

CHAMP CAMP 2011

THE FACTS BEHIND ASTHMA

For 32 years, the American Lung Association in Colorado (ALAC) has offered Champ Camp, helping build friendships and self-esteem for more than 3,000 children in Colorado living with asthma and giving them an opportunity to improve their quality of life while also enjoying the Colorado outdoors.

- An estimated **1 in 4 children in Colorado** have asthma.
- Asthma is the **leading chronic illness** among children and the major cause of school absenteeism due to chronic illness. Asthma accounts for **10.5 million lost school days** annually.
- Asthma ranks within the **top ten prevalent conditions** causing limitation of activity and **costs our nation \$19.7 billion** in health care costs annually.
- **More than 25%** of the children diagnosed with asthma reported an **emergency room or urgent care visit** due to their asthma in the past year. On average, children with uncontrolled asthma **visit the Emergency Room 3 times a year.**

WHAT IS CHAMP CAMP?

- Champ Camp is ALAC's weeklong summer camp in Colorado for **children, ages 7-14, living with asthma.**
- **Daily asthma education** sessions empower campers to better manage their asthma by helping them identify asthma **triggers**, showing them how to use **medications** more effectively, and to feel confident engaging in physical activities.
- Activities at camp include **aquatics, canoeing, field games, hiking, rock climbing, a ropes course** and many others.

1.800.LUNG.USA
www.lungcolorado.org

A GLANCE AT THE 2011 CAMPERS

- Champ camp is culturally competent and reaches a diverse group of kids in Colorado. **54%** of campers represent **minority** populations.
- Nearly all campers have **Medicaid, subsidized healthcare, or no insurance** at all and need financial assistance.
- Due to generous donations and grants, the American Lung Association in Colorado was able to provide **90%** of campers with **scholarships/financial aid.**
- Prior to attending camp **7 out of 10 campers** felt only **"OK" or "Not Very Good"** about how asthma affects what they do. **After camp, over half** of all campers reported feeling **GREAT** when thinking about their asthma and how it affects their physical activities.
- Often children with asthma are embarrassed to tell people they have it; this can lead to poor management and more asthma episodes. Champ Camp teaches kids not to be afraid to share with others. After attending Champ Camp, nearly 100% of campers reported that they would not keep their asthma a secret, with **82%** of them stating that they **would tell more people at school** about their asthma.
- After attending camp, **nearly all** campers can **correctly identify their asthma triggers/causes.**

**75% of campers said that Champ Camp made them
"feel better"!**

