

The American Lung Association and ORCAS are pleased to present:

Lungtropolis™ Where Kids with Asthma Learn to Play

This new interactive web-based game is designed for children with asthma between the ages of 5 to 10 and their parents to disseminate information about asthma maintenance. Lungtropolis was a project developed by ORCAS (the Oregon Center for Applied Science) in partnership with the American Lung Association. The project was funded by NIH's National Heart Lung & Blood Institute Small Business Innovation Research program (Grant# HL077965).



Background: Asthma is one of most common chronic disorders in children and can be life threatening without proper management. It is the third leading cause of hospitalization among children. However, asthma can be properly managed if the child and their caregiver have the information they need and know what to do when an attack starts.

Structure and content: Lungtropolis's aim it to promote better asthma maintenance. The website is broken down into two major sections: Lungtropolis Kids, an interactive game for children with asthma, and Lungtropolis Parents, an asthma resource for parents and caregivers.



Lungtropolis Kids helps familiarize children with their disease. It reminds children what they need to do to keep their asthma under control and what to do when they have an asthma episode. The web-based game allows children to process the information in a fun and interactive way.

Lungtropolis Kids covers topics such as: Asthma Basics, What To Do When Symptoms Start, Asthma Medicines, and Staying Healthy. Lungtropolis Kids also helps children monitor their current level of control over their asthma by modifying the Asthma Control Test™ into fun questions that are asked each time the child logs on.

Lungtropolis Parents provides information and resources to caregivers of children with asthma. The webpage covers topics like: Understanding Asthma, Managing Asthma, Your Health Care Provider and Empowering Your Child. Lungtropolis Parents encourages parents to stay on top of their child's asthma, through better medication maintenance and creating an Asthma Action Plan. The parents section of the webpage also includes interactive features, such as quizzes and questionnaires that allow for parents to also better process their child's needs. Lungtropolis Parents was developed to meet the needs of those of all socio-economic statuses and therefore was built to be accessible to a wide range of educational levels.

Evidence: A randomized control trial was launched in January 2011 to test the program's efficacy. Forty-five days after use of the webpage, children in the treatment group had higher Asthma Control Test scores, higher knowledge scores and improved self-efficacy over the control group.

Lungtropolis will be available from the American Lung Association website: <http://www.lungusa.org/lung-disease/asthma/lungtropolis.html>

For information on the research project & study results:
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