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FOR IMMEDIATE RELEASE

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Breathe California of the Bay Area receives \$20,000 Anthem Blue Cross Foundation for Asthma Education Services

SAN JOSE, CA

"My daughter knew a lot about her asthma from talking to her pediatrician, but the asthma classes were a good refresher and reinforcement for her", said Thi Le-Nguyen, mother of asthma program student.

What is Asthma?

Asthma is a chronic condition of the lungs that inflames and narrows the airways. It affects people of all ages, but it most often starts during childhood. In California, one in every six children has been diagnosed with asthma.

Asthma Education Program in Alameda County

Breathe California of the Bay Area's (BCBA) asthma management program seeks to reduce the burden of asthma in diverse population, especially for the lowest socioeconomic status families. In collaboration with Anthem Blue Cross Foundation: BCBA will begin to provide 1) Multi-session asthma education classes to children with or without asthma in schools 2) 60-90 minute workshops for adults including parents and childcare providers at daycare centers and 3) Conduct indoor air quality assessments in homes/schools/daycare centers in Alameda County. BCBA's asthma management education programs are led by a certified asthma educator in English or Spanish.

Learning Objectives of Asthma Education Program

BCBA provides children, adults and families with the tools and knowledge to better control their asthma and how to avoid an attack. The participants learn:

- Physiology of normal lungs vs Lung functionality during an attack
- To identify and reduce triggers of Asthma attacks
- Understand how/when to take track the condition and take medications
- To manage Asthma symptoms in different environments
- Importance of healthy eating, healthy living, and exercise

For more information on the asthma management education workshops visit www.breathebayarea.org or contact Nidhi Badiyani at (408)998-5865 / nidhi@lungsrus.org.

About Breathe California the Bay Area:

BCBA is a 501(c) 3 non-profit organization which was founded in San Jose, California in 1911. Although originally centered on combating tuberculosis, programs are now focused on fighting all lung diseases as well as promoting clean, healthy air. BCBA has provided asthma management program to schools and San Jose for over 11 years.

By: Melissa Renteria

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