

## Newsletter Article Template

### *Creating an Asthma-Friendly School*

How can you create an asthma-friendly school? A new video provides the answer! *Creating an Asthma-Friendly School* was produced by the Centers for Disease Control and Prevention in partnership with Connect with Kids and the Oregon Department of Education. The video (in DVD format) shows school health councils, administrators, teachers, nurses, school business leaders, board members, community leaders, community asthma coalitions, and parents what an asthma-friendly school is and how their school can become asthma-friendly. The video features real-life success stories of students in Charlotte, North Carolina, Detroit, Michigan, and Oregon school districts who, thanks to their schools' implementation of asthma-friendly policies and programs, now have their asthma under control.

The video shows how asthma-friendly schools provide appropriate school health services for students with asthma, ensuring that students take their medicines and learn to use them when appropriate. The featured schools provide asthma education and awareness programs for students, school staff, and parents or guardians. The schools also provide a safe and healthy school environment to reduce asthma triggers, combined with safe and enjoyable physical education and activities for students with asthma.

In addition to the video, the CDC has released a toolkit, *Initiating Change: Creating an Asthma-Friendly School*. The toolkit contains tools for planning and facilitating a showing of the video, as well as science-based suggestions and tools for making your school more asthma-friendly.

Many schools are becoming more asthma-friendly by making changes that enable students to successfully manage their asthma and fully participate in *all* school activities. Changes to create asthma-friendly schools are occurring at all levels: classroom, health room, school, and district. Improvements are most effective when they are coordinated within schools and with the community. And improved asthma management can result in improved attendance and performance at school.

Asthma is a leading cause of school absenteeism. Approximately 5 million school-aged children have asthma. More than 3 million of these children have had an asthma attack in the preceding year. School staff and families can play an important role in helping students with asthma manage their disease at school.

You can access the video and toolkit at [www.cdc.gov/HealthyYouth/asthma/creatingafsf](http://www.cdc.gov/HealthyYouth/asthma/creatingafsf).