

# Nevada



**Tobacco** affects most those who can afford it the least. Our many community partners have helped us lower the youth tobacco usage rate in Nevada to 13.6 percent from 36 percent just nine years ago. More than 900 youths in the Teens Against Tobacco Use (TATU) program reached more than 19,000 Nevada schoolchildren with tobacco education and refusal skills in 2009. The Not On Tobacco (NOT) teen tobacco cessation program helped 340 Nevada high school students quit or reduce their tobacco consumption. With the Alternative to Suspension (ATS) program, NOT, TATU, and the 5As Brief Intervention Skills for Youth Service Providers, the American Lung Association offers evidence-based comprehensive tobacco education, intervention, cessation, and control programs for youth. To help adults break free from the addictive grip of nicotine, Freedom From Smoking is offered in health care settings, workplaces, and community coalitions.



**Asthma Camp Breathe Easy**, held in early June, empowered 22 children with asthma to learn how to manage their asthma, while enjoying the wonders of Lake Tahoe in a camp setting. Medical staff was available 24 hours a day, including a physician, respiratory therapist, and a nurse. The Asthma and Allergy Parent Education group partners with us on allergy-free holiday events and our Adventure Day asthma camp. We work with school nurses throughout Northern Nevada providing them with Asthma Tool Kits to maintain a vigilant and helpful environment for the safe use of inhalers in schools.

**The 28th Annual High Sierra Critical Care Conference** provided physicians, nurses, and respiratory therapists with state-of-the-art presentations accredited by the American Association of Respiratory Care, the American Academy of Family Practice, and the Nevada State Board of Nursing.



**Events.** Spreading the proactive message of exercising for lung health, while raising funds to support those with lung health challenges, our first-ever stair climb and the Lungs on Legs/Asthma Walk event engaged over 1,200 people in our community. The “Fight for Air – Climb the Legacy” climb started with firefighters in full uniform racing to the top of 36 floors, followed by individuals and teams striving for their personal best, or just to make it to the top! The Lungs on Legs/Asthma Walk event saw half-marathoners, 10K and 5K runners, as well as four mile walkers enjoying beautiful south Reno while raising funds for lung health and clean air in our community.