

Utah



Camp Wyatt



Open Airways for Schools



After Completing Tackle the Tower

Camp Wyatt is Utah's only asthma camp. Now in its 24th year, Camp Wyatt teaches children how to manage their asthma better. In 2008, there were 63 campers, and thirty percent had a recommended prescription change from our on-site pediatrician, Tim Duffy, M.D. Campers came from all over the state of Utah, the majority from Provo to Ogden. The American Lung Association in Utah raised \$43,000 to fund this program. Camp was cancelled in 2009 due to H1N1 concerns, but we will be back in 2010!

Open Airways For Schools is an asthma education program for elementary school youth. Over the past year, 31 schools participated in the Open Airways for Schools program. This program for elementary school children aged 8-11 impacted 269 children across the state of Utah. This coming year, the American Lung Association plans to have a minimum of 30 schools participate in this far-reaching program.

Not On Tobacco (N-O-T) Program: N-O-T (Not On Tobacco) is a voluntary teen smoking cessation program. During the 2008-2009 school year, there were a total of 29 classes held high schools, alternative schools, detention centers, and community groups. In the past year, 28 new facilitators were trained and the program was offered at nine new locations. One hundred fifty-six students completed the program with a quit rate of 47 percent. Of the students who didn't quit, 79 percent of them reported having reduced the number of cigarettes they smoke, and 67 percent were very or extremely confident that they could continue to be smoke-free, or continue to smoke less frequently.

The fourth annual **Tackle the Tower** stair climb took place on February 28, 2009. More than 200 climbers tackled nearly 600 stairs to support lung health in Utah. For 30 of the climbers, one climb was not enough—they wanted to climb multiple times. Murray Resinski, a member of the SLC Crossfit team, planned to climb the tower 10 times. Right before climb 12 he was asked when he would stop. "When I get tired" he said. Murray ended up climbing 33 times and only stopped because the event had ended. Participants included firefighters, individuals with lung disease, smokers, non-smokers, and lung disease/clean air advocates. The event raised \$41,000.