



## Programs to Support School-Based Lung Health

### **Asthma Basics – English & Spanish**

[Lung.org/asthma-basics](https://lung.org/asthma-basics)

Asthma Basics is a FREE one-hour interactive course to help people learn more about asthma. Participants will learn about triggers, the value of an asthma action plan and how to respond to a breathing emergency.

### **Advocacy Basics**

[Lung.org/training/courses/advocacy-basics](https://lung.org/training/courses/advocacy-basics)

Advocacy Basics is a FREE 45-minute interactive online course to help people learn about lung health advocacy and how they can get involved. Participants learn the difference between advocacy and lobbying, how state and federal bill processes work and how to advocate and speak with legislators.

### **Radon Basics**

[Lung.org/radon-basics](https://lung.org/radon-basics)

Radon Basics is a FREE one-hour interactive online course to help people understand more about radon, a radioactive gas commonly found indoors at dangerous levels. The program is appropriate for anyone who wants to learn more about radon and about how to test it and fix problems. Individuals who smoke or who have a family history of lung cancer, or parents and guardians may especially be interested.

### **Infectious Respiratory Disease Basics**

[Lung.org/lung-health-diseases/lung-disease-lookup/infectious-lung-diseases/infectious-disease-basics](https://lung.org/lung-health-diseases/lung-disease-lookup/infectious-lung-diseases/infectious-disease-basics)

Infectious Respiratory Disease Basics is a FREE one-hour interactive online course. This course helps individuals understand infectious respiratory diseases and the immunizations available that can help prevent them.

### **Tobacco Basics**

[Lung.org/quit-smoking/smoking-facts/tobacco-basics](https://lung.org/quit-smoking/smoking-facts/tobacco-basics)

Tobacco Basics is a FREE one-hour online course that lays the foundation for understanding the toll of tobacco use in the U.S. Participants will learn the difference between tobacco products, including e-cigarettes and vaping devices; the effects of tobacco use on the human body and brain; nicotine dependence and why quitting is so challenging; proven policies that protect public health from the toll of tobacco and the programs available to help all tobacco users successfully quit for good.

### **Open Airways For Schools®**

[Lung.org/open-airways](https://lung.org/open-airways)

Open Airways For Schools® educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children ages 8 to 11 with asthma how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.

### **Kickin' Asthma**

[Lung.org/kickin-asthma](https://lung.org/kickin-asthma)

Kickin' Asthma educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children ages 11 to 16 with asthma the concepts of taking responsibility, self-management and acting early so they don't need to go to the emergency room.

## **Breathe Well, Live Well®**

[Lung.org/breathe-well](https://lung.org/breathe-well)

Breathe Well, Live Well® teaches adults the management steps to take control of their asthma so they can be active and healthy. Participants who complete the program have less severe asthma, fewer problems with breathing, and are more able to stick to their treatment plans. Breathe Well, Live Well is available in a group or online format.

## **Asthma Educator Institute**

[Lung.org/professional-education/training-certification/asthma-educator-institute](https://lung.org/professional-education/training-certification/asthma-educator-institute)

Asthma Educator Institute is an online course that prepares those who are qualified to take the National Board for Respiratory Care (NBRC) exam and for individuals who want to implement asthma guidelines-based care. The course is ideal for frontline healthcare professionals, such as nurses, nurse practitioners, respiratory therapists, physicians, physician assistants, pharmacists, other licensed or credentialed healthcare professionals.

## **LungFriendly Environment for Youth**

[Lung.org/lung-friendly-communities-for-youth](https://lung.org/lung-friendly-communities-for-youth)

Community involvement in schools is important to the learning, development and health of students. Through the American Lung Association's Creating Lung Friendly Environments for Youth Initiative, we can help schools improve student health and academic performance by identifying gaps in school health and safety policies and developing an action plan for improving student health.

## **Asthma & Lung-Friendly Schools Initiative**

[Lung.org/afsi](https://lung.org/afsi)

The Asthma-Friendly Schools Initiative provides a framework and tools that communities and schools can use for a comprehensive approach to asthma management, including planning tools, policy recommendations and education programs.

## **Asthma Medication in Schools:**

### **Assessing a Child's Readiness to Carry and Use a Quick-Relief Inhaler**

[Lung.org/training/courses/readiness](https://lung.org/training/courses/readiness)

A FREE interactive online course to assist designated school health staff in assessing a child's readiness to carry and use a quick-relief inhaler. This course will teach participants to describe the barriers to access asthma medication in schools; overcome barriers with a variety of resources; assess a child's readiness to self-carry asthma medications and implement support activities for all students with asthma regardless of their level of independence.

## **Stock Asthma Medication: Implementation Guidance for Schools**

[Lung.org/training/courses/stock-asthma-medication](https://lung.org/training/courses/stock-asthma-medication)

The American Lung Association's Stock Asthma Medication: Implementation Guidance for Schools trains and prepares selected school personnel to effectively set up and run a stock quick-relief asthma medication program.

## **Asthma Management Guidelines: A Review for Health Care Professionals**

[Lung.org/training/courses/asthma-management-guidelines](https://lung.org/training/courses/asthma-management-guidelines)

Asthma Guidelines for Health Care Professionals is a FREE course designed to help health care professionals learn and apply guidelines-based asthma care. Participants will learn to define the role of asthma severity and control in Stepwise Therapy, utilize SMART (Single Maintenance and Rescue Therapy) for patients with asthma, determine appropriate asthma medications and proper inhaler techniques, guide patients in allergen mitigation efforts, and provide resources to support patient asthma self-management.

## **Not On Tobacco® (N-O-T)**

[Lung.org/NOT](https://lung.org/NOT)

N-O-T is a voluntary smoking cessation program for teens 14 to 19. Over the 10-week program, participants learn to identify their reasons for vaping, smoking or chewing, as well as identify healthy alternatives to tobacco use, and people who will support them in their efforts to quit. N-O-T is available in a group or online format.

## **INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco & Health)**

[Lung.org/INDEPTH](https://lung.org/INDEPTH)

INDEPTH is an alternative to suspension or citation program offered as an option to students who face suspension for violation of school tobacco or nicotine use policies. This program can be led in a school or community-based setting one-on-one, in group format or through a self-paced online module. The program focuses on tobacco use, nicotine addiction, establishing healthy alternatives and being free of all nicotine and tobacco products.

## **Vape-Free Schools Initiative**

[Lung.org/vape-free-schools](https://lung.org/vape-free-schools)

To help schools navigate the vaping public health emergency with tools to protect and support students impacted by vaping, schools nationwide can become recognized members of the Vape-Free Schools Initiative. Being recognized as a member means that your school is a leader in supporting students impacted by the youth vaping epidemic, offering education, cessation and support. One or more of your school personnel has completed: INDEPTH® facilitator training, N-O-T® facilitator training, and tobacco-free school policy assessment.

## **Freedom From Smoking®**

[Lung.org/freedom-from-smoking](https://lung.org/freedom-from-smoking)

The Freedom From Smoking® program is for adult tobacco users who are ready to quit. The program uses pharmacological and psychological principles and methods designed to help tobacco users gain control over their behavior and break their addiction. Because no single quit-smoking method is effective for all tobacco users, the program includes a comprehensive variety of evidence-based, proven-effective cessation techniques.

## **Lung HelpLine and Tobacco Quitline**

[Lung.org/helpline](https://lung.org/helpline)

The Lung HelpLine provides immediate, clear and accurate lung health and disease information for people with medical questions or information needs. Nurses, respiratory therapists and certified tobacco treatment specialists help people with questions about lungs, lung disease and lung health. In addition to education, our specialists provide counseling for tobacco cessation and help connect patients/caregivers to national, local and online education systems, support groups, providers and medical equipment resources. Bilingual Spanish speaking staff along with a live language interpretation service are provided for over 250 languages.

## **Smart Surface Guide for Schools**

[Lung.org/smart-surfaces](https://lung.org/smart-surfaces)

This helpful guide provides strategies for schools to implement proven, practical and cost-effective solutions to counter the impact of excessive heat on learning and health.