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?

Sectors Represented
- Head Start or Childcare: 10%
- Local/county agency: 17%
- State agency: 22%
- Federal agency: 13%
- Other: 38%
Which sector do you represent?

- Coalition: 22%
- Community-Based: 9%
- Environmental Health Institute: 13%
- Non-Profit: 9%
- University: 17%
- Non-Profit: 9%
- Hospital: 9%
- Asthma Educator: 4%
- School Nurse: 4%
- College Student: 4%
- Other Sectors Represented

Indoor Air Quality (IAQ)
What is your experience with Head Start and Childcare programs?

- Some experience: 34%
- None at all: 18%
- Fully involved: 13%
- A little experience: 23%
- A lot of experience: 12%
Are you currently a member of the AsthmaCommunityNetwork.org?

- Yes: 39%
- No: 61%
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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U.S. Department of Health and Human Services/
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:

- 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
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 childcare 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.

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

Gwendolyn Keyes Fleming  
Regional Administrator  
Environmental Protection Agency  
Region IV
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


**Asthma Friendly ENVIRONMENT CHECKLIST**

Heart Start centers are a great place to work with asthma. They spend so much time with you in this setting that it’s in their best interest to have a healthy environment. We want to help provide you with a simple sheet that guides you through a simple process to set up the environment to provide the healthiest environment for both the children in your care and your staff.

The items we ask you to look at will improve the air quality and environment for the children with asthma, allergies, and all other children in your care.

The Checklist is intended to help you look at your environment from all angles. This checklist covers the following allergens and irritants, which are common found in childcare settings:

<table>
<thead>
<tr>
<th>Trigger Items</th>
<th>Possible Solutions to Reduce or Eliminate</th>
<th>Action Steps to Reduce Triggers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergens</td>
<td>Recommend using hypoallergenic sheets and pillows</td>
<td>Encourage use of hypoallergenic sheets and pillows</td>
</tr>
<tr>
<td>Dust</td>
<td>Dust all areas of the center weekly</td>
<td>Vacuum all areas of the center weekly</td>
</tr>
<tr>
<td>Mold</td>
<td>Clean and sanitize all areas of the center regularly</td>
<td>Clean and sanitize all areas of the center regularly</td>
</tr>
<tr>
<td>Pet Dander</td>
<td>Keep pets out of the center</td>
<td>Keep pets out of the center</td>
</tr>
</tbody>
</table>

**Care For Their Air Toolkit:**

**CHECKLISTS**

**Asthma Friendly ENVIRONMENT CHECKLIST**

- **Smokers:**
  - Do not allow anyone to smoke anywhere in the facility.
  - Do not allow smoking within 15 feet of any entryways or open windows.
  - Encourage staff and visitors to not smoke in their vehicles during breaks.
  - Encourage families to have smoke-free homes and vehicles as well.
  - EPA free smoke-free home kits available on site at a charge.
  - Do not light candles or any kind in the center.

- **Dust Mites:**
  - Avoid carpets where possible.
  - If carpeting is not be removed, encase furniture using EPA filtration systems.
  - Wash all bedding weekly in hot water.
  - Clean and sanitize stuffed toys from storage areas.
  - Remove stuffed toys from storage areas.
  - Store stuffed toys in plastic covered bins when not in use.

- **Dust:**
  - Dust all areas of the center weekly.
  - Keep all rooms dusted regularly.
  - Keep doors closed.
  - Dust window sills using damp cloth weekly.
  - Replace furnace filters monthly.
  - Dust only when children are not present.
  - Keep window coverings at a minimum and open frequently.

**Asthma HOME ENVIRONMENT CHECKLIST**

**Asthma Friendly ENVIRONMENT CHECKLIST**

- **Smokers:**
  - Do not allow anyone to smoke anywhere in the facility.
  - Do not allow smoking within 15 feet of any entryways or open windows.
  - Encourage staff and visitors to not smoke in their vehicles during breaks.
  - Encourage families to have smoke-free homes and vehicles as well.
  - EPA free smoke-free home kits available on site at a charge.
  - Do not light candles or any kind in the center.

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  - Avoid carpets where possible.
  - If carpeting is not be removed, encase furniture using EPA filtration systems.
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  - Replace furnace filters monthly.
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  - Keep window coverings at a minimum and open frequently.
“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
Macon Bibb County Head Start
430 children
Brown’s Child Care Learning Center
20 children
Smart Children Academy, Inc.
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

Coastal Plain Area Head Start 320 children
Lake Park Children’s Academy 40 children
Kat’s Happy Time Pre School 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

**Inputs**
- Asthma Program Staff
- Other Public Health Program Staff/Partners & Resources
- Georgia Asthma Coalition Workgroup participation & resources
- Asthma Trigger Awareness/Education Materials & Resources
- State Asthma Plan
- Asthma Burden & Surveillance Reports
- Funding
- Technical Support

**Activities**
- Partnerships developed between partners & HSC to identify sites for training
- Training provided to HSC directors, teachers & staff by partners
- Guided Walk-through in center with staff to identify asthma triggers
- Head Start Staff Provide training to Students
- Partners Provide training to Parents
- Parents complete home checklist

**Outputs**
- # of partnerships established
- # of HSC sites Identified
- # Pre/Post Assessment
- # of triggers present in the center
- Methods identified to provide trainings
- Asthma Trigger Awareness/Education Materials & Resources provided to Staff, Students, & Parents
- # of triggers present in the home
- # of trainings
- # of Participants

**Short-term Outcomes**
- Increased knowledge & awareness of asthma triggers among Head Start/Childcare Center Staff
- Improved cleaning methods and maintenance of the center

**Intermediate Outcomes**
- Organizational policies supportive of asthma management
- Smoke free organizational policies developed
- Reduced production & exposure to triggers in the center

**Long-term Outcomes**
- Reduced asthma hospitalization rate
- Improved health outcomes and asthma maintenance for young children

**Outputs**
- Improved cleaning methods and maintenance of the home
- Improved health outcomes and asthma maintenance for young children
Focus of Evaluation

**Activities**
- Partnerships developed between partners & HSC to identify sites for training
- Training provided to HSC directors, Teachers & staff by partners
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- # of triggers present in the home
- # of trainings
- # of Participants

**Short-term Outcomes**
- Increased knowledge & awareness of asthma triggers among Head Start/Childcare Center Staff
- Increased knowledge, awareness, & capacity to manage asthma triggers in Head Start/Childcare settings
- Increased knowledge & awareness of asthma triggers among individuals with asthma, their families, & communities

**Intermediate Outcomes**
- Improved cleaning methods and maintenance of the center
- Organizational policies supportive of asthma management
- Smoke free organizational policies developed
- Reduced production & exposure to triggers in the center
- Reduced production & exposure to triggers in the home
- Improved cleaning methods and maintenance of the home

**Focus of Evaluation**
- Indoor Air Quality (IAQ)
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?

- Yes, we evaluate all of our Head Start or Childcare Programs (30%)
- Yes, we evaluate some Head Start or Childcare programs (34%)
- Not sure (13%)
- No (23%)
How familiar is your program with the use of logic models?

- Very familiar and we use them regularly: 38%
- A little familiar: 39%
- Not sure: 9%
- Not familiar at all: 14%
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](http://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)?