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**FOR IMMEDIATE RELEASE**

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## **Breathe California of the Bay Area Partners with El Camino Hospital to Host Asthma Workshops**

SAN JOSE, CA

### **History of Breathe California the Bay Area and its Asthma Services:**

Breathe California of 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 the community for over 11 years. BCBA's asthma management program seeks to reduce the burden of asthma in diverse population, especially for the lowest socioeconomic status families. BCBA has a memorandum of understanding with the San Jose Unified School District to provide asthma education; El Camino Hospital has collaborated with BCBA to provide asthma management education to children in schools in Northern Santa Clara County, as well as air quality assessments in homes, schools, and childcare centers.

### **What is Asthma?**

Asthma is the leading chronic disease in children and is the most common reason for school absenteeism. In California, 1 in every 6 children have been diagnosed with asthma. With the help of the asthma management education workshops, BCBA provides children with the tools and knowledge to better control their asthma and how to avoid an attack. This in turn lowers school absences and improves performance in schools.

### **Asthma Management Education Workshops:**

BCBA's asthma management education workshops are very flexible and are offered to asthmatic children in four 1-hour sessions. These sessions can be incorporated before school hours, after school hours, once a week, or bi-monthly. BCBA also offers 90-minute workshops for parents, teachers, and caregivers. All sessions are taught by a certified asthma educator and if needed the sessions can be delivered in Spanish.

### **Benefits of Asthma Management Education Workshops:**

Children who participate in the asthma management education workshops will develop a better understanding of asthma. As a result, children will benefit from: better academic performance in the classroom, decline in school absenteeism, become more attentive in their asthmatic needs, and increase self-esteem and self-confidence.

The children not only increase their knowledge about asthma but they also enjoy the educational workshops. "The asthma classes were fun and taught me how to prevent asthma attacks and stay healthy. I learned how certain foods can help you avoid having an asthma attack. Other kids with asthma should take these classes to learn how to take care of themselves and not have asthma attacks". –Quyen, age 9, a student of the asthma management education workshops.

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

By: Melissa Renteria

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