Arizona



Camp is not just for kids.
At the American Lung Association of
Arizona's Camp Not-A-Wheeze, medical
volunteers join the fun...

Archery . . . Boating . . .
Horseback riding . . .
Lots of games and sports

Volunteers serve as medical
counselors for children ages 8-14
who have asthma. Participating in
an array of outdoor activities,
medical volunteers give these
children an adventure to remember.

Come along for the experience as you:

◆ **Meet the medical needs of children -**

Medical volunteers help campers manage their asthma and enjoy summer camp. These health professionals dispense daily medications and monitor children for signs of breathing difficulties. If asthma attacks occur, medical volunteers are provided with the tools to treat the children.

◆ **Teach children to manage their asthma -** Help campers learn to prevent asthma attacks and manage their condition through lesson plans provided by the American Lung Association of Arizona.

◆ **Network with other medical professionals-**

Caregivers—physicians, nurses, respiratory therapists, pharmacists and other licensed professionals—from throughout Arizona participate in Camp Not-A-Wheeze.

◆ **Enjoy great food, fun and prizes-**

It's not all work at Camp Not-A-Wheeze. Medical volunteers win prizes and enjoy free time at Friendly Pines.



✚ **AMERICAN
LUNG
ASSOCIATION.**
of Arizona

How I spent my summer vacation: Helping kids experience the Camp Not-A-Wheeze adventure!
 Since 1986, volunteers and children have reveled in the fun at Camp Not-A-Wheeze. Activities are designed to allow children with asthma to enjoy the summer camp experience in spite of their condition.

A Day At Camp Not-A-Wheeze

Camp Not-A-Wheeze is nestled in the mountains near Prescott, Arizona at Friendly Pines. Let's take a look at a typical day at camp:

- 7 a.m. Wake-up bell for campers and medical volunteers. The children's day begins as medical volunteers dispense daily medications.
- 8 a.m. It's breakfast—a healthy meal served in the crisp morning mountain air.
- 8:30 a.m. Medical volunteers and campers gather for asthma education sessions. The topics—which range from identifying asthma triggers to using peak flow meters—are designed to bolster the children's confidence as they live with asthma. The curriculum is provided by the American Lung Association of Arizona and taught by medical volunteers.
- 9:30 a.m. Campers and volunteers participate in morning recreational activities.
- Noon Lunchtime, followed by a rest period.
- 2 p.m. Snacks, followed by afternoon recreational activities.
- 5:30 p.m. The grill is sizzling with chicken, burgers or other tasty fare. After a satisfying meal, the campers and volunteers gather for an evening activity of singing, storytelling and games.
- 8 p.m. Medical volunteers dispense night-time medications.
- 8:45 p.m. Lights out for the campers.
- 9:30 p.m. Medical volunteers gather for a nightly staff meeting and social time.

Camp Activities

Medical volunteers and campers participate in a variety of fun activities at Camp Not-A-Wheeze. Here's a look at what to expect during the week at camp:

- Arts and crafts
- Archery
- Canoeing
- Fishing
- Games
- Skits
- Horseback riding
- Music
- Swimming
- Tumbling
- Water skiing

Want to volunteer for the Camp Not-A-Wheeze adventure?

Make plans now to be a Camp Not-A-Wheeze medical volunteer. All you need to be a medical volunteer is a valid medical license and CPR certification.

- Camp Not-A-Wheeze Notes**
- ◆ Volunteers are asked to commit to spending three to seven days at the camp. The American Lung Association of Arizona prefers volunteers commit to the entire week.
 - ◆ Meals and lodging at camp are covered by the American Lung Association of Arizona.
 - ◆ More than 100 children annually attend Camp Not-A-Wheeze.
 - ◆ A volunteer medical committee reviews the camp applications of children who must have moderate to severe asthma to participate in Camp Not-A-Wheeze.
 - ◆ One to two medical volunteers are assigned to each cabin of six to eight children.
 - ◆ The Friendly Pines staff organizes activities and prepares meals.
 - ◆ Time off is scheduled for each medical volunteer.



102 W. McDowell Road • Phoenix, Arizona 85003 • (800) LUNG-USA or (602) 258-7505 • fax: (602) 258-7507

Adventure Request Form

Please send me information on becoming a Camp Not-A-Wheeze medical volunteer. (Please print or type the information on the form.)

Name _____		Medical specialty/profession _____	
Address _____		City/State _____	Zip Code _____ Daytime Telephone _____

Please send information about becoming a Camp Not-A-Wheeze medical volunteer to:

Name _____		Medical specialty/profession _____	
Address _____		City/State _____	Zip Code _____ Daytime Telephone _____

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PHOTOCOPY PRESERVATION

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