



Asthma

Asthma is a serious and growing health problem. In the past 20 years, asthma has increased worldwide. According to the New York State Department of Health, Asthma caused an average of 358 deaths per year from 1998 – 2000 and there were 12 deaths in children 0-14 years of age. One in ten preschool children is diagnosed with asthma and it is the number one reason for school absenteeism.

According to the Centers for Disease Control, every day in America:

- 30,000 people have an asthma attack
- 5,000 people visit the emergency room due to asthma
- 1,000 people are admitted to the hospital due to asthma
- 11 people die from asthma
- Nearly Half (44%) of all asthma hospitalizations are for children.
- The death rate for children under 19 years old has increased by 80% since 1980.

What is Asthma?

Asthma is a chronic lung disease that can be life threatening. Asthma causes breathing problems. The airways in the lungs get blocked, causing the lungs to get less air than normal. Symptoms of an "asthma attack" can be difficulty with breathing, a tight feeling in the chest, coughing and wheezing. Asthma can develop quickly and it can range from being a mild discomfort to a life-threatening attack if breathing stops completely. Asthma problems are often separated by symptom-free periods. There is no cure for asthma but it can be prevented and controlled with proper care.

Managing Asthma in a Child Care Setting

Children with asthma need proper support in child-care settings to keep their asthma under control and to be fully active. Uncontrolled asthma can interfere with a child's attendance, participation, and progress in childcare and in school.

Child-care staff, health professionals, and parents need to work together to remove obstacles and promote children's health and development.

Questions to consider:

Do you know how to recognize and respond to a breathing emergency?

Do you know how to recognize and manage asthma triggers?

Do you know the value of an asthma action plan?



Is your child care program Asthma Friendly?

How can I take better care of the children with asthma?

Do you have the necessary information & medication to safely care for the children with asthma? The regulations require that any child identified with asthma must have an Individual Health Care Plan for a Child with Special Health Care Needs.

The American Lung Association and the Council wants to help you to understand the diagnosis, know what to do when an attack happens, as well as to educate and prepare your program so that you may ensure the health and safety of the children in you care.

Asthma has no cure and we always need to be prepared.

If you want to learn more about Asthma & become an Asthma Friendly Child Care Program,

[Click here – Asthma Friendly Child Care Endorsement Informational Sheet](#)

[Click here to register for Asthma 101 Workshop](#)

[Click here to review the Asthma Friendly Guide & Application](#)

Contact the Health Services Department to learn more about becoming an Asthma Family Endorsed Child Care Program, the MAT Course, emergency medication, and the benefits of becoming approved to administer medication.