



Oregon Asthma Quarterly

VOLUME 1, ISSUE 2

SPRING 2008

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Network News

Registration is now open!

2008 Oregon Asthma Network Annual Meeting

Influencing Change in Asthma

For more information and to register:

<https://programs.regweb.com/beattygroup/asthma08>

During this day-long event, Network members will have the opportunity to explore elements of the social environment that influence asthma, and build their knowledge and skills to successfully influence change in asthma management in their communities.

Meeting Highlights:

- Linking changes in the social environment with improved asthma clinical care
- Skills building sessions on developing community will to change
- State's new framework for addressing chronic disease

Keynote Speaker: Sally Findley, PhD; Professor of Clinical Population and Family Health and Clinical Sociomedical Sciences at the Mailman School of Public Health, Columbia University; Director of the Northern Manhattan Asthma Basics for Children Initiative.

Dr. Findley will speak from her experience with coalition building in New York, focusing on asthma topics of most concern in Oregon. These include smoking and exposure to second hand smoke; self-management and medication use; and creating and supporting linkages between community and public health resources and clinical health systems.

Tuesday, July 8, 2008

8:30 AM to 4:30 PM, Networking starts at 8:00 AM

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Holiday Inn Portland/Convention Center

\$20.00 per person

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New Oregon Asthma Resource Bank materials in Spanish; Russian and Vietnamese materials coming soon

Four more of the Oregon Asthma Resource Bank materials are now available in Spanish. These materials are available online in the [Oregon Asthma Resource Bank](#). Several of the materials will be available in Russian and Vietnamese this summer. Check the Web site often for new materials.

These materials went through a rigorous review process to ensure that they are culturally appropriate and relevant, easy to read and understand, and clinically accurate. For more information on the review process, contact the Oregon Asthma Program at asthma.ohd@state.or.us or 971-673-0984.

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Open Airways achieves success in Medford!

The Community Health Nurses at Kids Health Connection in Medford, Oregon, partnered with elementary schools last fall to provide [Open Airways for Schools](#) to four classes of kids with asthma. Thank you, Community Health Nurses, for your time and support. This is just one example of community organizations working with local schools to promote asthma management. Open Airways for Schools is an evidence-based program that teaches asthma self-management to students in third through fifth grades with asthma. With support from the American Lung Association of Oregon, areas across the state are uniting to provide asthma education through this outstanding program. Other community efforts include areas such as Grants Pass, Clackamas, Klamath Falls, Newport and Madras. To learn more about how your community can support Open Airways for Schools — please call Beverly Stewart, Lung Health Manager, at 503-718-6146 or e-mail beverly@lungoregon.org

- ▶ [Air Quality Advisory Alerts](#)

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- ▶ [Physician Asthma Care Education \(PACE\)](#)
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- ▶ [Sign up to receive information on new resources and opportunities related to your specific areas of interest](#)

For questions about the Oregon Asthma Quarterly and related resources,

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Oregon Environmental Council's new Family Pledge Campaign

The Oregon Environmental Council invites you to participate in their Family Pledge Campaign, which helps families identify simple changes they can make to reduce environmental health threats in the home — threats that are increasingly linked to health concerns such as asthma and learning disabilities. [Click here to participate in the Family Pledge](#), by committing to make at least three changes in or around your home to make your home a healthier and safer place. The first 500 pledges get a free Eco-Healthy Kid T-shirt. Subsequent pledges will be entered into monthly drawings.

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Freedom from Smoking is recruiting facilitators

[Freedom from Smoking \(FFS\)](#) is a comprehensive approach to quitting smoking in a group- support setting. It is based on the premise that smoking is a learned behavior and provides opportunities to track personal habits, develop coping strategies, and practice those strategies in a supportive environment with peers.

The American Lung Association of Oregon is recruiting facilitators to provide this program to its community. FFS cessation clinics are/can be sponsored by various hospitals, clinics and agencies across Oregon. Facilitators must be certified by attending a two-day workshop led by an ALA-certified master trainer. **To learn more about when these trainings will occur, call Bev Stewart, Lung Health Manager, at 503-718-6146 or e-mail beverly@lungoregon.org**

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contact the Oregon Asthma Program at asthma.ohd@state.or.us or call 971-673-0984

Oregon Asthma Quarterly is a free service provided to members of the Oregon Asthma Network. Signing up for the network is free. To sign up for the network and to receive "Oregon Asthma Quarterly," go to: [Network Signup Form](#).

If you wish to unsubscribe to this newsletter please send an e-mail to asthma.ohd@state.or.us.



May is Asthma Awareness Month

The Environmental Protection Agency provides an Event Planning Kit featuring new ideas for outreach and awareness activities, tips for working with the media, success stories and much more. [Click here to download the kit and learn about events in Oregon.](#)

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Feature — Health Literacy and Cultural Competency

Resources:

[Unified Health Communication 101: Addressing Health Literacy, Cultural Competency, and Limited English Proficiency](#)

The Health Resources and Services Administration's (HRSA) free online training will help you:

- **Improve your patient communication skills;**
- **Increase your awareness and knowledge** of the three main factors that affect your communication with patients: health literacy, cultural competency and low English proficiency; and
- **Implement patient-centered communication practices** that demonstrate cultural competency and appropriately address patients with limited health literacy and low English proficiency.

Course credit is available.

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U.S. Committee for Refugees and Immigrants releases Healthy Living Toolkit

The U.S. Committee for Refugees and Immigrants (USCRI) recently released the [Healthy Living Toolkit](#). This toolkit contains materials designed to help refugees and immigrants become proactive health consumers and promoters in their communities. The toolkit supports health professionals, health promoters, ESL teachers, and resettlement case managers in assisting refugees and immigrants to navigate the health system in order to reduce health disparities among these populations. The toolkit has been developed in a culturally appropriate manner and provides materials on a range of health related topics in 16 languages.

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[Health Literacy Fact Sheets](#) are now available

The Center for Healthcare Strategies created a series of nine fact sheets (*listed below*) for those who are designing education materials for healthcare consumers with low health literacy skills. The sheets define health literacy, describe its impact on health outcomes, provide strategies to prepare appropriate educational materials to assist low-literate consumers, and provide resources for additional health literacy information and publications.

- *What is Health Literacy?*
- *Who has Health Literacy Problems?*
- *Impact of Low Literacy Skills on Annual Health Care Expenditures*
- *Health Literacy and Understanding Medical Information*
- *Strategies to Assist Low-Literate Health Care Consumers*
- *Preparing Patient Education Materials*
- *Tools to Evaluate Patient Education Materials*
- *Health Communication and Cultural Diversity*
- *Resources for Health Literacy Information and Publication.*

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Reports:

Health Literacy Practices in Primary Care Settings: Examples from the Field

Low health literacy is pervasive in the United States, particularly among older adults and people with limited education or English proficiency. Patients with low health literacy are at greater risk of misunderstanding treatment recommendations, taking prescriptive medications improperly, and experiencing lower health status and poorer health outcomes.

But according to a new Commonwealth Fund report, there are a number of practical steps that health care providers can take to combat the problem. In **[Health Literacy Practices in Primary Care Settings: Examples from the Field](#)**, Sharon Barrett, M.S., Jennifer Sheen Puryear, M.P.H., and Kathie Westpheling, M.P.H., identify practices used by health care providers across the U.S. to improve care for patients with low health literacy, including:

- Making all members of the care team, from reception area to checkout, responsible for identifying patients who are challenged by health literacy issues;
- Using standardized communication tools, including Teach Back, Ask Me 3, or Motivational Interviewing;
- Using plain language, face-to-face communication, pictorials

and patient education materials that are culturally appropriate and written at a suitable literacy level (check out the [Oregon Asthma Resource Bank](#) for asthma materials that meet these criteria!);

- Partnering with patients to achieve goals and ensure that patients understand and can manage their treatment plans; and
- Creating a care management environment where health literacy is not assumed.

As the report shows, by joining forces with their patients, provider can overcome health literacy barriers and help ensure the delivery of high-quality, patient-centered care.

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Reports:

[Caring Across Cultures: Achieving Cultural Competence in a School Health Setting](#)

This report summarizes the results from a survey conducted by the Center for Health and Healthcare in Schools, conducted in February 2004. Responses suggest that there is a broad range of experience of the effect of cross-cultural communication on school based practice. More than 40 percent of the respondents reported that their health program has been affected by cross-cultural communication difficulties.

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Self-management resources — Helping people manage asthma where they live, work, go to school and play

Resources:

[Free videos](#) about controlling asthma triggers in the home

Asthma triggers in the home can make it hard to keep asthma under control. The N.W. Clean Air Agency recently released two new videos that provide information for people with asthma about how to control common indoor asthma triggers. The videos are: **Attack Asthma at Home: A Practical Approach to Asthma and Mold in your home: Causes, Prevention, and Clean up.** These videos can be downloaded for free.

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[Free video](#) on communicating with your doctor

In January, the Agency for Health Care Research and Quality released a video on communicating effectively with your doctor. This video can help you understand how some common barriers to good communication can be overcome by asking the right questions.

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Living Well with Chronic Conditions

[Living Well with Chronic Conditions](#) (the Chronic Disease Self-Management Program) is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic

conditions may bring about. For more information about upcoming workshops for people with chronic conditions and training to become a workshop leader, go to:

<http://oregon.gov/DHS/ph/livingwell/>.

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Reports:

[Racial and Ethnic Disparities in U.S. Health Care: A Chart Book](#)

Many Americans are in poor health and do not receive the best medical care. While these problems affect people of all groups and walks of life, the challenges are especially acute for racial and ethnic minorities. Many research studies and reports have documented that minorities are in poorer health, experience more significant problems accessing care, are more likely to be uninsured, and often receive lower quality health care than other Americans. These differences may be caused in part by factors such as income, education and insurance coverage. But even after adjusting for these determinants, disparities often persist. Given the rapidly growing diversity of this nation, an increasing number of minority Americans find themselves at risk of disease and not getting the care they need.

The goal of this chartbook is to create an easily accessible resource that can help policymakers, teachers, researchers and practitioners begin to understand disparities in their communities and to formulate solutions.

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Air quality and asthma

Indoor Air Quality Tools for Schools National Symposium

Materials from the U.S. Environmental Protection Agency (EPA) annual **[Indoor Air Quality Tools for Schools \(IAQ TFS\)](#)** National Symposium in Washington, D.C., are now available online. The *IAQ Tools for Schools* Program is a nationwide initiative to help school officials assess, resolve and prevent IAQ problems, and to reduce exposure to asthma triggers in school facilities. While

school officials, administrators, facilities and operations personnel teachers, parents, and students traditionally attend, the symposium is open to anyone with an interest in IAQ in schools.

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Air Quality Advisory Alerts

The Oregon Department of Environmental Quality offers Air Quality Advisory Alerts. To view the air quality index for your area and to sign up for alerts, go to:

<http://www.deq.state.or.us/aqi/index.aspx>

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Resources for health systems and health care providers

Resources:

Physician Asthma Care Education (PACE)

Allies Against Asthma at the Center for Managing Chronic Disease (CMCD) of the University of Michigan, in partnership with the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health, is pleased to announce the launch of the Physician Asthma Care Education (PACE) Web pages on NHLBI's Web site:

<http://www.nhlbi.nih.gov/health/prof/lung/asthma/pace>

The PACE program is a two-part interactive, multi-media educational seminar for primary care physicians to improve physician awareness, ability and use of communication and therapeutic techniques for reducing the effects of asthma on children and their families. The Web site includes all PACE materials needed to conduct a seminar, including a series of videos to train seminar facilitators, a contact list of master trainers, and updated curriculum materials that reflect *Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma* that was released August 2007 by the National Asthma Education and Prevention Program (NAEPP), coordinated by the NHLBI. All PACE materials are available free of charge.

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Reports:

CD Summary on Geographic Disparities in Pediatric Asthma Control

This [CD Summary](#) summarizes the data on geographic disparities in asthma control among Oregon children aged 0–17 years old who are on Medicaid. It provides information on what health care providers can do to address disparities and improve asthma care for all children.

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The Medicare Physician Group Practice Demonstration: Lessons Learned on Improving Quality and Efficiency in Health Care

Participants in Medicare's Physician Group Practice (PGP) Demonstration, launched in 2005, are charged with improving the coordination of care for their fee-for-service beneficiaries, investing in administrative and process improvements to increase efficiency and improving the quality of patient care. Practices earn performance payments based on their success in meeting these goals. In the new Commonwealth Fund report, [The Medicare Physician Group Practice Demonstration: Lessons Learned on Improving Quality and Efficiency in Health Care](#), scholars report on what the participating practices have learned so far in their efforts to improve quality and efficiency, how they might go about expanding and refining the interventions they have designed, and what the broader implications are for the Medicare program.

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[The Feasibility and Value of New Measures Showing Patterns of Quality for Patients with Three Chronic Conditions](#)

This Commonwealth Fund report focuses on patterns of quality care delivered to patients with diabetes, heart failure and asthma. In general, the study found that a majority of patients with diabetes and heart failure received sub-optimal care, while patients with asthma did not fare as badly.

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Surveillance updates

Work-related asthma

The Oregon Worker Illness and Injury Prevention Program (OWIIPP) is designed to improve the health of all working Oregonians by preventing work-related injury, illness and death. OWIIPP has been collaborating with state and national partners to estimate the burden of work-related asthma (WRA). OWIIPP's epidemiologist attended a recent WRA meeting in Boston, MA, and the state public health departments in Oregon, Michigan, and Minnesota are working together to analyze survey data on work-related asthma. Stay tuned for a publication on this topic later in 2008. For more information about OWIIPP, please visit www.oregon.gov/dhs/ph/owiipp.

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**Online Oregon Asthma Resource Bank:
Your source for reliable asthma education and
provider tools**

[Join the Oregon Asthma Network](#) to receive updates on new and revised Resource Bank Materials

Have a success story about using the resource bank

[Share your stories with us.](#)

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Asthma program updates

Welcome, Rodney Garland!

Rodney Garland joined the asthma program in January 2008 as the program's epidemiologist. Prior to joining the asthma program, Rodney worked for three years as the research analyst for the Oregon Environmental Public Health Tracking Program. Before coming to Public Health, Rodney worked for 12 years as a research biologist with the U.S. Geological Survey with a focus on spatial analysis and data informatics. Rodney has a master's degree in geography from Portland State University with a focus on geographic information systems. He currently is working on his second master's degree from Pennsylvania State University with a focus on spatial statistics and public health. You may e-mail Rodney at rodney.garland@state.or.us or call him at 971-673-1348.

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And also welcome, Raquel Bournhonesque!

Raquel Bournhonesque joined the asthma program on May 1st to fill in for Tracy Carver while she is on maternity leave. Prior to joining the program, Raquel worked for four years managing a food, nutrition, and agriculture program at the Community Food Security Coalition in Venice, CA. Raquel has a master's degree in Public Health from Portland State University with a focus on media advocacy. She can be reached at RBournhonesque@dhs.state.or.us or at 971-673-1103

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Resources from the Oregon Asthma Program

[**Oregon Asthma Resource Bank**](#)

[**Oregon Asthma Surveillance Report**](#)

[**"A View of Asthma in Oregon"**](#)

[**CD Summary articles on asthma**](#)

[**Oregon Asthma Leadership Plan**](#)

[**Guide to Improving Asthma Care in Oregon**](#)

[**Living Well With Chronic Conditions**](#)

[**Join the Oregon Asthma Network**](#)

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