Bring OPEN AIRWAYS FOR SCHOOLS to your classrooms.

Give children a breath of fresh air!

A school-based asthma management program for children with asthma.
Empower children to effectively manage asthma with OPEN AIRWAYS FOR SCHOOLS.

Did you know asthma is one of the leading chronic illnesses among children today? In 2007 alone, 8.7 million school-aged children were affected by the condition.¹

- On average, in a classroom of 30 children, about 3 are likely to have asthma.²
- The condition is a leading cause of school absenteeism. In 2003, about 12.8 million school days were missed due to asthma among more than 4 million kids who reported at least one asthma attack in the prior year.³

While there’s no cure for asthma, the good news is children can learn to better manage it.

Offer the most widely recognized asthma management program.

Over 40,000 schools across the country use Open Airways For Schools to promote asthma management among students ages 8–11. Now you can, too. Three simple program tools help community volunteers or school staff deliver the validated program over six 40-minute sessions held during school days.

Lessons cover:
- Basic asthma information
- Recognizing, managing asthma symptoms
- Solving problems with medications
- Finding, controlling asthma triggers
- Getting exercise, doing well at school
- And more!

Your instructors learn all they need to know from American Lung Association-certified trainers.

Our trainers show your instructors how to deliver the program. Sensitivity training and support for children’s needs and concerns are covered, to give instructors a solid foundation of preparedness to teach the course.

² CDC, National Center for Chronic Disease Prevention and Health Promotion, December 2007. To view, visit www.cdc.gov/HealthyYouth/asthma/.
Give kids a fun and interactive learning environment.

Role-playing games and stories help children learn quickly. Plus, instructors can refer to a Poster Flip Chart to clarify important concepts. Other interactive features include class handouts, progress reports, and parent letters that can be sent home with the children.

Available in English and Spanish.

The program is now available in English and Spanish. That means you can reach children — and their parents — in the language that's easiest for them to understand.

Proven effective!

Analysis of 2002 pre- and post-test data collected from children completing the program found the percentage of children who knew their asthma triggers at school increased from 41% in the pre-test to 65% in the post-test. Similarly, the percentage of children who could ask teachers to remove asthma triggers from the classroom increased from 44% to 58%.

Open Airways For Schools makes a difference.

- Decreased absenteeism
- Fewer asthma attacks at school, less severe ones when they occur
- A drop in the number of children visiting the nurse's office
- Improved classroom performance
- Higher self-esteem, lower stress levels

Bring Open Airways For Schools to your classrooms!
Call your local American Lung Association at 1-800-LUNG-USA (586-4872).
See what educators and parents are saying about Open Airways For Schools.

"Students learn self-management skills to better handle their asthma, resulting in fewer absences and improved academic performance."
- New York State Education Department, Student Support Services

"A tremendous way for our students, parents and faculty to learn how to properly manage asthma...children completing this course had better attendance records than children who did not have asthma."
- School nurse

"I was having a hard time making my son take his medicine...this program helped him understand why it is so important to do so."
- Parent of student with asthma

"Kids were much more knowledgeable about asthma after the program...more in tune to their triggers...enjoyed knowing they were not alone."
- Open Airways course instructor

American Lung Association: fighting asthma for over 20 years.

Fighting asthma has been an integral part of our efforts to prevent lung disease. Open Airways For Schools is a component of the Asthma Friendly Schools Initiative (AFSI), a comprehensive set of strategies and resources designed to educate school policymakers and children about the management and prevention of asthma. The strategies and sample materials are based on programs that have already been successfully implemented in schools throughout the country.

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association, a Charity Navigator Four Star Charity and holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNG-USA (586-4872) or visit www.lungusa.org.

Bring Open Airways For Schools to your classrooms!
Call your local American Lung Association at 1-800-LUNG-USA (586-4872).