

# North Dakota Coordinated School Health Strategies

## Asthma

### Physical Education

- Develop a menu of alternative physical education activities for students with asthma.
- Demonstrate asthma's physical effects and controls so all students understand the condition and the limitations for students with asthma.
- Have asthma symptom identification and treatment protocols available in areas where PE classes and physical activities are likely to occur.
- Ensure a supportive environment that allows students involved in extra-curricular school events to treat asthma without fear of repercussions.

### Health Services

- Develop and promote asthma management policies to students, staff and parents/guardians regarding:
  - Implementing asthma action plans.
  - Allowing students to self-carry and self-administer medication.
  - Ensuring medication is readily accessible, clearly labeled and not available to other students.
  - Preparing emergency plans.
  - Ensuring that personnel trained in administering asthma medications are always identified and available.
- Implement a youth support group for students with asthma and their friends.

### Health Education

- Incorporate asthma awareness into health education curriculum, including:
  - Teaching basic facts and triggers.
  - Teaching how to find a trusted adult who can help someone experiencing an asthma episode.
  - Demonstrating behaviors that support classmates with asthma.
- Require health education and coaching staff to participate in training regarding asthma awareness and education.

### Nutrition Services

- Provide information to food service staff and students about food triggers for asthma and allergies.
- Educate students about the harmful effects of obesity on asthma.
- Promote healthy diet and adequate physical activity for students with asthma.



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## Healthy School Environment

- Implement and enforce a comprehensive tobacco-free school policy.
- Execute indoor air quality practices, including:
  - Promoting a fragrance-free school environment.
  - Monitoring indoor humidity.
  - Responding to signs of mold, mildew and leaks.
  - Maintaining adequate building ventilation.
  - Adopting the Environmental Protection Agency's "Indoor Air Quality Tools for Schools" program.
- Prevent exhaust fumes from entering the school or accumulating in the outdoor areas by prohibiting buses and cars from idling outside the school building.

## Family & Community Involvement

- Participate in community education programs through service and outreach organizations.
- Provide information about asthma management and services through educational materials sent home in school newspapers and through other venues and activities.
- Involve families and community members in the planning and development of asthma-related policies and safety programs.

## Counseling, Psychological & Social Services

- Offer counseling services to students who have asthma.



- Create a youth group to share stories of successful asthma management and to serve as mentors to younger students.

## Health Promotion for Staff

- Ensure that all school staff have received training in asthma management, including:
  - Symptom identification.
  - Treatment protocol.
- Offer asthma screenings to staff as a component of worksite wellness.



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