



Health Care Mitigation Grants Program Final Report

Grant Recipient:	American Lung Association in California
Contract Number:	HD-8298
Award Amount:	\$92,965
Date Submitted:	08/26/2016

Total POLB Expenditures:	\$90,965
Total Number Beneficiaries Served:	4,790
Please describe how you determined the number of beneficiaries served.	
<p>31 kids attended SCAMP and their guardians were followed-up during month 1,3,6 after SCAMP. 30 health educators received training at the Asthma Educator Institute, who serve thousands of asthma patients, and 17 health educators at the Breathe Well, Live Well Training, who served over 2,500 asthmatics in the course of 2 years with this program. Spanish videos translated reached about 200 individuals in the first month of release amongst the 10 community partners in Long Beach.</p>	

Provide a narrative description of the project.	
<p>The American Lung Association provided asthma interventions for children at SCAMP camp, developed and distributed Spanish asthma resources, provided asthma management trainings to health educators, and worked with health educators and partners who were interested in becoming Certified Asthma Educators by taking the NAECB exam.</p> <p>Thirty-one children from Long Beach attended SCAMP camp to learn asthma self-management skills, including asthma triggers, medication use, exercise-induced asthma, and how to handle an asthma attack. In addition, their guardians were called by the Lung Helpline 1,3,6 months after SCAMP to provide additional support and were mailed seasonal information for asthma management.</p> <p>Thirty Asthma Educator Institute scholarships and study material/support for the NAECB exam were provided to encourage as many health educators in Long Beach to take the NAECB Exam (national asthma educator certification board). We had several phone calls and discussions about NAECB exam with 20 interested individuals and their supervisors, but no one from Long Beach registered for the exam.</p> <p>The Breathe Well Live Well training was provided to 17 health educators in which they learned to use the BWLW self-guide for adults with asthma and trained on how to work with adults over the course of 3 in-home sessions. Over 2,500 interventions to adults with asthma were provided by these health educators in 2014 & 2015.</p> <p>Four Spanish animation/videos were translated, produced, and distributed to 10 health partners in Long Beach. The video is now an asset for their organization's resources and available to share directly with asthma patients.</p>	
Provide a narrative discussion of the actual project results (outputs and outcomes) based on the metrics defined in your workplan. Please describe the methodology used for any quantitative results. Outcomes and outputs may include, but are not limited to:	
<ul style="list-style-type: none"> ▪ Number of filters installed; ▪ Number of people served; ▪ Number of educational sessions held; 	

- Decrease in missed school/work days;
- Decrease in hospitalizations;
- Improvements in quality of life;
- Other

Use additional sheets if necessary.

Thirty-one children from Long Beach attended SCAMP camp for 5 days to learn self-management skills of asthma, including asthma triggers, medication use, and how to handle an asthma attack. The guardians of 31 SCAMP children were followed-up by the Lung Helpline after 1,3, & 6 months of SCAMP 2014 & 2015 to provide support and check if asthma management for the family improved. In addition, they were mailed information regarding back to school and seasonal information for asthma. After SCAMP, parents reported overall their child's asthma is under control 96% of all the time or most of the time, 39% reduced or avoided asthma triggers all the time, and 51% of children are taking their daily prescribed medication all the time. Their quality of life also improved in exercise and sleep, parents reported their child is confident in exercising or playing outside at 87% all of the time or most of the time. During each follow up at 1,3,6 months, parents reported none of the children were admitted to a hospital or visited the emergency room or urgent care due to their asthma.

30 health educators received training at the Asthma Educator Institute from Long Beach, who serve thousands of asthma patients, and 17 health educators at the Breathe Well, Live Well Training, who serve 2,500 adults with asthma through this program.

Thirty scholarships were provided to Long Beach health educators and medical professionals for the Asthma Educator Institute, to help with preparation for taking the NAECB exam, which certifies asthma educators nationwide. The 2-day course included 10 expert speakers on asthma management and best practices. In 2014, 10 health educators were provided with a tailored training to cover the most difficult topics of the NAECB exam, the training was facilitated by George Garcia, a Certified Asthma Educator and Respiratory Director of a hospital.

ALA staff spent 120 hours over the course of 2 years to identify Long Beach health educators or medical professionals who want to take the NAECB test. Resources, study materials, handbooks, and connections to Certified Asthma Educators were provided to 30 Long Beach health professionals and health educators who were interested in taking the NAECB exam. 3 presentations to LBACA, 4 meetings with Long Beach City Health Department, 2 meetings with Memorial Hospital Community Education Director, 1 meeting with Miller Children's Hospital Respiratory Director, outreach at 3 asthma health fairs in 2014/15, meetings/emails/phone calls with 30 interested health professionals.

Spanish videos translated included "What is Asthma?" animation, How to Use Nebulizer, How to Use MDI with Spacer, and How to Use Diskus, which are most-prescribed forms of medication. Staff time was spent on coordination between National ALA, production studio, voice-over talent, translation services, editing, viewing, and delivering to 10 Long Beach partners who could share the information with their Spanish-speaking asthma patients. Production costs included a Spanish voice-over and Spanish subtitles to go along with the voice and instructions. The videos were released May 2016 to 10 Long Beach partners (including WIC, Millers, Memorial Hospital, and local clinics). The partners wanted the electronic copies because they're easier to share with their patients during teach-back for medications and for presentations with groups. The electronic videos are downloadable and shareable across the organizations. The videos are located: <http://www.lung.org/espanol/asma.html> and <https://lungca.app.box.com/s/skp9u9bn08yam962gks5v4hr892lu3ei/1/8483420309>