



Care For Their Air

Asthma Pilot Project

for Head Start and Child Care Learning Settings

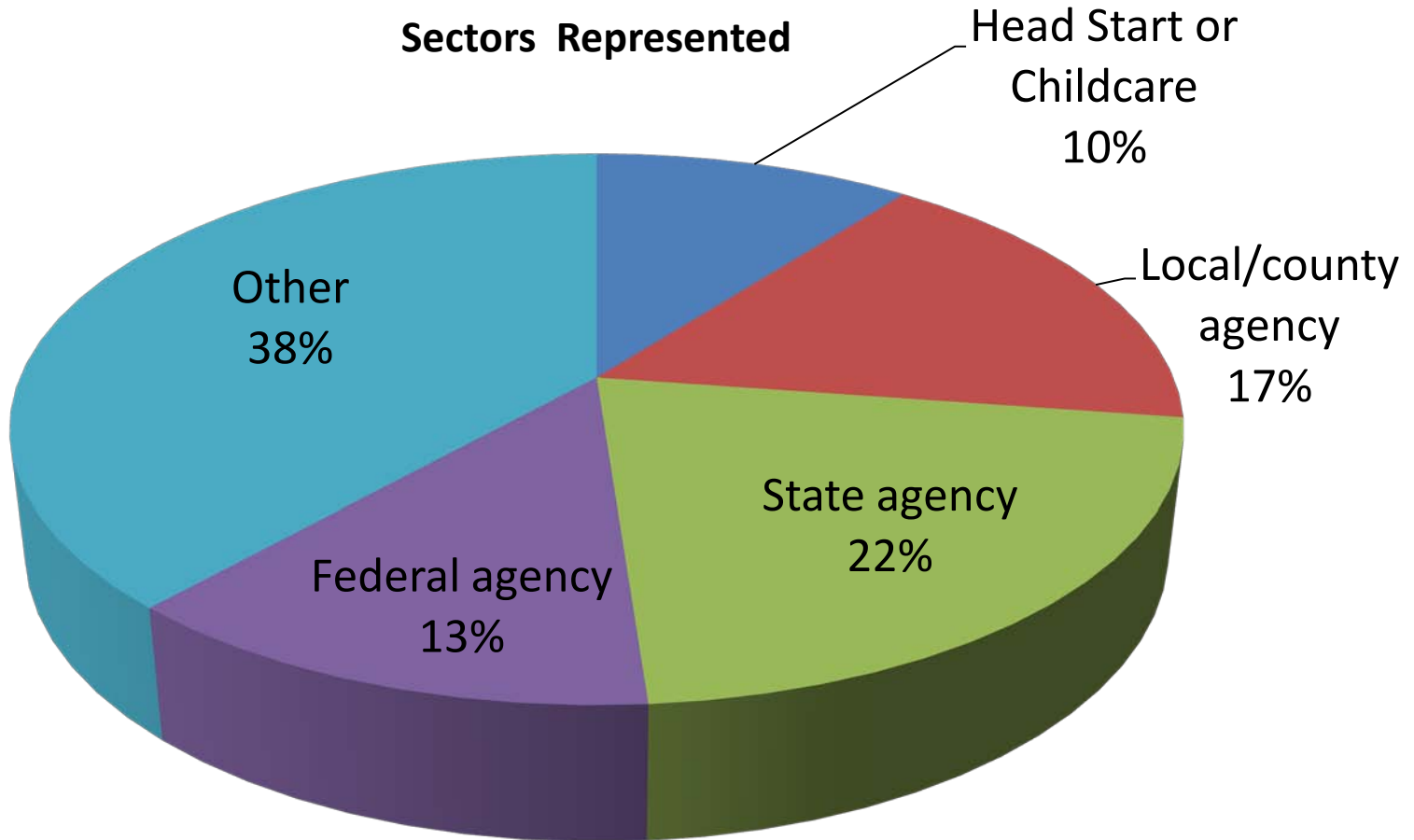
Sponsored Southeast Regional Office Partners:

U.S. Department of Health and Human Services/
Administration for Children and Families

U.S. Environmental Protection Agency

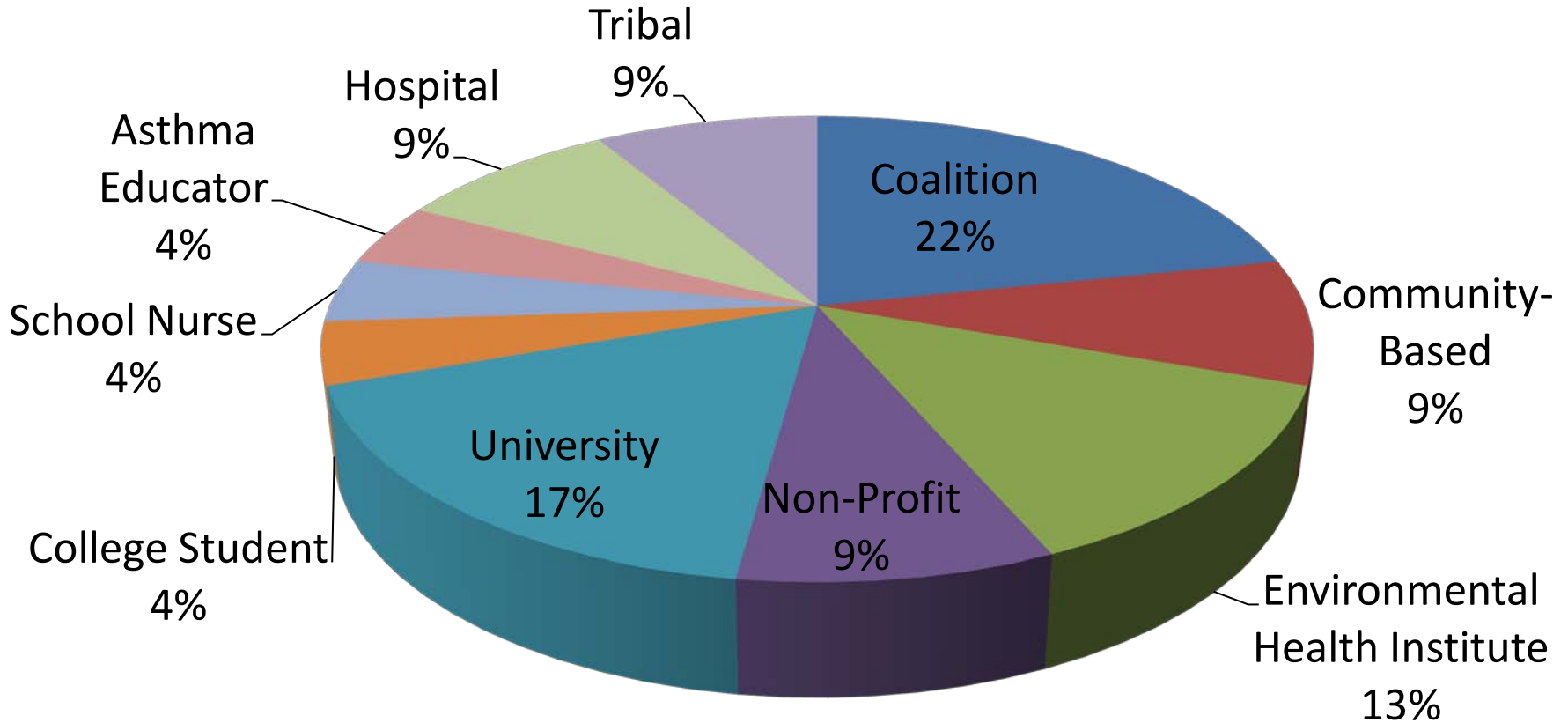
Audio Call-in Information:
Dial: (800) 374-0278
Conference ID: #17163931

Which sector do you represent?



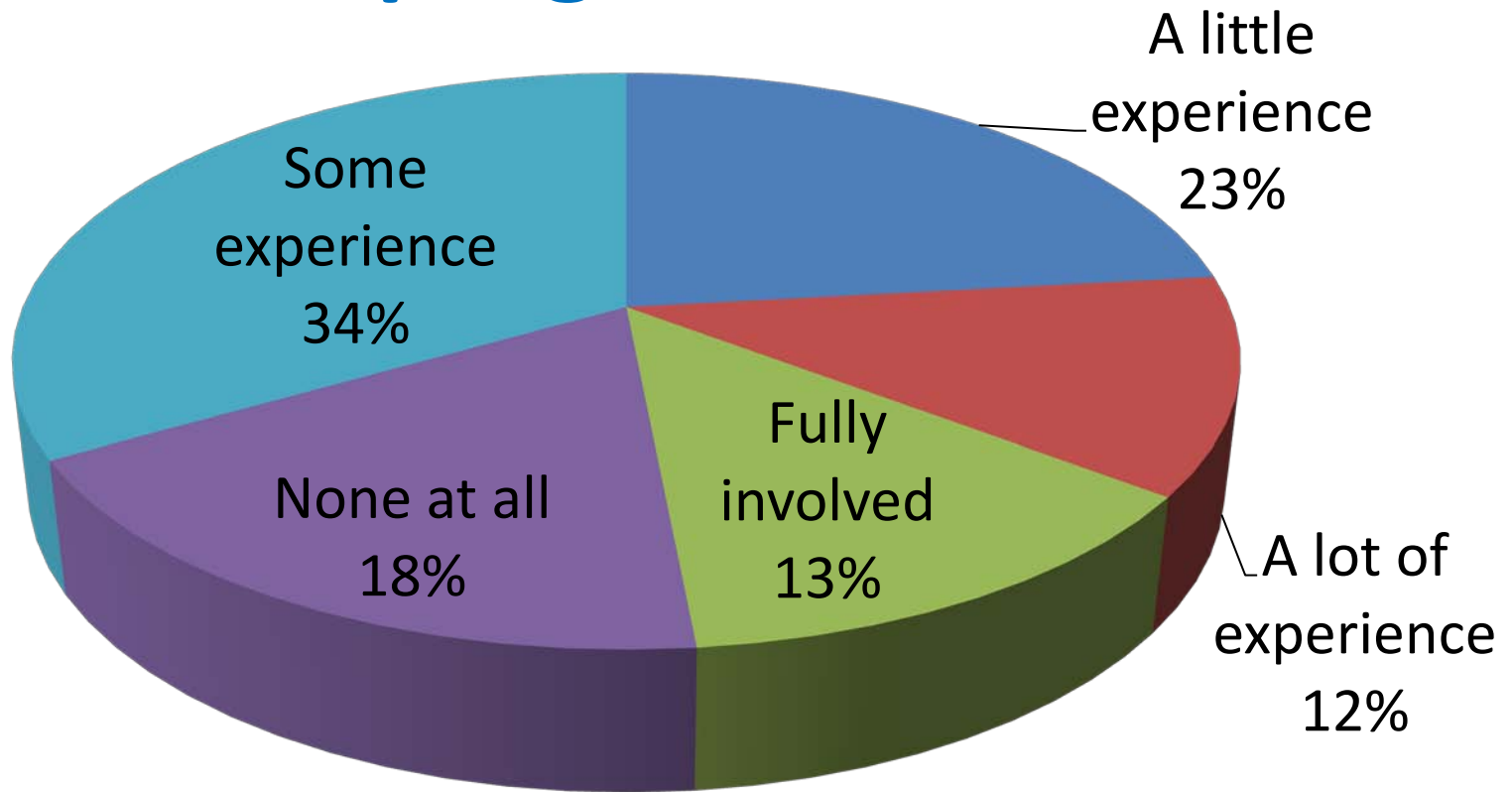
Which sector do you represent?

Other Sectors Represented

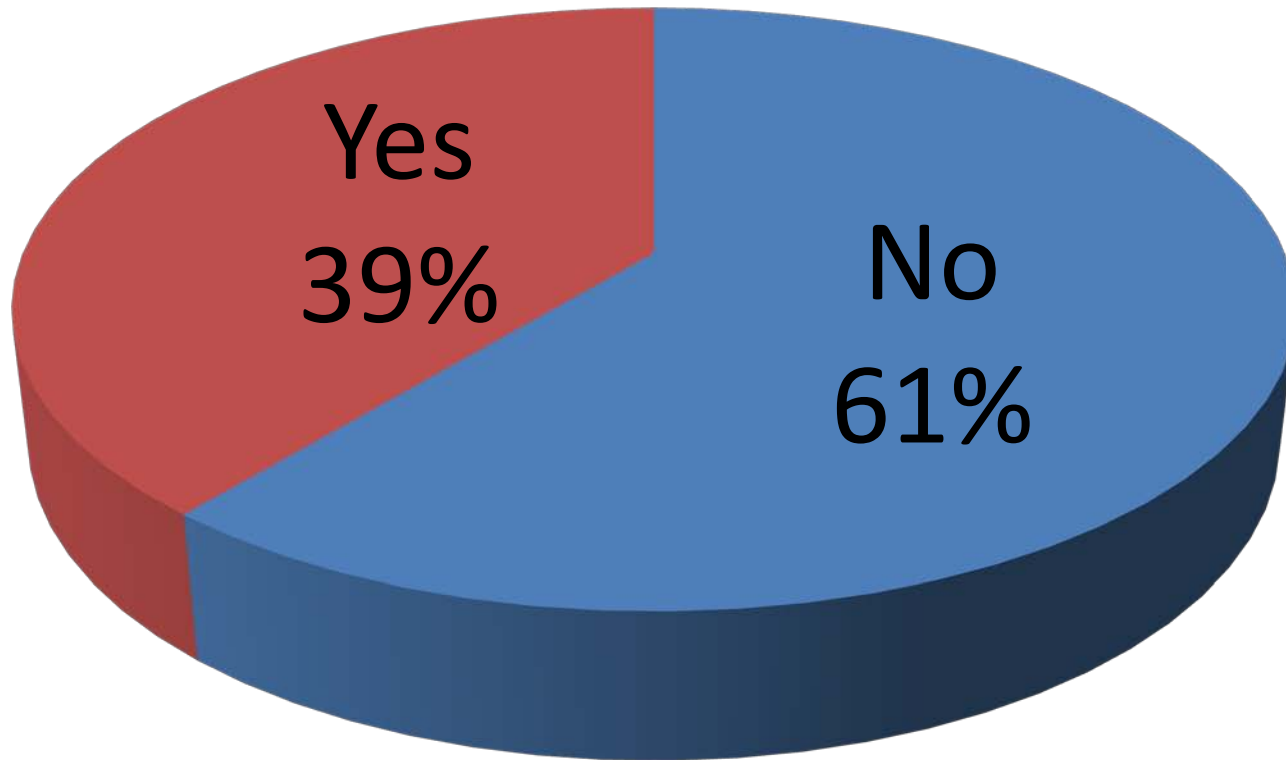




What is your experience with Head Start and Childcare programs?



Are you currently a member of the AsthmaCommunityNetwork.org?



Objectives

- Learn about the methods to create partnerships with federal, state and local agencies and how to increase capacity to serve Head Start and Child Care communities.
- Discover how to adapt the training module used in the pilot project and integrate asthma education into Head Start and Child Care program activities for staff, parents and children.

Objectives

- Find out about the measures used to evaluate the training, pilot activities and future work at the state level to keep this collaborative partnership ongoing.
- Join the Asthma Community Network where you will find a plethora of asthma resources useful in addressing asthma.

Agenda

- Creating the Partnership
- Adapting the “Care for Their Air” Asthma Toolkit and Training Modules
- Evaluating the pilot project and planning next steps
- Finding the resources
- Reflecting on what you have heard



Care For Their Air

Asthma Pilot Project

for Head Start and Child Care Learning Settings

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Administration for Children and Families

U.S. Environmental Protection Agency



History

2007

National Memorandum of Understanding (MOU) signed between U.S. Department of Health and Human Services/Administration for Children and Families and U.S. Environmental Protection Agency

The purpose was to combine efforts to conduct outreach and deliver health risk reduction messages related to secondhand smoke and other environmental asthma triggers.

National Products Produced:



For Families



For Program Directors

Make "Smoke-Free Homes for Head Start Families" work in your home—

- ✔ Change in hand to reward yourself for deciding to do it. If you slip, don't worry. Just start again.
- Do...
 1. Set a date to start.
 2. Make a list of why you want to make your home and car smoke-free.
 3. Get support from your family and friends and tell them your reason. If you may have more reason to do this with a friend or you can support each other.
 4. Make a list of what makes you want to start and like them your reason.
 5. Make a list of all things you can do when you want to start and reason possible.
 6. Start your reasons and reward yourself!
- Don't...
 1. Keep your place a secret. You need your friends and family to support you. They need to know and to offer you support and not to wonder why.
 2. Continue to drink or do it with you. If they used to be as motivated as you did.
 3. Get angry with yourself if you slip up. Just get back to your goal of better health for your children and yourself!
- ✔ See the Sign "I Have Taken the Pledge Here, what?"
- ✔ Use your family written words, child's teacher or home children as a measure.



- ✔ Believe in and support the mission of the project—"Improving the overall health and well-being of Head Start children by improving their indoor air quality, especially exposure to secondhand smoke and other environmental outdoor pollutants."
- ✔ Be familiar with the messages and facts presented.
- ✔ Identify key staff to facilitate the program's efforts.
- ✔ Support "Smoke-Free Homes for Head Start Families" through supporting changes needed to home or programs that will allow staff to gather information about exposure rates.
- ✔ Support implementation of monitoring systems to determine family and staff efforts to reduce exposure rates.
- ✔ Encourage staff to look at their own routines and the routines of their families with regard to smoking.
- ✔ Discuss messages regarding the state of secondhand smoke exposure and steps to promote "Smoke-Free Homes for Head Start Families" across program systems. Messages should be inclusive of all children and families, not just those children whose parents smoke or children who have smoke.



Secondhand Tobacco Smoke and the Health of Your Family



Make your home smoke-free. Secondhand smoke is the smoke that comes from a cigarette or other tobacco that someone other than you is smoking.

Secondhand Smoke Is Dangerous

- Everyone knows that smoking is bad for smokers, but did you know—
- Breathing smoke from someone else's cigarette, pipe, or cigar can make you and your children sick.
 - Smoking inside a home or car is more dangerous because smoke gets trapped inside—even fans and open windows don't help.
 - Children who live in homes where people smoke get sick more often with coughs, breathing problems such as asthma, and ear infections.
 - Secondhand smoke is also linked to Sudden Infant Death Syndrome (SIDS).
 - Secondhand smoke can cause lung cancer in adults and is also bad for the heart.

Protect Your Family

- Make your home and car smoke-free.
- Family, friends, and visitors should never smoke inside.
- If you smoke, smoke only outside.
- Ask your doctor for ways to help you stop smoking!



Remember
Keeping a smoke-free home can help improve your health, the health of your children, and your community.



www.epa.gov/smokefree

EPA 803-F-06-004
March 2006

- HHS/ACF- "Care for Their Air Checklist"
- EPA -Secondhand Tobacco Smoke and the Health of your Family



Partnerships

- Federal-EPA/HHS-ACF
- Regional-EPA/HHS-ACF
- Bright from the Start-Georgia Department of Early Care and Learning
- Georgia Asthma Control Program/Georgia Asthma Advisory Council
- Georgia Department of Public Health
- Georgia Head Start Collaboration Office



Interagency Workgroup

EPA

HHS-ACF

Bright from the Start-Georgia Department of Early Care and Learning

Georgia Asthma Control Program/ Georgia Asthma Advisory Council

Georgia Department of Public Health

Georgia Head Start Collaboration Office



Pilot Project:

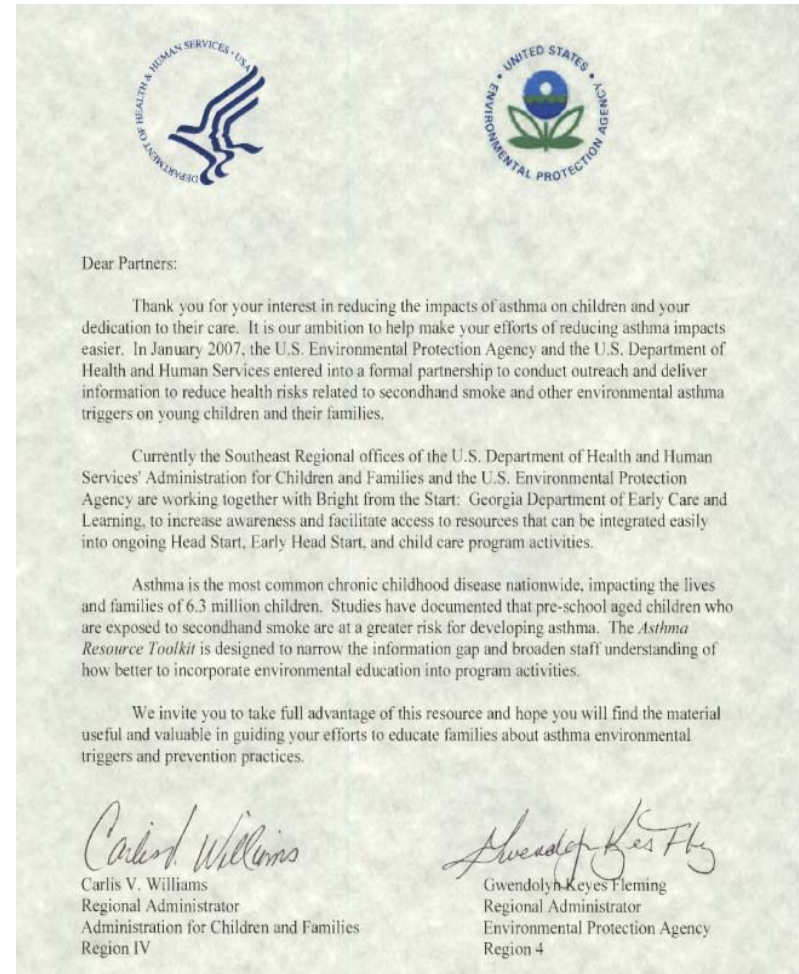
Workgroup selected the following Georgia counties for the project:

Bibb County-Macon, Georgia

Lowndes County-Valdosta, Georgia



Official Launch of Pilot Project



Dear Partners:

Thank you for your interest in reducing the impacts of asthma on children and your dedication to their care. It is our ambition to help make your efforts of reducing asthma impacts easier. In January 2007, the U.S. Environmental Protection Agency and the U.S. Department of Health and Human Services entered into a formal partnership to conduct outreach and deliver information to reduce health risks related to secondhand smoke and other environmental asthma triggers on young children and their families.

Currently the Southeast Regional offices of the U.S. Department of Health and Human Services' Administration for Children and Families and the U.S. Environmental Protection Agency are working together with Bright from the Start: Georgia Department of Early Care and Learning, to increase awareness and facilitate access to resources that can be integrated easily into ongoing Head Start, Early Head Start, and child care program activities.

Asthma is the most common chronic childhood disease nationwide, impacting the lives and families of 6.3 million children. Studies have documented that pre-school aged children who are exposed to secondhand smoke are at a greater risk for developing asthma. The *Asthma Resource Toolkit* is designed to narrow the information gap and broaden staff understanding of how better to incorporate environmental education into program activities.

We invite you to take full advantage of this resource and hope you will find the material useful and valuable in guiding your efforts to educate families about asthma environmental triggers and prevention practices.

Carlis V. Williams
Carlis V. Williams
Regional Administrator
Administration for Children and Families
Region IV

Gwendolyn Keyes Fleming
Gwendolyn Keyes Fleming
Regional Administrator
Environmental Protection Agency
Region 4



Care For Their Air

Asthma Toolkit:

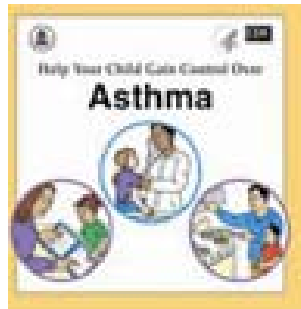
EPA PUBLICATIONS

CHECKLISTS(ACF/EPA)

TRAINING MODULES (PARENTS, CHILDREN)

“Care For Their Air” Asthma Toolkit: EPA PUBLICATIONS

<http://epa.gov/asthma/publications.html>



Secondhand Tobacco Smoke and the Health of Your Family

Make your home smoke-free. Secondhand smoke is the smoke that comes from a cigarette or other tobacco that someone other than you is smoking.

Secondhand Smoke is Dangerous

Everyone knows that smoking is bad for smokers, but did you know—

- Resulting smoke from someone's burnt cigarette, pipe, or cigar can make you and your children sick.
- Smoking inside a home or car is more dangerous because smoke gets trapped inside—even fans and open windows don't help.
- Children who live in homes where people smoke get sick more often with coughs, breathing problems such as asthma, and ear infections.
- Secondhand smoke is also linked to Sudden Infant Death Syndrome (SIDS).
- Secondhand smoke can cause lung cancer in adults and is also bad for the heart.

Protect Your Family

- Make your home and car smoke-free.
- Family, friends, and visitors should never smoke inside.
- If you smoke, smoke only outside.
- Ask your doctor for ways to help you stop smoking!

Remember
Keeping a smoke-free home can help improve your health, the health of your children, and your community.

www.epa.gov/smokefree

Protect your Children

Take the Smoke-Free Home Pledge

Proteja a sus hijos
Haga la promesa de mantener su hogar libre de humo

English Here

Español Aquí

“Care For Their Air” Asthma Toolkit: CHECKLISTS

Asthma Friendly ENVIRONMENT CHECKLIST



For Families

Make “Smoke-Free Homes for Head Start Families” work in your home.

- Change in hand for several yourself for smoking to do it properly, don't worry, just start again.

- Do...
- Set a date to start.
 - Make a list of why you want to make your home and car smoke-free.
 - Get support from your family and friends and tell them your target date. You may want to do this with a friend or you can support each other.
 - Make a list of what makes you want to smoke and list them for you.
 - Make a list of all things you can do when you want to smoke and remove yourself from your environment and several yourself.

- Don't...
- Keep your place a secret. You need your friends and family to support you. They need to know and to offer you support and not to make judgments.
 - Continue to smoke to do it with you. If you need to be as restricted as you did.
 - Get angry with yourself if you slip up. Just get back to your goal of better health for your children and yourself.

- See the Sign? How Taking the Pledge Now, what?
- Use your family written words, child's teacher or home visitor as a resource.



Name of Trigger	Where it Might be Found	Possible Solutions to Reduce or Eliminate	Action Steps Taken to Reduce Triggers
Smoke	Indoor the center any room	<ul style="list-style-type: none"> Do not allow anyone to smoke anywhere in the facility Do not allow smoking within 16 feet of any entry ways or open windows Encourage staff who do smoke to not smoke in their vehicles during breaks Encourage families to have smoke free homes and vehicles as well. EPA has "Smoke Free Home" kits available on-line at no charge Do not light candles of any kind in the center 	<ul style="list-style-type: none"> Center has a smoke free policy No one is allowed to smoke within 16 feet of entry ways or open windows Staff has been asked to smoke outdoors during breaks and off center grounds Place smoke free signs in center Ordered Smoke Free Home kits and distributed to all enrolled families www.epa.gov/smokefree
Dust Mites	On carpets, in upholstered furniture, in bedding and stuffed toys.	<ul style="list-style-type: none"> Remove carpeting where ever possible If carpeting can not be removed vacuum frequently using HEPA filtration vacuums Wash all bedding weekly in hot water Wash all stuffed toys weekly in hot water Remove stuffed toys from sleeping areas Store stuffed cloth toys in plastic covered bins when not in use 	<ul style="list-style-type: none"> Center is carpet free Remove carpeting where ever possible especially in sleeping areas Purchase a HEPA filtration vacuum and use weekly Remove stuffed toys from sleeping areas Wash all bedding and stuffed toys in hot water weekly Purchase covered plastic bins
Duct	In all areas of the center	<ul style="list-style-type: none"> Wipe all flat surfaces down with a damp cloth daily Keep clutter to a minimum Keep closet doors closed Dust ceiling fan blades using damp cloth weekly Replace furnace filters monthly Dust only when children are not present Keep window coverings to a minimum and wash frequently 	<ul style="list-style-type: none"> Use a damp cloth or disinfecting wipes to wipe down dusty areas and toys Furnace filters are replaced/washed monthly If possible, replace curtains or drapes with vinyl, plastic, wood or aluminum blinds



ASTHMA HOME ENVIRONMENT CHECKLIST

Home visits provide an opportunity to educate and engage asthma patients with the goal of effectively managing their asthma to prevent an exacerbation. This checklist, designed for home use, provides a list of symptoms and action steps to take in the identification and mitigation of environmental asthma triggers commonly found in and around the home. The checklist is organized into three sections: building information, indoor air quality, and room sources. The room source is further subdivided by category such as heating and cooling, sleeping arrangements, heating, window treatments, and outdoor access. This will allow the home care team to focus on the specific activities or things in a room. In particular, the asthma patient's sleeping area, that might produce or harbor environmental triggers. The activities mentioned in this checklist are generally accepted best practices. Information on whether an activity follows the checklist. The link page includes information on U.S. Environmental Protection Agency (EPA) resources and on how to do home care visits to create a better visit experience.

If the patient's condition is always best when they sleep, your home visit should focus on bedroom areas. This checklist covers the following allergens and irritants which are commonly found in homes. Information is also provided on chemical irritants. Avoid in water-based and chemical consumer products, including water-based adhesives.

Good Airflow

- Triggers: Body parts and droppings.
 Where Found: Highways found in outdoor and building. Also found in carpeting, curtains and drapes, upholstery, furniture and stuffed toys. These items can be used to be seen with the naked eye and are found in almost every home.

- Health Issues: Conjunctivitis, Body parts, irritation, and droppings.
 Duration: 1-3 hrs. Skin, nose, and eyes.

- Where Found: Close to or near bedding and water with in bedrooms, bathroom, and basement.
 Health Issues: Irritation to the skin and eyes.
 Duration: Skin, nose, and eyes.
 Where Found: Throughout entire house, if allowed inside.

Mold

- Triggers: Mold and mold spores which may begin growing indoors when they land on damp or wet surfaces.
 Where Found: Often found in areas with water condensation such as kitchens, bathrooms, and basements. There are many types of mold and they can be found in any climate.

Respiratory Irritants

- Triggers: Secondhand smoke - Mixture of smoke from the burning end of a cigarette, pipe or cigar and the smoke inhaled by a smoker.
 Where Found: Home or car where smoking is allowed.
 Health Issues: Respiratory irritation.

- Triggers: Fiberglass insulation - An insulating product used in many homes, cars, and boats and may cause irritation of the nose, throat, and eyes.
 Where Found: Insulation with no covering, insulation, drywall, insulation, and untreated lumber and paper products.

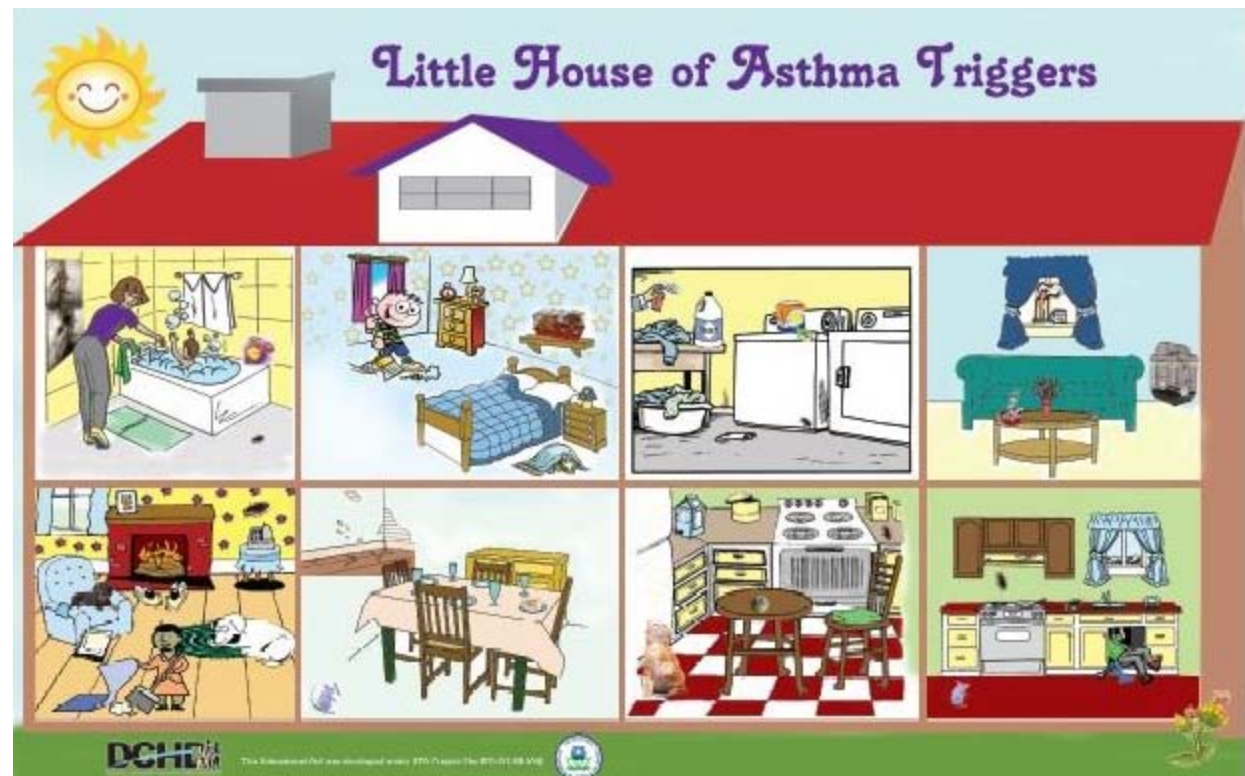
- Triggers: Fiberglass insulation - An insulating product used in many homes, cars, and boats and may cause irritation of the nose, throat, and eyes.
 Where Found: Insulation with no covering, insulation, drywall, insulation, and untreated lumber and paper products.



“Care For Their Air” Asthma Toolkit: **TRAINING MODULES**

- Asthma Smart Training for Head Start and Childcare Learning Providers
- Asthma Training for Parents

“Care For Their Air” Asthma Toolkit: TRAINING



Initial Head Start Training for Directors and Staff

Pre-Test

Asthma Trigger Training

Post-Test

Review of “asthma friendly checklist”

Walkthrough of centers



Janet Lamar

Bibb County-Macon, GA

<u>Macon Bibb County Head Start</u>	430 children
<u>Brown's Child Care Learning Center</u>	20 children
<u>Smart Children Academy, Inc.</u>	20 children



TOTAL: 470 children

Janet Lamar

Bibb County-Macon, GA

Behavioral Changes

- Revised the Facility Log cleaning schedule to include classroom artificial flowers, mats, vents, curtains, and toy kitchen items
- Removed carpet out of center lunchroom area



Traci Gosier

Lowndes County-Valdosta, GA

<u>Coastal Plain Area Head Start</u>	320 children
<u>Lake Park Children's Academy</u>	40 children
<u>Kat's Happy Time Pre School</u>	50 children



TOTAL: 410 children

Traci Gosier

Lowndes County-Valdosta, GA

Behavioral Changes

- Established a cleaning schedule for stuffed animals and other washable materials
- Arranged duct cleaning services for centers





Pilot Project Recommendations

- Simplify Asthma Friendly Home Environment Checklist by reducing number of pages
- Replicate model across the state and regionally
- Share lessons learned via conferences and/or webinars
- Provide more suggestions for green product cleaning supplies
- Adopt information to be used for ongoing training for staff and parents
- Asthma education should be offered to all Georgia Child Care Directors.
- Include asthma resource materials in transition bags for Head Start children entering school systems

“Care for Their Air” Asthma Pilot Project Evaluation

Metrics:

Head Start and Childcare Learning Providers and Staff

- Increased awareness through Pre/Post Test
- Number and types of changes resulting from the
- “asthma friendly checklist”

Parents

- Number of parents trained
- Number of parents to complete the “Asthma Home Environment Checklist”

Children

- Number of children to complete classroom activity
- Reaction to the coloring books and posters

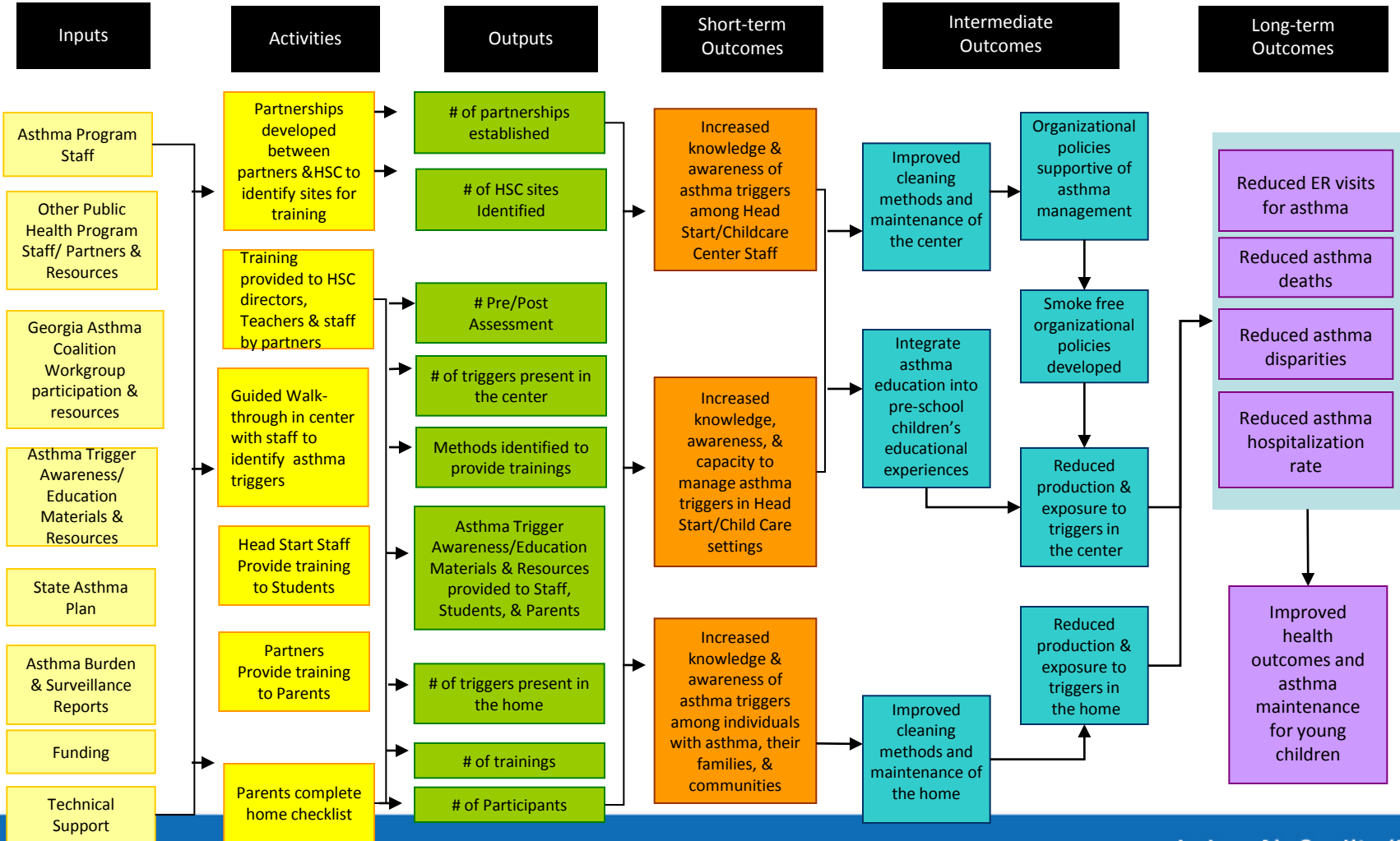
Next Steps

- Update training & toolkit elements based on pilot
 - Revised home checklist
 - Additional resources/materials for staff & parents
- Update training & toolkit elements based on Georgia Asthma Control Program
 - Policy recommendations
 - Standard training materials for future staff
 - Symptom based asthma action plans
 - Air Quality Index

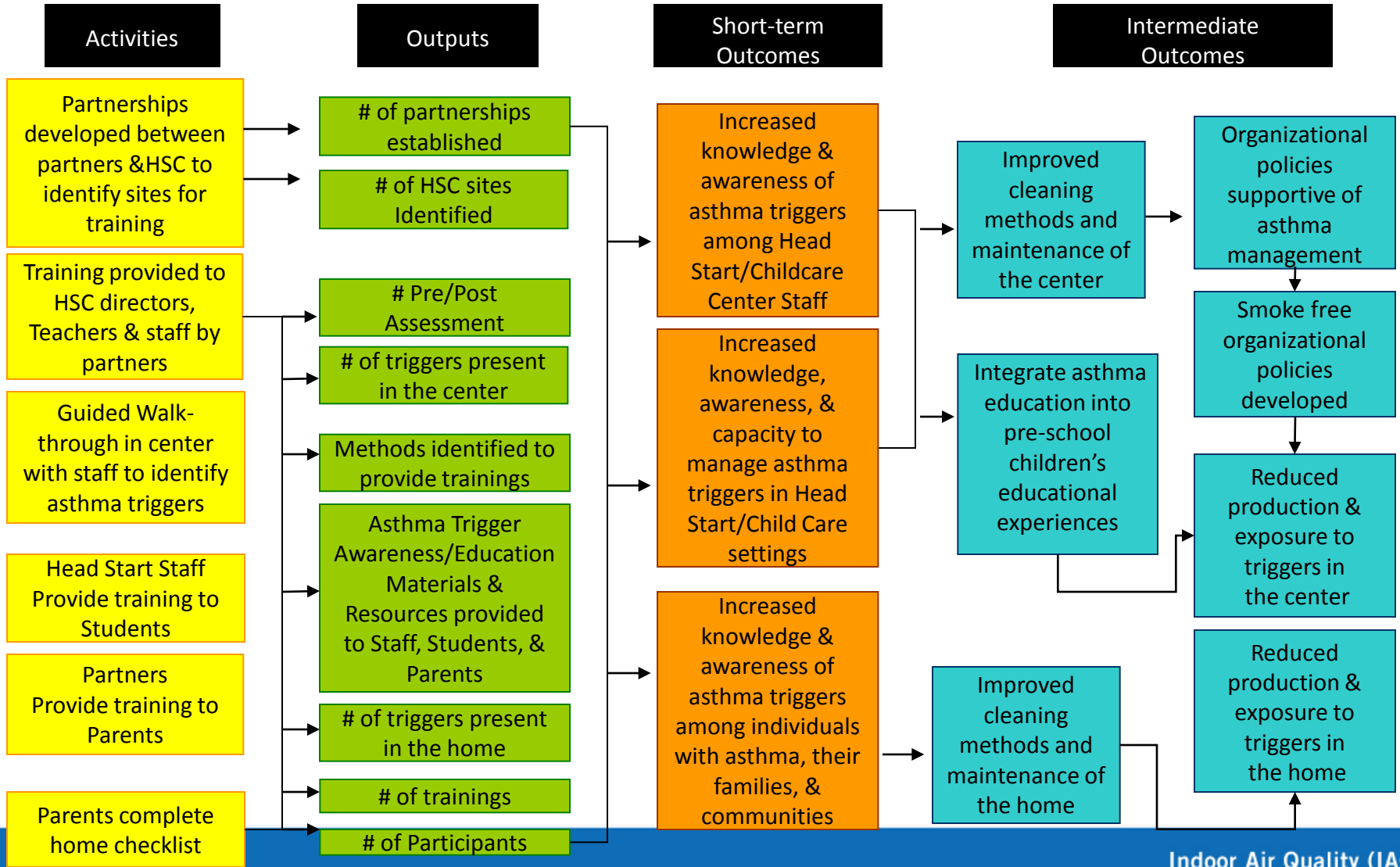
Next Steps

- Expand training & toolkit to surrounding counties
- Develop Evaluation Plan
 - Comprehensive Evaluation/Data Collection
 - Structured Follow-up
 - 1 mo., 3 mo., 6 mo., 12 mo.
- Implement Evaluation
- Disseminate Findings

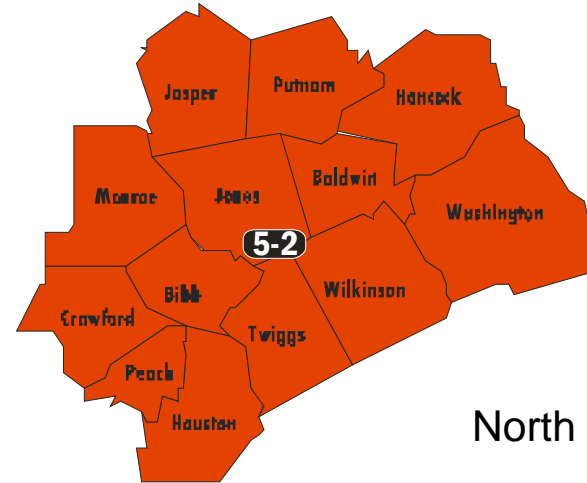
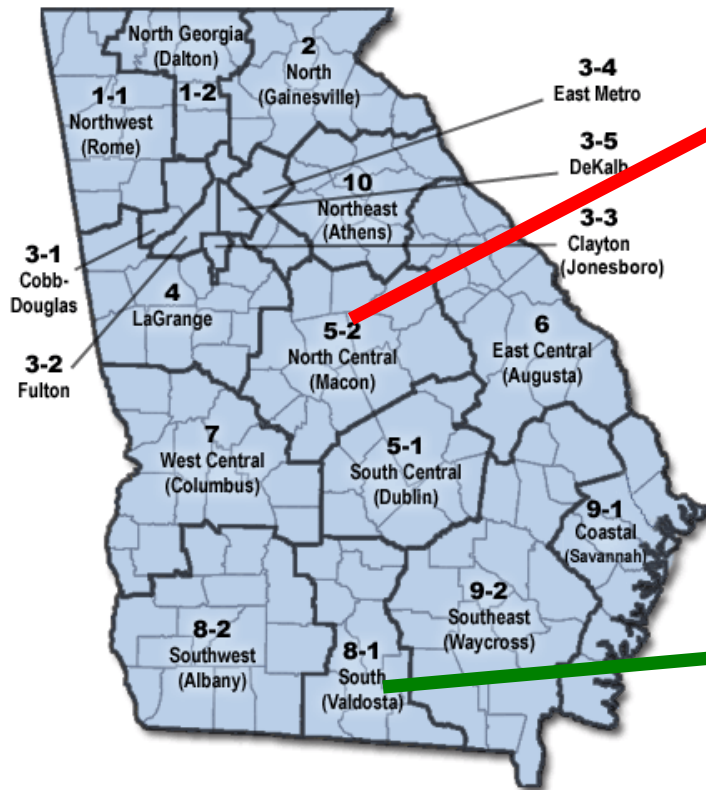
Care for Their Air Logic Model



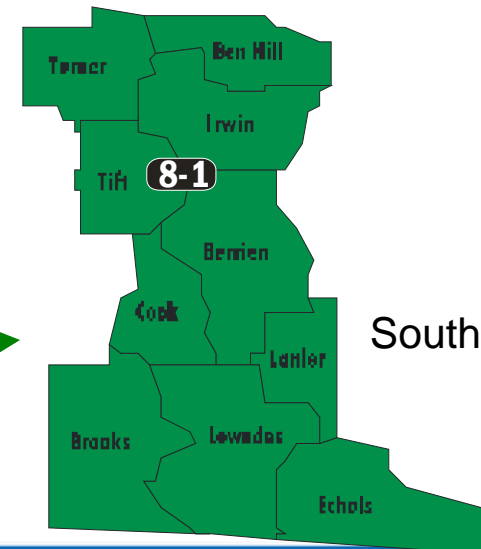
Focus of Evaluation



Expanded Site Area



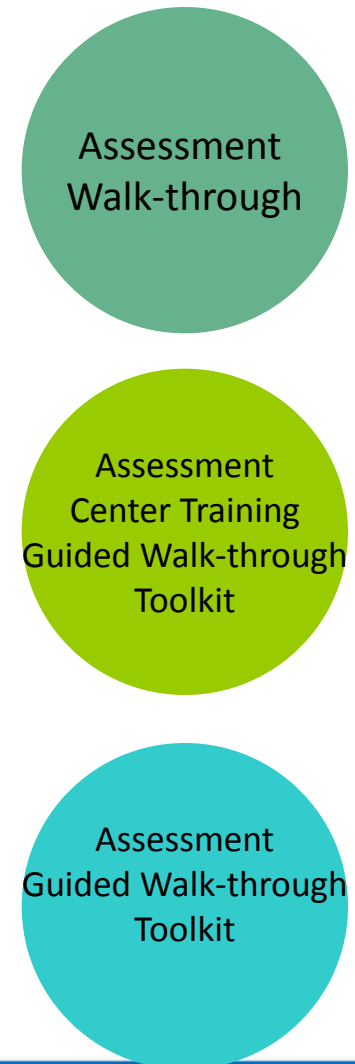
North Central District



South Health District

Evaluation Design

- Group 1: Control
 - Assessment
 - Walk-through
- Group 2: Experimental – Full Training
 - Assessment
 - Center Training
 - Guided Walk-through
 - Toolkit
- Group 3: Comparison – Toolkit
 - Assessment
 - Guided Walk-through
 - Toolkit



Timeline

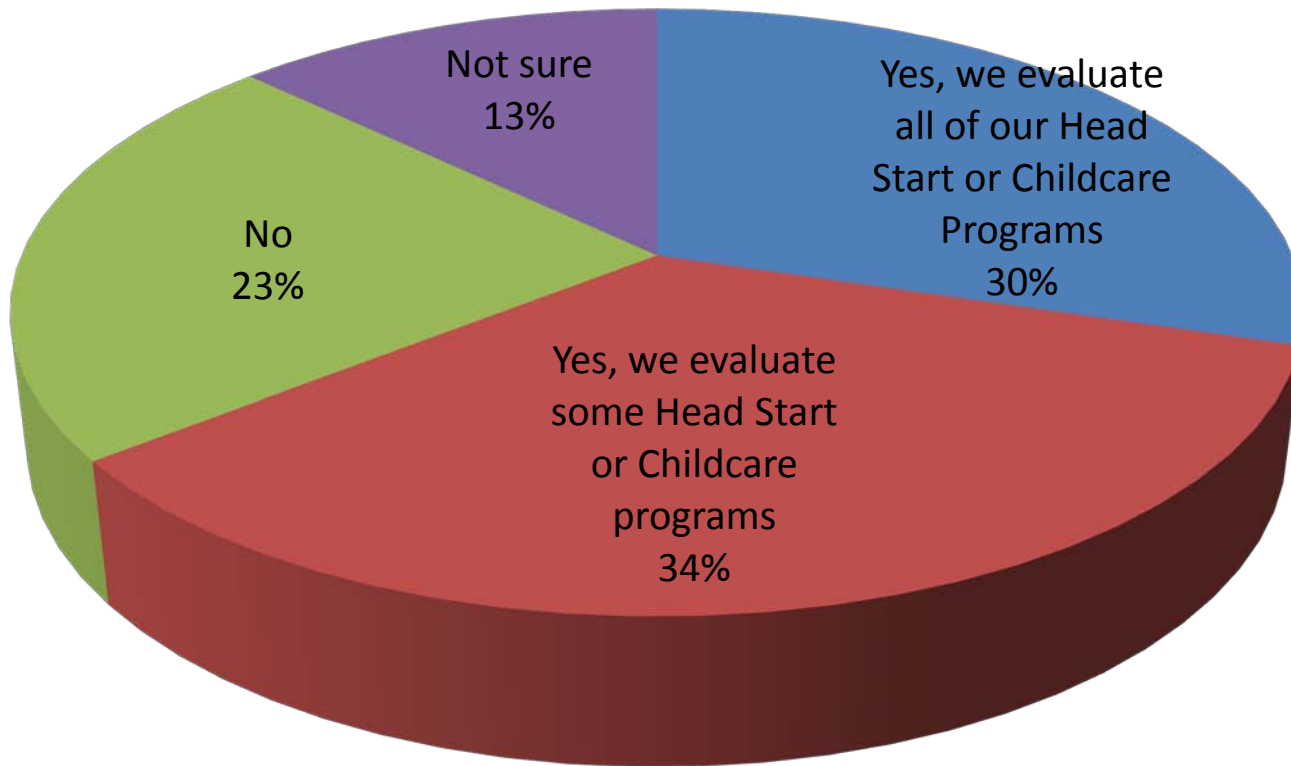
- **Training & toolkit updates**
 - August 2011 – December 2011
- **Evaluation Planning**
 - August 2011 – December 2011
- **Evaluation Implementation**
 - January 2012 – March 2013
- **Analysis**
 - January 2012 – May 2013
- **Dissemination**
 - August 2013

Evaluation Use

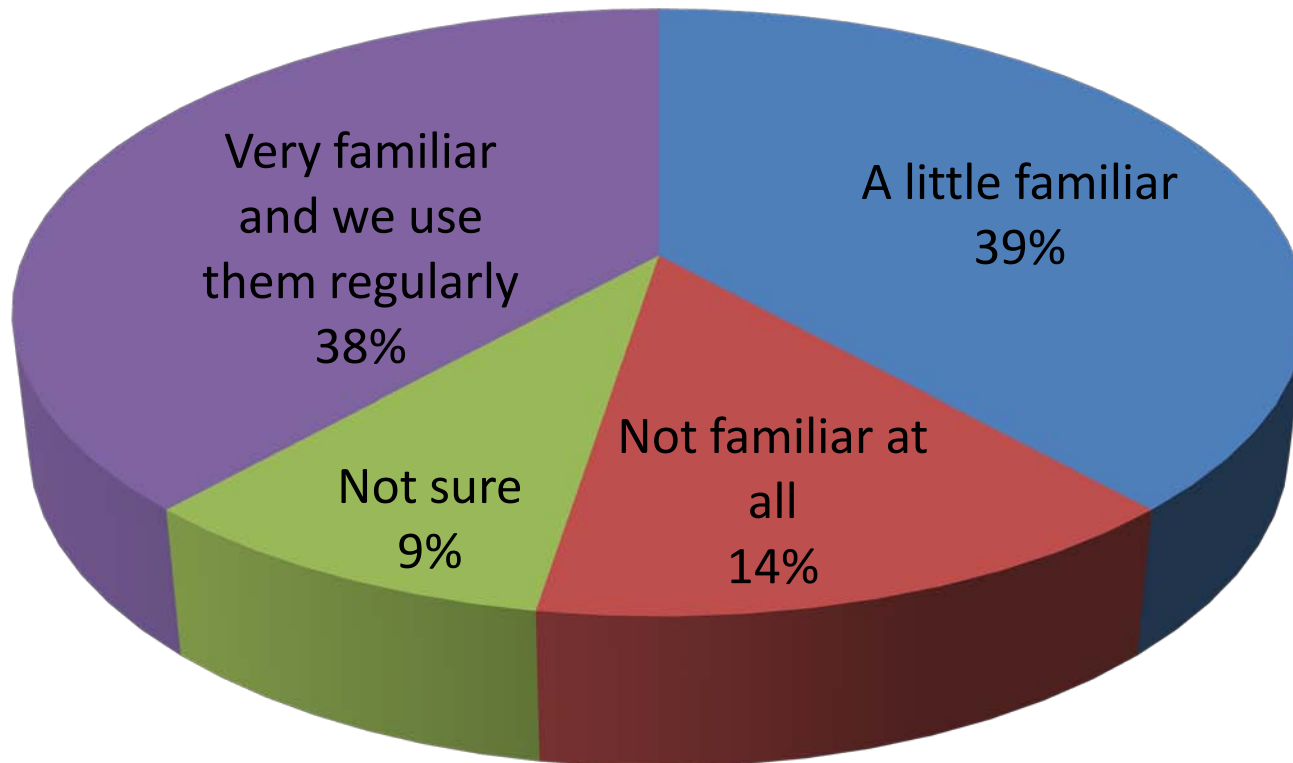
- Evaluation results will be used to:
 - Influence changes or updates to the training & toolkit
 - Determine if the training & toolkit is successful in meeting educational needs for asthma in Head Start centers
 - Determine if the training & toolkit is successful in meeting GACP intended objectives
 - Influence decisions on expanding the implementation of the training & toolkit



Do you conduct evaluations on your current programs/projects?



How familiar is your program with the use of logic models?





How to reach out to the Head Start and Childcare Communities?

Asthma Community Network

<http://www.asthmacommunitynetwork.org/>

CDC National Asthma Control Program Grantees

<http://www.cdc.gov/asthma/contacts/>

Local Head Start Centers

Administration for Children and Families

<http://www.acf.hhs.gov/programs/ohs/>

Contact: Dorothy Mabry 404-562-2855

Local Childcare Centers-Search Internet



Special Recognition

Duval County Health Department

Georgia Asthma Control Program

Mayors of Macon and Valdosta

Region IV Head Start Association



Call to Action



- Create partnerships and collaborations
- Adapt existing resources
- Evaluate progress
- Join a growing network

Call To Action

- Join www.asthmacommunitynetwork.org today!
 - Create a **Program Profile** highlighting your mission
 - Use the **Blog feature** and share your program's best practices
 - Contribute tools and resources others may find useful in addressing asthma to the **Resource Bank**
 - Pose a question to the **Discussion Forum** and learn from your peers
 - Promote your program's events and activities using the **Events Calendar**
 - Access archived **Webinar** materials

Questions and Reflections

- What thing(s) resonated with you from what you heard?
- What program assets did you hear that you could use?
- What approaches are you excited to try?
- What more do you need to actively collaborate and partner with Head Start & Child Care programs in your local area(s)?