



# Resources for Ohio Schools

## Asthma & Tobacco Program Overview

### **Asthma and Tobacco Use in Ohio**

Almost 8% of children under the age of 18 (190,000) have been diagnosed with asthma. For many children, unmanaged symptoms disrupt daily life and impair their ability to learn and play to the fullest. The burden is even higher among some communities: the prevalence rate among children in low-income households is 10.9% (compared to 6.4% among those from households that make \$50,000 or above), and the prevalence rate among Black children is more than twice that of white children, (3.9% compared to 5.6% respectively).

Every day, almost 2,500 children under 18 years of age try their first cigarette, and more than 400 of them will become new, regular daily users. If current tobacco use patterns persist, an estimated 5.6 million of today's youth under age 18 eventually will die prematurely from a smoking-related disease. The American Lung Association continues to take steps to reduce youth tobacco use, but it is still a big problem. All tobacco products, including most e-cigarettes, contain nicotine. Nicotine is highly addictive and can harm brain development in youth.

### **The American Lung Association is here to help...**

As the nation's leading champion for lung health, the American Lung Association is committed to improving pediatric asthma outcomes and ensuring they have education and resources around tobacco cessation to improve the quality of life for children in Ohio.

The Lung Association is providing outreach in Ohio to recruit health professionals to increase their capacity to deliver asthma-guidelines-based care through **Asthma Educator Institute** and recruit school nurses to deliver asthma self-management education through **Open Airways for Schools**<sup>®</sup> and **Kickin' Asthma**. To support education and cessation efforts around tobacco products for youth, the Lung Association is offering INDEPT: An Alternative to Suspension of Citation, and Not On Tobacco<sup>®</sup>. All 5 of these trainings are available at no cost to school nurses and professionals in the state of Ohio.



### **Asthma Educator Institute**

The American Lung Association Asthma Educator Institute is a professional education course for frontline healthcare professionals and educators with 1000+ direct hours of asthma education eligible to sit for the national asthma certification exam. Visit [Lung.org/AEI](https://www.lung.org/AEI) to learn more.



### **Kickin' Asthma**

Kickin' Asthma facilitators lead the American Lung Association's effective teen asthma self-management education program for children ages 11-16. Visit [Lung.org/kickin-asthma](https://Lung.org/kickin-asthma) to learn more.



### **Open Airways for Schools®**

Open Airways for Schools facilitators lead the American Lung Association's effective asthma self-management education program for children ages 8 – 11. Visit [Lung.org/open-airways](https://Lung.org/open-airways) to learn more.



### **INDEPTH**

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Visit [Lung.org/INDEPTH](https://Lung.org/INDEPTH) to learn more.



### **Not On Tobacco®**

Become a vaping and tobacco cessation facilitator for youth in your school or community. N-O-T is an evidence-based approach to help youth ages 14-19 quit or reduce their tobacco use, including e-cigarettes. Visit [Lung.org/NOT](https://Lung.org/NOT) to learn more.

To get started, complete the [Improving Asthma in Ohio Schools Scholarship Form](#).



For questions, please email [Eva.Book@Lung.org](mailto:Eva.Book@Lung.org)!

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