

Arizona



Tucson Respiratory Rally



Camp Not-A-Wheeze

Camp Not-A-Wheeze is one of our cornerstone programs. Since its inception more than two decades ago, the camp has helped more than 11,000 children to better manage their asthma, building self-confidence and helping them and their families change their knowledge, attitudes, and behaviors related to asthma. The camp serves 7-14 year-old children from throughout the state. Our strong outreach efforts ensure that underprivileged youth in greatest need of camp are able to attend.

Breathe Easy Arizona: A COPD Collaborative is a program that focuses on chronic obstructive pulmonary disease (COPD) throughout the state. The program consists of community and healthcare provider education, focused on improving quality of life for those afflicted, increasing spirometry awareness for early detection and interventions for high-risk behaviors associated with the disease, such as smoking. Some of the Breathe Easy Arizona accomplishments in FY09 include:

Brief Tobacco Intervention Skills classes were conducted by program educators and reached 211 healthcare professionals throughout Arizona. COPD Educator Courses were delivered to a total of 117 healthcare professionals.

The Arizona Smokers HelpLine received 367 inquiries as a result of referrals given during Brief Tobacco Intervention Skills workshops. A new presentation titled, "COPD 101" geared to the general public was created and delivered to 264 people.

Two hundred forty **spirometry tests** were conducted in rural Arizona and 322 in urban areas. Individuals whose results are abnormal were referred to physician care.

Seventeen schools throughout Arizona implemented **Open Airways for Schools**. OAS is a tested and proven program that helps children ages eight to eleven learn to manage their asthma. Children completing OAS will have an Asthma Action Plan that includes information about avoidance and management of indoor asthma triggers.

Eleven **Asthma 101 trainings** were held throughout the state of Arizona. This provided education to 365 teachers, nurses and other school staff (including janitorial, maintenance, and transportation workers) to ensure that everyone working at the school has an understanding of what asthma is, how to reduce asthma triggers, and what to do if a child is having an asthma episode.