Care For Their Air

Asthma Pilot Project

for Head Start and Child Care Learning Settings

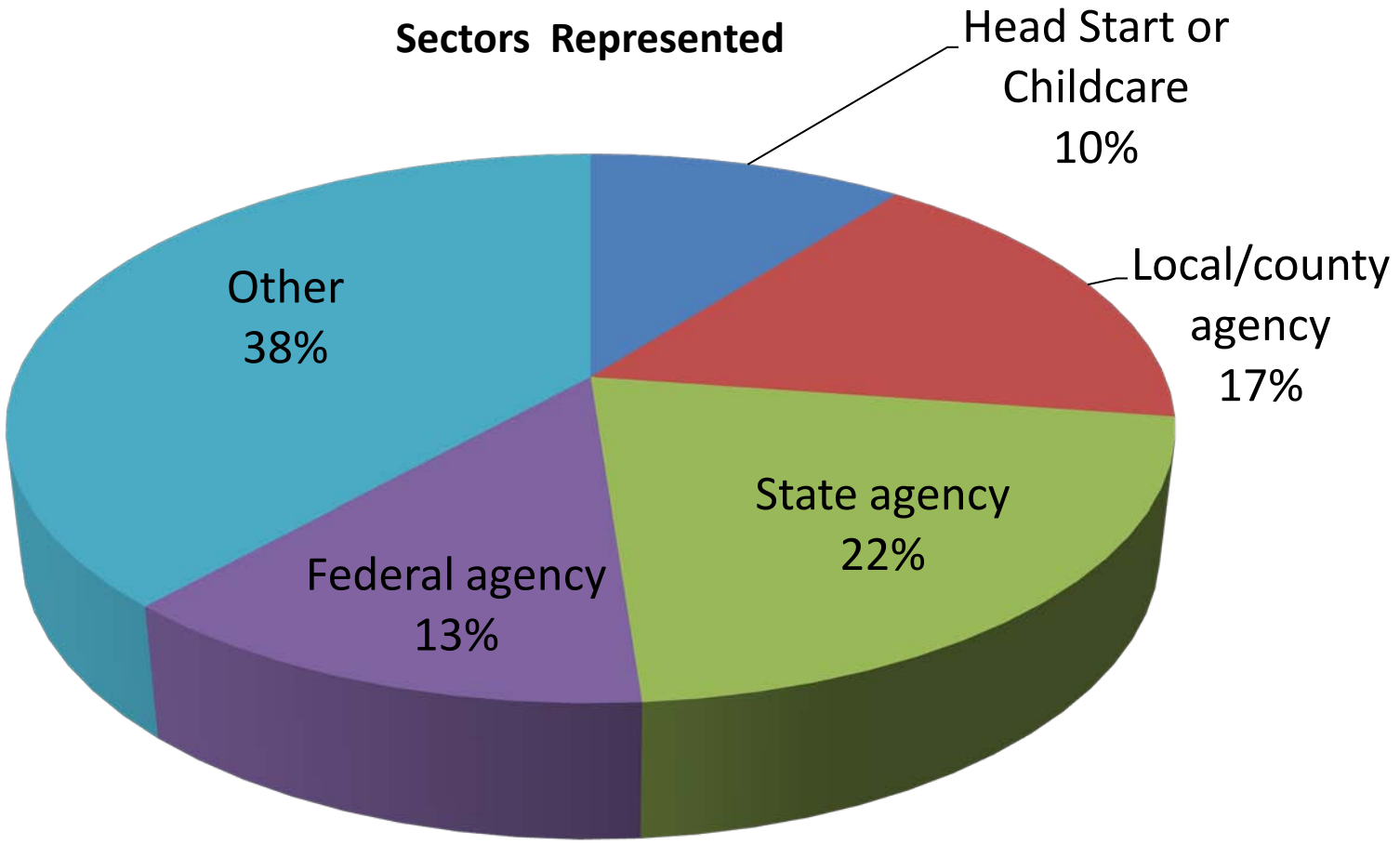
Sponsored Southeast Regional Office Partners:

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

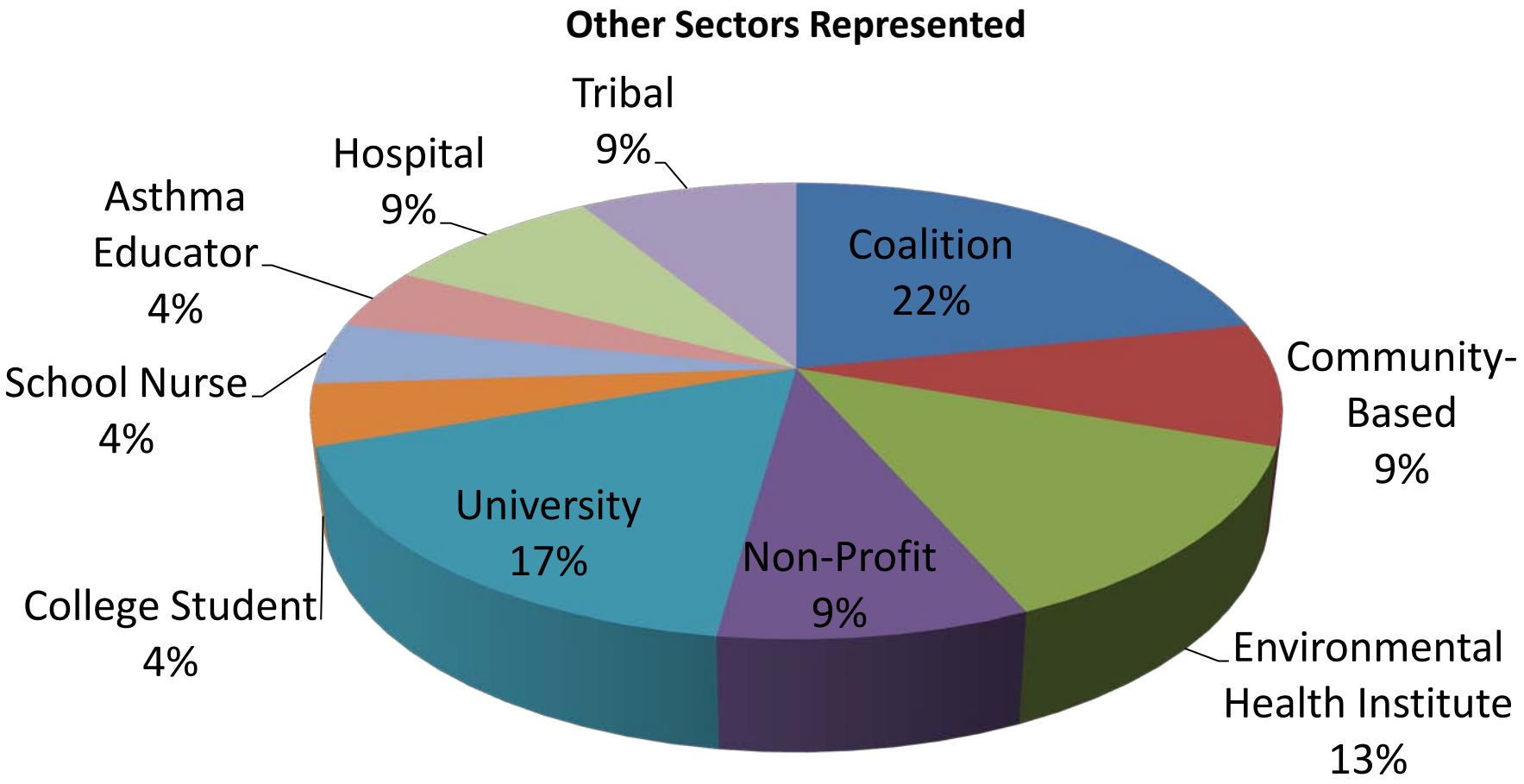
U.S. Environmental Protection Agency

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

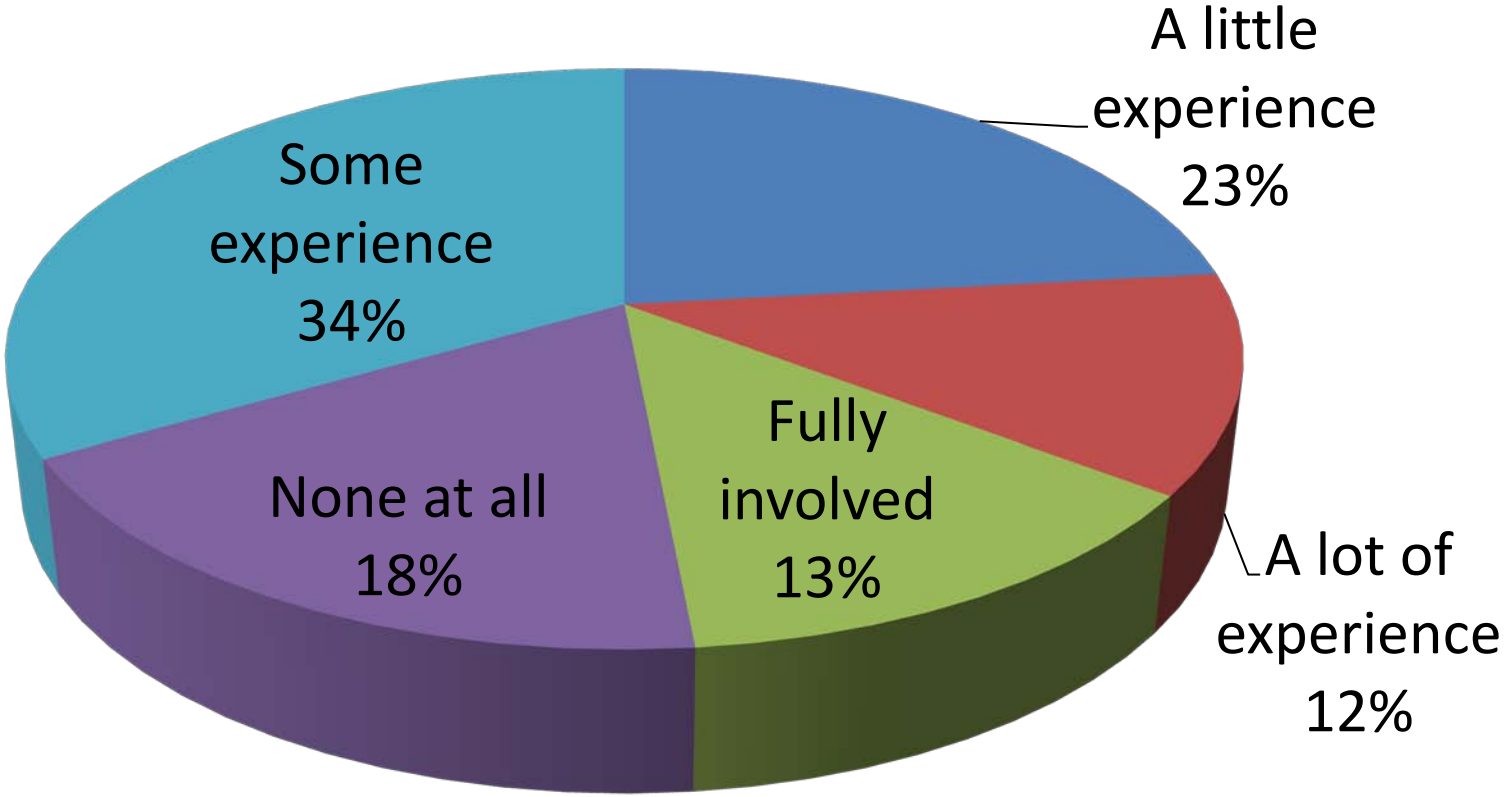
Which sector do you represent?



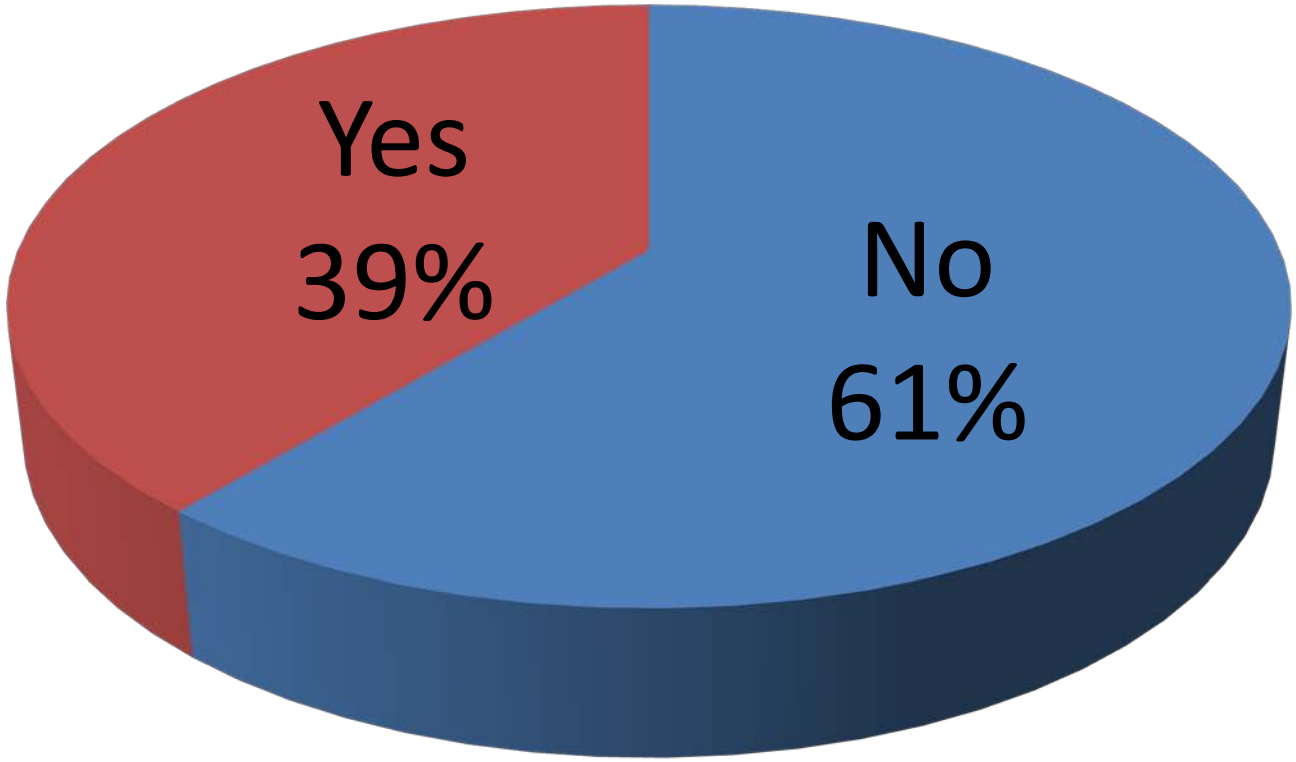
Which sector do you represent?



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

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Administration for Children and Families

U.S. Environmental Protection Agency

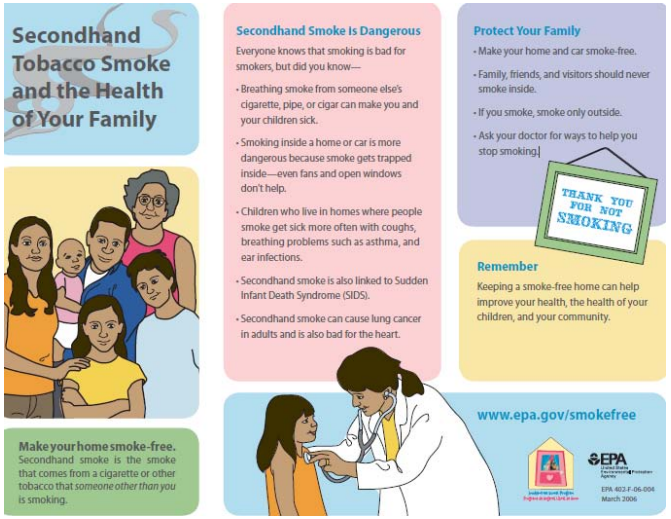
History

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:



- 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
Regional Administrator
Administration for Children and Families
Region IV

Gwendolyn Keyes Fleming
Regional Administrator
Environmental Protection Agency
Region 4

Care For Their Air

Asthma Toolkit:

EPA PUBLICATIONS

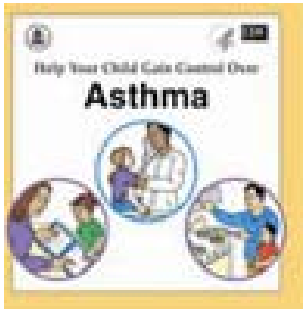
CHECKLISTS(ACF/EPA)

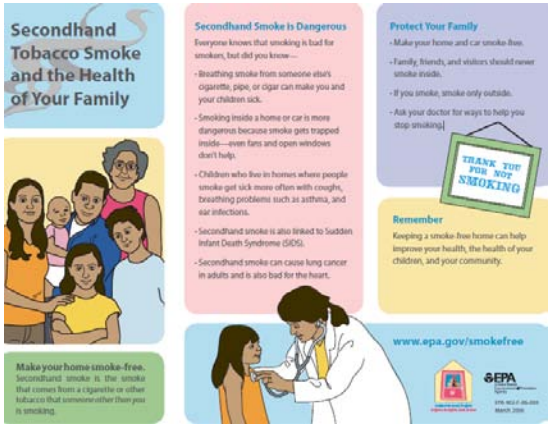
TRAINING MODULES (PARENTS, CHILDREN)

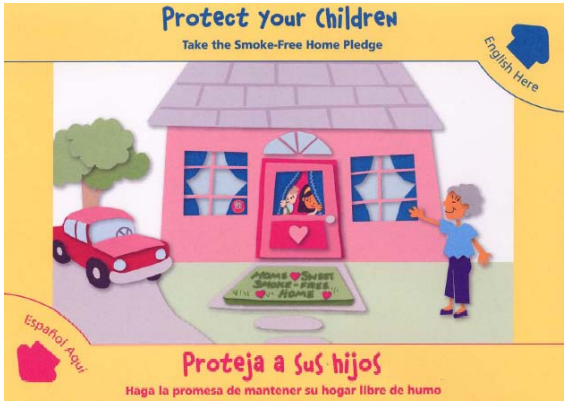
“Care For Their Air” Asthma Toolkit:

EPA PUBLICATIONS

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







“Care For Their Air” Asthma Toolkit:

CHECKLISTS

For Families

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

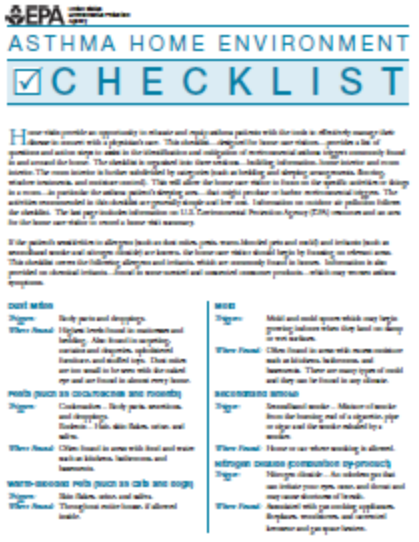
Asthma Friendly ENVIRONMENT CHECKLIST

Head Start centers have a great impact on a child with asthma. They spend almost as much time with you in this setting as they do in their own home environment. We want to help provide you with a simple sheet that guides you through a simple process to look at 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 organized to help you look at your environment from all areas. This checklist covers the following allergens and irritants, which are commonly found in childcare settings.

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	• Do not allow anyone to smoke anywhere in the facility • Do not allow smoking within 15 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	☐Center has a smoke free policy ☐No one is allowed to smoke within 15 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.	• 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	☐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
Dust	In all areas of the center	• 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	☐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



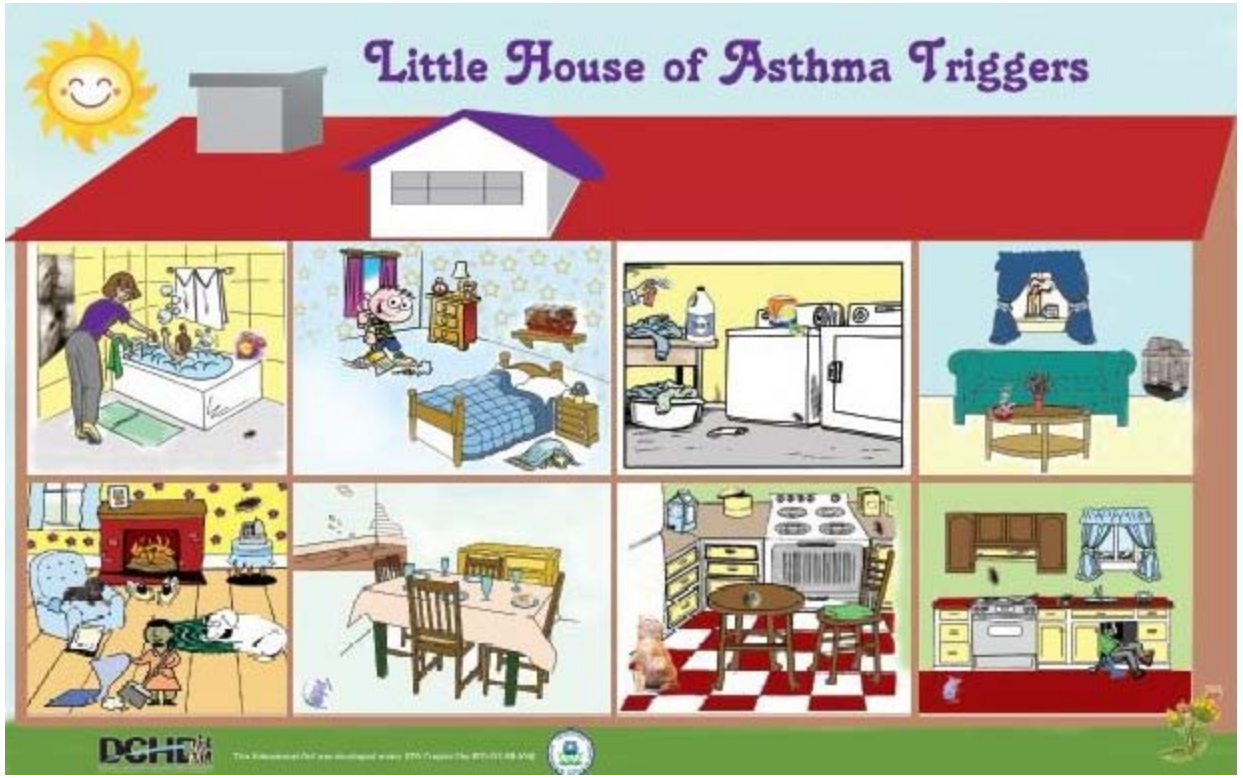
"Care For Their Air" Asthma Toolkit:

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

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

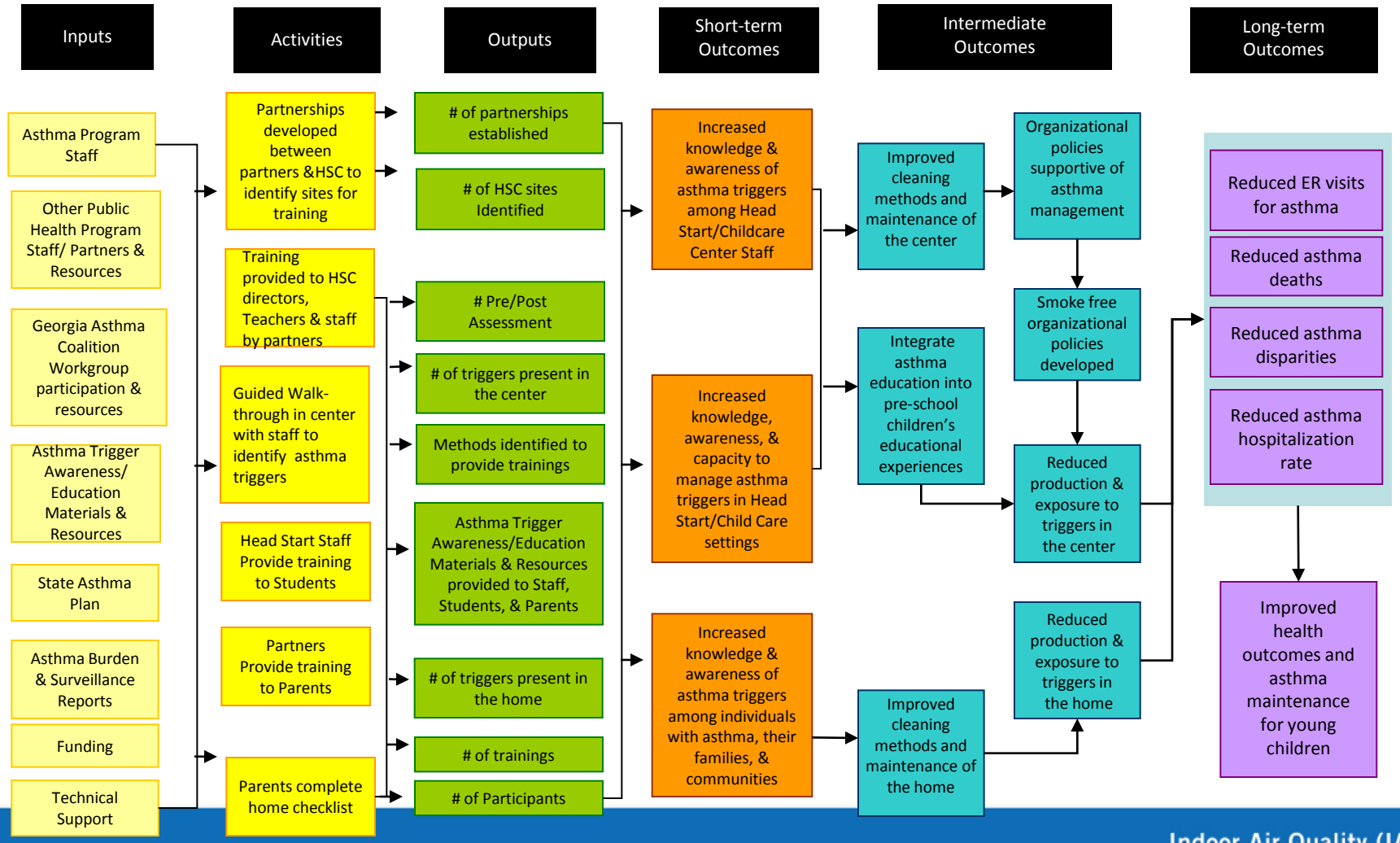
Next Steps

- 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

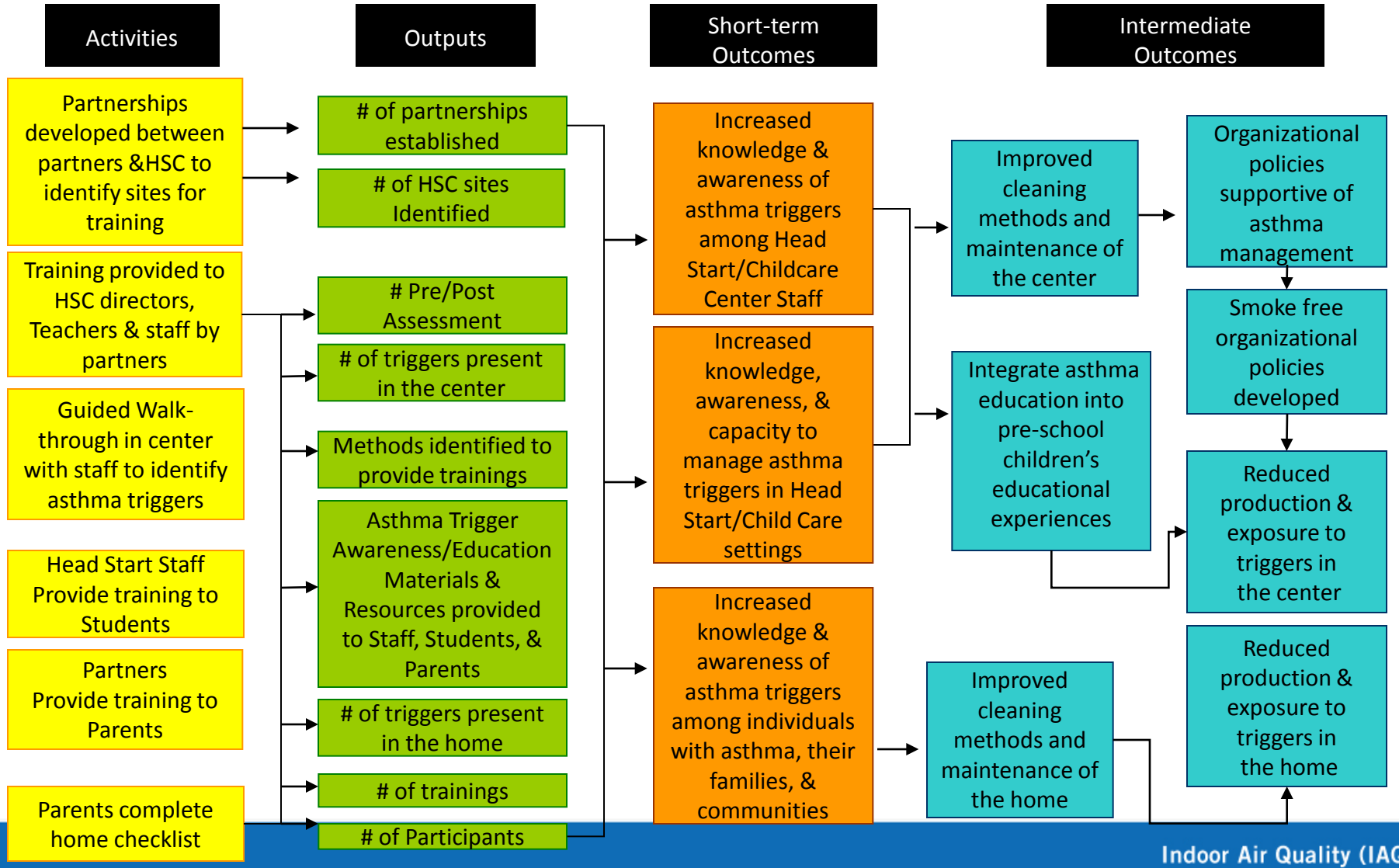
Next Steps

- 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

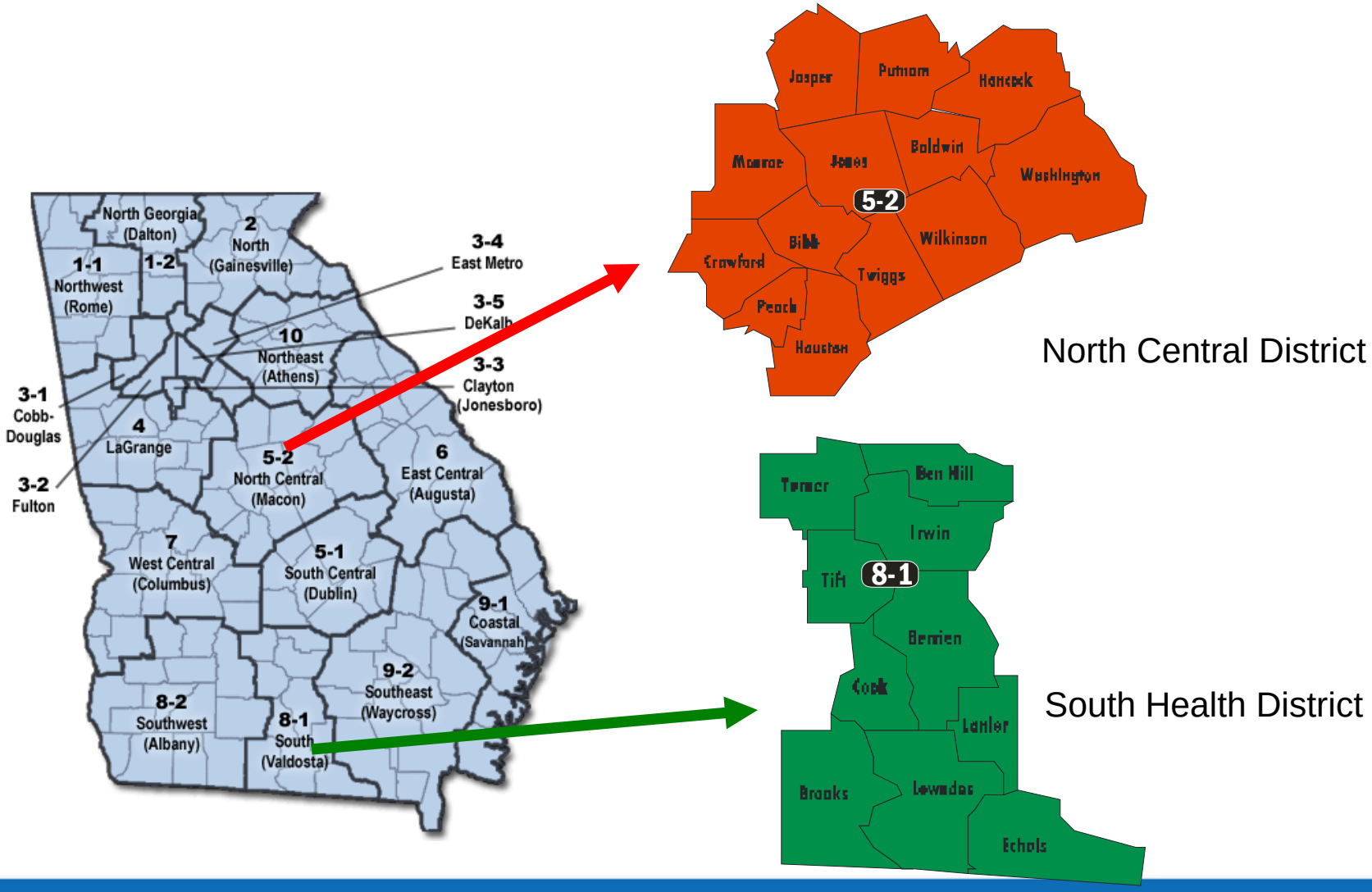
Care for Their Air Logic Model



Focus of Evaluation

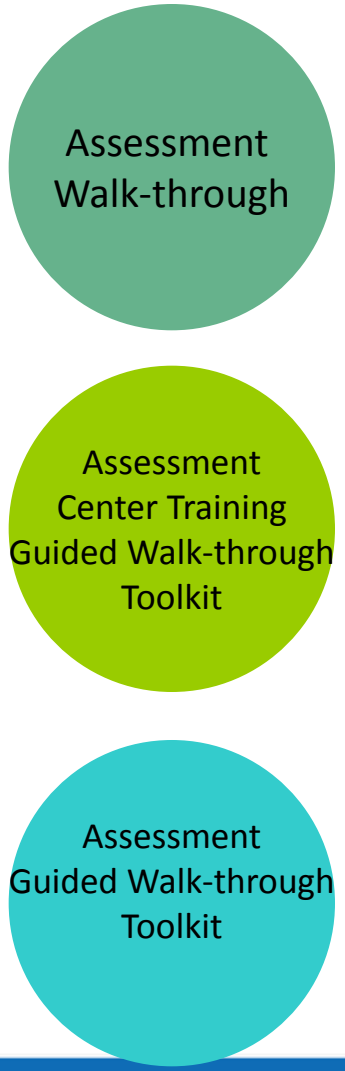


Expanded Site Area



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



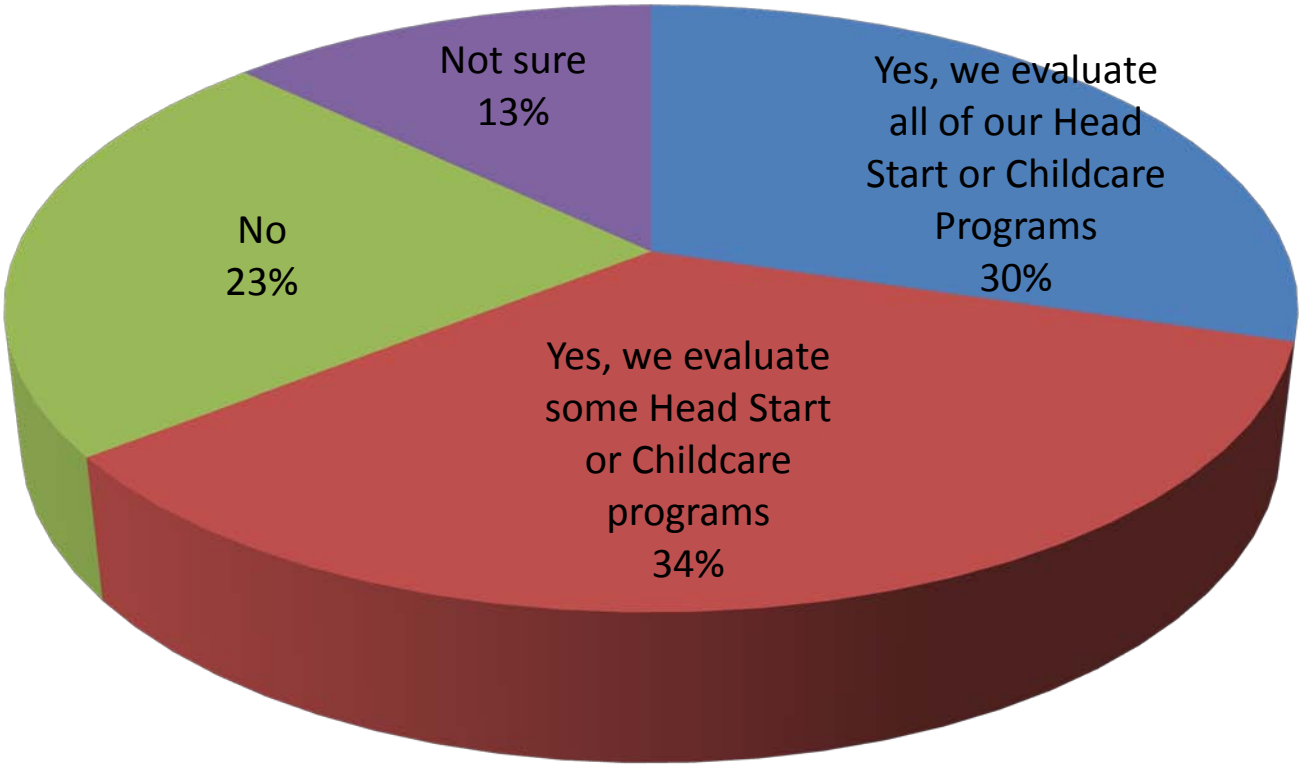
Timeline

- **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

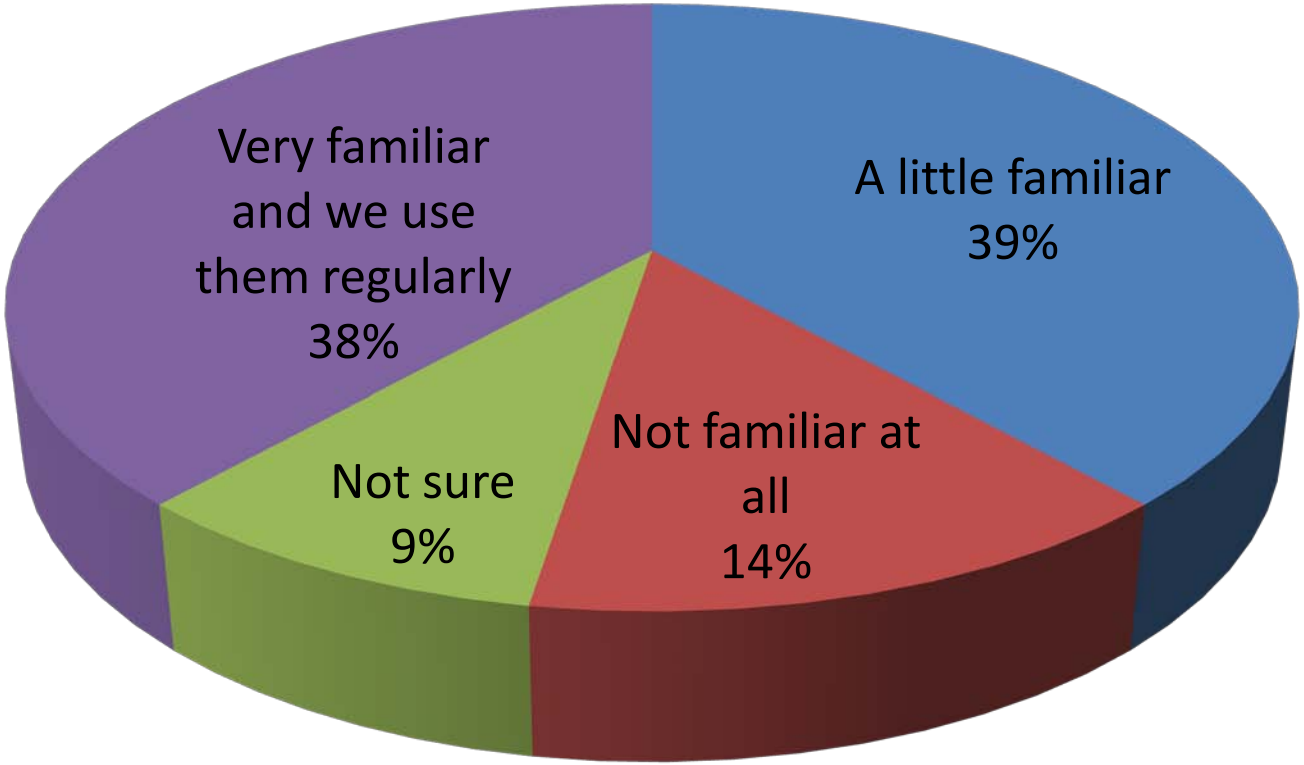
Evaluation Use

- 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)?