

# Resources

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## “SUPER WEBSITES”

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(Note: The following Web sites are managed by reputable organizations and contain vast resources to support all aspects of asthma-friendly schools activities and include links to a range of organizations and additional resources. These Web sites are recommended starting points for researching asthma and air quality resources.)

### **American Lung Association**

[www.lungusa.org](http://www.lungusa.org)

### **Allergy & Asthma Network/Mothers of Asthmatics**

[www.aanma.org/schoolhouse](http://www.aanma.org/schoolhouse)

### **Allies Against Asthma**

[www.asthma.umich.edu](http://www.asthma.umich.edu)

### **American Academy of Allergy, Asthma, & Immunology**

[www.aaaai.org](http://www.aaaai.org)

### **American Academy of Pediatrics (School Health Committee and Section)**

[www.schoolhealth.org](http://www.schoolhealth.org)

### **American College of Allergy, Asthma, & Immunology**

[www.acaai.org](http://www.acaai.org)

### **Asthma & Allergy Foundation of America (AAFA)**

[www.aafa.org](http://www.aafa.org)

### **Centers for Disease Control and Prevention’s Division of Adolescent and School Health Healthy Schools/Healthy Youth**

[www.cdc.gov/healthyYouth](http://www.cdc.gov/healthyYouth)

### **Centers for Disease Control and Prevention’s National Center for Environmental Health**

[www.cdc.gov/asthma](http://www.cdc.gov/asthma)

### **National Association of School Nurses**

[www.nasn.org](http://www.nasn.org)

### **National Asthma Education and Prevention Program/National Heart, Lung & Blood Institute**

[www.nhlbi.nih.gov/about/naepp](http://www.nhlbi.nih.gov/about/naepp)

### **National Education Association Health Information Network**

[www.asthmaandschools.org](http://www.asthmaandschools.org)

### **U.S. Environmental Protection Agency/Indoor Air Quality**

[www.epa.gov/iaq](http://www.epa.gov/iaq)

### **U.S. Environmental Protection Agency/Outdoor Air Quality**

<http://airnow.gov>

## **ASTHMA EDUCATION/ADMINISTRATIVE RESOURCES**

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(Note: This list is limited to those referenced within the text of this toolkit. Additional programs are available on the “Super Web Sites” listed above.)

### ***American Academy of Pediatrics School Asthma Project***

Program designed to help pediatricians understand school health services and asthma management.

American Academy of Pediatrics  
800-433-9016  
[www.schoolhealth.org](http://www.schoolhealth.org)

### ***Asthma Management in Educational Settings (A.M.E.S.)***

Notebook for school nurse, other school personnel, and parents. Provides guidelines for the care of students with asthma.

American Lung Association of Washington/Idaho  
800-732-9339 or 206-441-5100  
<http://www.alaw.org/asthma/ames/>

### ***Asthma Wellness: Keeping Children with Asthma in School and Learning***

Asthma wellness issue of School Governance and Leadership; includes questions school leaders frequently ask about asthma

American Association of School Administrators  
[www.aasa.org](http://www.aasa.org)

### ***Asthma Wellness PowerPoint Presentation***

Short, simple presentation that promotes the importance of having an asthma management program in a school district as part of the coordinated school health model. Available for download at <http://www.aasa.org/focus/content.cfm?ItemNumber=1951&snItemNumber=1956>.

American Association of School Administrators  
[www.aasa.org](http://www.aasa.org)

### ***Fit, Healthy & Ready to Learn Part III***

School health policy guide on asthma, school health services, and healthy environments

National Association of State Boards of Education  
(703) 684-4000  
[www.nasbe.org](http://www.nasbe.org)

### ***How Asthma-Friendly Is Your School?***

Checklist to evaluate how well a school assists children with asthma; also available in Spanish.

National Heart, Lung & Blood Institute/National Asthma Education  
and Prevention Program  
301-496-1051  
[www.nhlbi.nih.gov/health/public/lung/asthma/friendhi.htm](http://www.nhlbi.nih.gov/health/public/lung/asthma/friendhi.htm)

### ***Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide***

Detailed instruction in program evaluation, including extensive information about logic models.

Centers for Disease Control & Prevention  
TChapel@cdc.gov  
[www.cdc.gov/eval](http://www.cdc.gov/eval)

### *Is the Asthma Action Plan Working?*

Brief assessment tool to guide school nurses in determining how well an asthma action plan is working for a student; includes information about good asthma control and a checklist of assessment items.

National Heart, Lung & Blood Institute/National Asthma Education  
and Prevention Program

301-496-1051

[http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth\\_act\\_plan\\_frm.htm](http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth_act_plan_frm.htm)

### *Managing Asthma: A Guide For Schools*

Guide is intended to assist schools planning and/or maintaining an asthma management program; designed to offer practical information to school staff members of every position.

National Heart, Lung & Blood Institute/National Asthma Education  
and Prevention Program

301-496-1051

[http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth\\_sch.htm](http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.htm)

### *Meeting in a Box: Managing Asthma in Schools*

Ready-to-go presentation covering the basics about asthma, environmental triggers, medications, and other tools used in asthma management plus topics specifically addressing school issues.

Asthma & Allergy Foundation of America (AAFA)

202-466-7643

[www.aafa.org](http://www.aafa.org)

### *Powerful Practices: A Checklist for School Districts Addressing the Needs of Students with Asthma*

In-depth checklist intended primarily for school administrators to help an individual district identify areas in which it is currently doing well, as well as areas in which it may want to focus more energy.

American Association of School Administrators

Phone 703-528-0700

[www.aasa.org](http://www.aasa.org)

### *School Asthma Education Slide Set*

Two-part slide presentation offering background information about the growing problem of asthma in the U.S., what asthma is, what school staff should know about helping students to manage their asthma, including triggers and warning signs of asthma episodes.

National Heart, Lung & Blood Institute/NAEPP

To order: <http://emall.nhlbihin.net/product2.asp?sku=SLIDE-006>

To download: [http://hin.nhlbi.nih.gov/naepp\\_slds/menu.htm](http://hin.nhlbi.nih.gov/naepp_slds/menu.htm)

### *School Health Index*

Self-assessment and planning tool that schools can use to improve their health and safety policies and programs; available as interactive online version and in paper format.

Centers for Disease Control and Prevention' Division of Adolescent and School Health  
1-888-231-6405

[www.cdc.gov/healthyyouth/shi](http://www.cdc.gov/healthyyouth/shi)

### *School Nurse Asthma Management Program*

Comprehensive school nurse education module, including asthma basics, asthma management documents, curriculum, resource guide, and presentations.

National Association of School Nurses  
1-877-627-6476 (1-877-NASN4SN)  
[www.nasn.org](http://www.nasn.org)

### *Strategies for Addressing Asthma within a Coordinated School Health Program*

12-page booklet presenting overview of education and intervention strategies to support students with asthma.

Centers for Disease Control, Division of Adolescent & School Health  
888-231-6405  
<http://www.cdc.gov/HealthyYouth/asthma/strategies.htm>

### *Tools for Assessing Asthma Educational Materials/Instrumentos Para Evaluar Materiales Educativos Sobre El Asma*

Toolkit with score sheets, checklists, and other screening instruments for evaluating various aspects of asthma education materials, including format, language, cultural appropriateness, and asthma-specific content. Available in English and Spanish

Allies Against Asthma  
<http://www.asthma.umich.edu/index.html>

### *When Should Students with Asthma or Allergies Carry and Self-Administer Emergency Medications at School*

Guidance sheet with list of factors that healthcare providers should use when determining when to entrust and encourage a student with diagnosed asthma and/or anaphylaxis to carry and self-administer prescribed emergency medications at school

National Heart, Lung & Blood Institute/National Asthma Education and Prevention Program  
301-496-1051  
[http://www.nhlbi.nih.gov/health/prof/lung/asthma/emmer\\_medi.htm](http://www.nhlbi.nih.gov/health/prof/lung/asthma/emmer_medi.htm)

## **ASTHMA EDUCATION/CURRICULAR RESOURCES**

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### *Allergies and Asthma at School Kit*

Kit for parents and students, providing tips and tools for talking to teachers, coaches, bus drivers, school administrators about asthma and/or anaphylaxis.

The Allergy & Asthma Network Mothers of Asthmatics  
1-800-878-4403  
[www.breatherville.org](http://www.breatherville.org)

### *Asthma 101*

Asthma curriculum for school staff, faculty and parents

American Lung Association of Illinois  
217-787-5864  
[www.lungil.org](http://www.lungil.org)

### *Asthma Awareness Curriculum for the Elementary Classroom*

K-6 curriculum designed to develop basic understanding of asthma, teach students about action that can help people with asthma, and provide resources for parents and family members.

NIH Publication No. 93-2894.

National Heart, Lung & Blood Institute/National Asthma Education and Prevention Program

301-496-1051

<http://www.nhlbi.nih.gov/health/prof/lung/asthma/school/>

### *Asthma Education: An Integrated Approach*

Manual for teachers that presents ideas for incorporating asthma education into everyday classroom curricula in math, science, and language arts.

State of Minnesota, Department of Health

800-728-5420 or 651-281-9993

<http://www.health.state.mn.us/asthma/thanksedu.html>

### *Environmental Management of Pediatric Asthma: Guidelines for Healthcare Providers*

Intervention guidelines for integrating environmental management of asthma; includes environmental history forms to help determine patients' environmental asthma triggers, patient flyers, and fact sheets.

The National Environmental Education & Training Foundation

202.833.2933

[www.neetf.org/health/asthma.htm](http://www.neetf.org/health/asthma.htm)

### *Open Airways For Schools*

Curriculum for children ages 8-11, teaching how to detect warning signs of asthma, help themselves manage asthma, and respond to an asthma attack; also available in Spanish.

American Lung Association

1-800-lungusa

[www.lungusa.org](http://www.lungusa.org)

### *Power Breathing™*

Three-session teen program, with focus on learning about asthma and developing decision-making skills needed to make appropriate choices in self-management and integrating asthma management into their day-to-day lifestyles. Includes video animation and board game.

Asthma & Allergy Foundation of America (AAFA)

800-7-ASTHMA or 202-466-7643

[www.aafa.org](http://www.aafa.org)

### *Quest for the Code® CD-ROM Game*

Features voices of celebrities and 3-D animation. Focuses on a game targeted for ages seven to 15's management of asthma; both English and Spanish versions included; includes a parent guide. Free.

Starbright Foundation

1-800-315-2580

[www.starbright.org](http://www.starbright.org)

## PHYSICAL ACTIVITY & ASTHMA RESOURCES

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### *Asthma and Physical Activity in the School*

Booklet for school personnel, with discussion of asthma, signs/symptoms, response to asthma episodes, and asthma and exercise.

National Heart, Lung & Blood Institute/National Asthma Education and Prevention Program  
301-496-1051  
[http://www.nhlbi.nih.gov/health/public/lung/asthma/phy\\_asth.htm](http://www.nhlbi.nih.gov/health/public/lung/asthma/phy_asth.htm)

### *Breathing Difficulties Related to Physical Activity for Students with Asthma: Exercise-Induced Asthma*

Tip sheet for physical educators, coaches and trainers, with general guidance for responding to and preventing breathing difficulties related to physical activity among students with diagnosed exercise-induced asthma. (Summary of detailed actions described in *Asthma & Physical Activity in the School and Managing Asthma: A Guide for Schools*)

National Heart, Lung & Blood Institute/National Asthma Education and Prevention Program  
301-496-1051  
[http://www.nhlbi.nih.gov/health/prof/lung/asthma/exer\\_induced.htm](http://www.nhlbi.nih.gov/health/prof/lung/asthma/exer_induced.htm)

### *Exercise & Asthma: Helping Students and Athletes Stay Active*

Resource folder for physical education teachers, coaches and athletic trainers, includes overview of asthma and exercise, pre-exercise medication, asthma medications, inhaler use, and response to asthma emergencies.

American Lung Association of Wisconsin  
262-703-4200

### *Moving into the Future: National Standards for Physical Education, 2<sup>nd</sup> Edition*

Report defining what a student should know and be able to do as result of a quality physical education program at each grade

American Alliance for Health, Physical Education, Recreation & Dance  
800-213-7193  
<http://www.aahperd.org/naspe/>

### *Promoting Better Health for Young People Through Physical Activity and Sports*

Report released by the White House with ten strategies to promote health and reduce obesity through lifelong physical activity and sports

Centers for Disease Control and Prevention/Healthy Youth  
1-888-231-6405  
[http://www.cdc.gov/healthyyouth/physicalactivity/promoting\\_health/](http://www.cdc.gov/healthyyouth/physicalactivity/promoting_health/)

### *1996 Surgeon General's Report on Physical Activity and Health*

Landmark review of the research on physical activity and health, includes links between physical activity and diseases, and recommendations for increasing daily physical activity

U.S. Department of Health & Human Services  
202-512-1800  
[www.cdc.gov/nccdphp/sgr/sgr.htm](http://www.cdc.gov/nccdphp/sgr/sgr.htm)

## AIR QUALITY PROGRAM RESOURCES

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(Note: This list is limited to those referenced within the text of this toolkit. Additional programs are available on the “Super Web Sites” listed above.)

### *Healthy Environment–Healthy Me*

K-6 curriculum that introduces students to the environment, examining how they affect it and how the environment affects them. Curricular activities help develop the knowledge and understanding students need to create safe and healthy environments at home, at school and throughout their community. (K-3 lesson plans, vocabulary words, student worksheets, and letters to parents/guardians are also available in Spanish.)

Environmental and Occupational Health Sciences Institute  
Rutgers University  
[www.eohsi.rutgers.edu/rc](http://www.eohsi.rutgers.edu/rc)

### *HealthySEAT*

Healthy school environments assessment tool via self-audit, customizable software intended for school district and state use.

U.S. Environmental Protection Agency  
[www.epa.gov/schools](http://www.epa.gov/schools)

### *Hydroville USA: Challenge Problems for High School Students*

High school curriculum focused on students’ developing content and process skills through the use of context-based environmental health science scenarios that integrate physical science, biological science, environmental health, mathematics, language arts and social studies.

Environmental Health Sciences Center Community Outreach and Education Program  
Oregon State University  
541-737-8892  
[www.hydroville.org](http://www.hydroville.org)

### *IAQ Tools for Schools Kit & Training Modules*

IAQ management program for schools, including problem-solving wheel, coordinator’s guide, and complete checklists for planning and tracking; includes Taking Action video and Ventilation Basics video. Available free of charge

IAQ INFO Clearinghouse  
[Request EPA document number 402-K-05-001 (Hard Copy) or  
402-C-05-001 (CD-ROM)]  
1-800-438-4318  
[iaqinfo@aol.com](mailto:iaqinfo@aol.com)

### *Pest Control in the School Environment: Adopting Integrated Pest Management*

Booklet designed to encourage and assist school officials in examining and improving their pest management practices. Includes steps to establishing Integrated Pest Management (IPM) and a guide to evaluating costs.

EPA National Service Center for Environmental Publications (Request publication number 735F93012)  
1-800-490-9198

## TOBACCO-FREE PROGRAM RESOURCES

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(Note: This list is limited to those referenced within the text of this toolkit. Additional programs are available on the “Super Web Sites” listed above.)

### *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction*

Identify strategies most likely to be effective in preventing tobacco use and addiction among young people; developed by CDC staff in collaboration with experts from other federal agencies, state agencies, universities, voluntary organizations, and professional associations.

Centers for Disease Control & Prevention

<http://www.cdc.gov/HealthyYouth/tobacco/guidelines/index.htm>

### *Not On Tobacco (N-O-T)*

Ten-session teen curriculum designed for voluntary participation. Incorporates life management skills for dealing with stress, decision-making, and peer and family relationships, addresses healthy lifestyle behaviors such as alcohol or illicit drug use, as well as related health issues such as exercise and nutrition.

American Lung Association

1-800-lungusa

[www.lungusa.org](http://www.lungusa.org)

### *Tips for School Tobacco Policy Enforcement*

Guide with specific tactics for overcoming primary challenges to enforcement of school tobacco policies, including issues of visitors, students’ using tobacco on school property, and students’ leaving campus to smoke in surrounding neighborhoods.

Wisconsin Department of Public Instruction

1-800-441-4563

<http://dpi.wi.gov/sspw/pdf/tobpolenf.pdf>

## COMMUNITY ORGANIZING & PROGRAM

### PLANNING RESOURCES

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#### *Demonstrating Your Program’s Worth: A Primer on Evaluation for Programs to Prevent Unintentional Injury*

Overview of value of evaluation, specifics on conducting simple evaluation, and hiring/supervising consultants for complex evaluation and incorporating evaluation activities into program activities.

Centers for Disease Control and Prevention

[www.cdc.gov/ncipc/pub-res/demonstr.htm](http://www.cdc.gov/ncipc/pub-res/demonstr.htm)

#### *Making the Connection: Health and Student Achievement*

CD-Rom—PowerPoint presentation that makes a compelling case for school health programs by outlining the major research linking the components of coordinated school health programs with student success. Free.

Society of State Directors of Health, Physical Education and Recreation and the

Association of State and Territorial Health Officials

703-390-4599

[www.thesociety.org](http://www.thesociety.org)



### *How Schools Work and How to Work with Schools: A Primer for Professionals Who Serve Children and Youth*

Resource guide, presenting overview of the mission of education and detailed discussions of the structure and work of schools from the local, district, state, and national perspectives. Includes detailed strategies for working with schools, including funding resources.

National Association of State Boards of Education  
277 South Washington Street, Suite 100  
Alexandria, VA 22314  
703-684-4000  
www.nasbe.org

## **ADVOCACY RESOURCES**

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### *Organizing for Social Change: Midwest Academy Manual For Activists*

Handbook on the fundamentals of direct action organizing; draws on examples from a range of organizations and issues, to illustrate strategy, issue organizing, and long-term organizational development.

Seven Locks Publishing  
800-354-5348  
www.sevenlockspublishing.com

### *State Legislated Action on Tobacco Issues*

State-by-state guide to all tobacco control laws in the 50 states and the District of Columbia, includes restriction of smoking, cigarette excise taxes, preemptive state tobacco control laws, and smoker protection laws.

American Lung Association  
Government Relations  
202-785-3355  
www.lungusa.org

## **ORGANIZATIONS**

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(Note: The following is a list of organizations involved in the development of this Asthma-Friendly Schools ToolKit, as well as any organizations referenced within the text of the toolkit. They are recommended as starting points for organizational contacts. This is not intended as a complete list of organizations involved in pediatric medicine, nursing, education, air quality, and asthma.)

### **Action for Healthy Kids**

4711 West Golf Road  
Suite 806  
Skokie, IL 60076  
1-800-416-5136  
www.actionforhealthykids.org

**Allergy and Asthma Network/Mothers of Asthmatics**

2751 Prosperity Ave., Suite 150  
Fairfax, VA 22031  
800-878-4403  
[www.aanma.org](http://www.aanma.org)

**American Lung Association**

61 Broadway  
New York, NY 10006  
212-315-8700  
1-800-LUNG-USA  
[www.lungusa.org](http://www.lungusa.org)

**American Academy of Family Physicians**

American Academy of Family Physicians  
11400 Tomahawk Creek Parkway  
Leawood, KS 66211-2672  
913-906-6000  
[www.aafp.com](http://www.aafp.com)

**American Academy of Pediatrics**

141 Northwest point Boulevard  
Elk Grove Village, IL 60007  
800-433-9016  
[www.aap.org](http://www.aap.org)

**American Alliance of Health, Physical Education, Recreation and Dance**

1900 Association Drive  
Reston, VA 20192-1598  
800-213-7193  
[www.aahperd.org](http://www.aahperd.org)

**Asthma & Allergy Foundation of America (AAFA)**

1233 20th Street, N.W., Suite 402  
Washington, DC 20036  
800-7-ASTHMA or 202-466-7643  
[www.aafa.org](http://www.aafa.org)

**Centers for Disease Control and Prevention**

Division of Adolescent and School Health  
4770 Buford Hwy, MS-K29  
Atlanta, GA 30341-3724  
(770) 488-6100  
[www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)

**National Center for Environmental Health**

1600 Clifton Road, N.E., MS E-17  
Atlanta, GA 30333  
(404) 498-1088  
[www.cdc.gov/asthma](http://www.cdc.gov/asthma)

**Environmental Law Institute**

1616 P Street, NW, Suite 200  
Washington, DC 20036  
202-939-3800  
www.eli.org

**Healthy Schools Network**

773 Madison Avenue  
Albany, NY 12208  
516-462-0632  
www.healthyschools.org

**National Assembly on School-Based Health Care**

666 11th Street, NW  
Washington, DC 20001  
202-638-5872  
www.nasbhc.org

**National Association of School Nurses (NASN)**

1416 Park Street, Suite A  
Castle Rock, CO 80104  
1-877-627-6476 (1-877-NASN4SN)  
207-883-2117  
www.nasn.org

**National Association for Sport & Physical Education**

c/o AAHPERD  
1900 Association Drive  
Reston, VA 20191  
800-213-7193  
www.aahperd.org

**National Association of State Boards of Education**

277 South Washington Street, Suite 100  
Alexandria, VA 22314  
703-684-4000  
www.nasbe.org

**National Education Association Health Information Network**

NEA - Health Information Network  
1201 16th Street, NW, Suite 521, Washington DC 20036  
800-718-8387 (Automated Resource Line)  
202-822-7570  
<http://www.nea.org/health/index.html>

**National Heart, Lung and Blood Institute/National Asthma Education and Promotion Program**

NHLBI/National Institutes of Health  
Building 31, Room 4A16  
31 Center Drive  
Bethesda, MD 20892  
301-496-1051  
[www.nhlbi.nih.gov/about/naepp](http://www.nhlbi.nih.gov/about/naepp)

**Society of State Directors of Health, Physical Education, and Recreation  
1900 Association Drive**

Reston, VA 20191-1599  
703/476-3402  
[www.thesociety.org](http://www.thesociety.org)

**U.S. Environmental Protection Agency**

Indoor Environments Division  
Ariel Rios Building  
1200 Pennsylvania Avenue, NW (6609J)  
Washington, DC 20460  
202-546-9370  
[www.epa.gov/iaq](http://www.epa.gov/iaq)

**Outdoor Air Quality**

US EPA Library  
C267-01  
109 Alexander Drive  
Research Triangle Park, NC 27711  
919-541-2777  
[www.epa.gov/airnow](http://www.epa.gov/airnow)