

Asthma & Allergy Foundation of America (AAFA), California Chapter
5900 Wilshire Blvd., Suite 710
Los Angeles, California 90036

March 5, 2008

South Coast Air Quality Management District
21865 Copley Drive
Diamond Bar, CA 91765

Dear South Coast Air Quality Management District, Board of Directors:

The California Chapter of the Asthma & Allergy Foundation of America (AAFA) was originally founded in 1976 for the sole purpose of sending children with severe asthma to camp where they can get the necessary medical attention, education, yet still enjoy the camp experience. Since then, AAFA has expanded its services to include many more programs such as the "Breathmobile[®]", an asthma clinic on wheels. Nonetheless, AAFA remains dedicated to its original mission.

Asthma continues to be a major public health issue in California, and AAFA is helping to keep children "in" school and "out" of the emergency rooms with our many programs and services. Asthma Camp is a wonderful example of this effort. A study was recently published in the Annals of Asthma, Allergy, and Immunology highlighting the "Clinical profile, health-related quality of life, and asthma control in children attending US asthma camps." It indicated that the asthma education and activities helped keep children healthier long after camp was over.

Included is a program and budget proposal for your review. The children of San Bernardino would greatly benefit from this program. We look forward to working with you in bringing awareness to this chronic disease that affects so many children. Feel free to contact us (323) 937-7859 if you have any questions or need additional information.

In advance, thank you for your consideration of AAFA's request.

Sincerely,

Francene Lifson
Executive Director

Rosemarie C. Yu
Programs Manager

ASTHMA CAMP: Proposal

Asthma is the # 1 reason for school absences and the leading cause of childhood visits to the emergency room. Children with asthma miss more than 10 million school days with a cost of \$10 billion annually (including lost work for parents). An estimated 4.5 million California residents suffer from asthma (about one out of every 20 people in the state). Recent studies have reported that hospitalizations, incidents of disease, and death rates from asthma in low-income populations have become an “emerging epidemic” in some inner cities.

The Asthma & Allergy Foundation of America, (AAFA) California Chapter, was founded for the sole purpose of sending children with severe asthma to camp free of charge. Children attend this residential camp for 4 nights and 5 days during the summer.

AAFA provides the volunteer medical component, including a full time medical director, nurses, respiratory therapists, physicians, medications, supplies and asthma education to an established nearby American Camping Association Accredited camp.

We serve a multi-ethnic population of children - African-American, Hispanic, Asian, and Caucasian, ages 8-14, from the Southern California area. We recruit campers through school nurses, county clinics, physicians, and public service announcements. Preference in acceptance is based on asthma severity, children who have not been to camp before, and socio-economic factors. A committee of physicians review applications and decide on acceptances.

The objectives of camp are:

- To improve a child's ability to manage asthma by coordinating daily creative and fun asthma education sessions
- To expose and introduce children to an outdoor camping experience, and teach them about factors related to indoor and outdoor air pollution and asthma
- To teach asthma management in an enjoyable and fun manner to improve patient compliance, and
- To provide volunteer medical staff, including physicians and nurses, an opportunity to use and improve their own skills in a fun relaxed environment.

To meet these objectives, children who attend camp participate in daily interactive educational sessions taught by the volunteer physicians and nurses. Topics include: the disease process of asthma, asthma aggravators and medications, the psycho-social factors of asthma, the proper use of spacer devices and peak flow meters, and the role of these devices in asthma self-management. Children are active participants in their learning. Education methods include question-answer games, repetition, role playing and demonstration type activities. For example, an actual “pig’s lung” is shown to the children to help illustrate the lung’s anatomy. Education sessions are augmented with visual aids and written materials that are age-appropriate. In addition to the specific time allotted to asthma education on a daily basis, the camp setting permits numerous opportunities for spontaneous asthma education and immediate positive reinforcement of self management skills.

In addition, our camp has been chosen as a study site by researchers to study subsequent asthma morbidity. Each study done at camp concluded that children with moderate to severe asthma who attend such a camp had a better understanding of their medicines and asthma. Also, it was found that the camp experience produced significant health improvements in the children who attended.

Children with severe asthma are usually not accepted to a regular camp session because medical attention is sometimes required 3 to 4 times per day. Asthma episodes often flare at night and our camp provides specialized care 24 hours a day.

The sequence of activities include: AAFA will invite San Bernardino school districts and hundreds of school nurses, Breathmobile® staff, and local hospitals to recruit children with asthma to attend camp. AAFA focuses on recruiting disadvantaged children from low-income neighborhoods who are often unable to attend regular camp. For some families it is the first time the care-giver is given a worry free week, knowing their child will be medically supervised 24 hours a day while at camp.

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Pre-camp Orientation Meeting- Parents/Guardians and children are invited to a mandatory orientation meeting 3 weeks prior to the camp. Children and their parents are provided information about the different activities provided at camp, and physicians and nurses explain details regarding medication packing and medication procedures at camp. Children and their parents are introduced to camp counselors and the doctors and nurses who will attend to their medical needs. The purpose of the meeting is to assure parents and campers that AAFA is providing a safe and fun summer camp experience.

Camp Experience- Children attend asthma camp at a nearby American Camping Association Accredited Camp. **Camp Nawakwa** in Big Bear has been temporarily reserved for **August 11-15, 2008**. Activities include swimming in a pool and lake, hiking, sport activities, nature study, archery, rope courses, canoeing, and arts and crafts. Team building and problem solving activities are also part of the camp program. The asthma education at camp is taught by the volunteer medical staff and medical students. Each year a board certified allergist agrees to be the medical director for the camp and supervises all educational activities.

Post Camp Activities- To measure the impact of Asthma Camp on the community served, we include and invite campers and their families to several post camp activities. The Air Power Games®, a track and field day for children with asthma, occurred shortly after camp last year. This event was well attended by campers and their families. The positive impact of camp convinced this targeted population to take part in follow-up programs. Each of these follow-up programs includes educational components that reinforce concepts presented at camp.

Methodology and Techniques Used- At the beginning of the week, campers participate in various activities to become more acquainted with each other. The asthma education is taught every day. The sessions during the first part of the week help campers to learn more about their medical condition. Activities are designed to engage the group to problem solve if necessary. As the campers become more familiar with their own medical condition, they increase their knowledge. Most campers demonstrate a mastery of the material, which is evidenced by identifying the correct answers to review questions at the end of the week. *Ultimately campers learn self-management skills that teach them to gain control over their condition long after camp is over.*

Project Organization- AAFA's Health Educator and Camp Nurse are responsible for orchestrating asthma camp. Each year a volunteer medical director (a board certified allergist) is selected by AAFA's medical advisory committee and appointed by the AAFA Board President. Medical residents have been recruited from the Family Practice and Pediatric Residency programs at Kaiser Permanente, Children's Hospital, Los Angeles, and Loma Linda Medical School. Local doctors, nurses, respiratory therapists and pharmacists also volunteer their time. The campers' educational sessions are updated each year to reflect the most current information on asthma medicines and equipment. In addition to educational sessions for the children, special in-service education programs are provided by the Medical Director to give medical professionals an opportunity to hone their own skills. The Camp Medical Director monitors the program to assure that it meets standards and procedures established by the *Consortium on Children's Asthma Camp*. The *Consortium* coordinates activities of those involved in the care of children with asthma.

ASTHMA CAMP: Budget Forecast

Camp Nawakwa: 150 total attendees
(130 campers plus 20 medical staffers)

August 11-15, 2008

| EXPENSE ITEM | FORECAST |
|--|------------------|
| Program Planning | |
| Marketing | \$5,500 |
| Printing (applications, forms, medical cards) | \$1,500 |
| Postage | \$600 |
| Recruiting and Medical Staff Orientations | \$1,500 |
| Educational Supplies | \$1,800 |
| T-Shirts | \$2,000 |
| Pre-Camp Orientation Meeting Logistics, venue, AV rentals, parking | \$1,500 |
| Asthma Camp | |
| Buses | \$6,000 |
| Camp Fees (130 campers) | \$48,800 |
| Medical Staff (20) food and housing fees | \$6,500 |
| Camp Nurse Salary/ Volunteer Physicians Stipend (20) | \$8,000 |
| VIP Day | |
| Outreach | \$100 |
| Bus Rental and Logistics | \$1,200 |
| Administration Fee | \$15,000 |
| | |
| TOTAL | \$100,000 |

ASTHMA CAMP: Program Management Timeline

| MONTH | TASK |
|------------------------------|---|
| APRIL 15, 2008 | Reserve Camp site and finalize contract Select a Volunteer Medical Director Print asthma camp applications Print volunteer applications Coordinate recruiting with San Bernardino school nurses, Breathmobile [®] , and Primary Care Physicians Mail applications to interested campers in San Bernardino County Deliver applications to San Bernardino school nurses and PCPs Recruit Residents and Fellows from San Bernardino Hospitals Recruit Volunteer Supervising Doctors Meet with camp staff and prepare Camp Week Program/ Agenda |
| MAY 15, 2008 | Application deadline: May 15 Process Applications- data entry Physician review of applications Reserve Pre-Camp Orientation meeting location and invite camp staff and Medical Director to attend. Finalize meeting place for Camp Send-Off |
| JUNE 1, 2008 | Early June: Mail acceptance package of camp forms to be returned at Pre-Camp Orientation meeting Mail waiting list letters Confirm acceptance and send acceptance package forms to waiting list if an opening becomes available Mail information packets to Medical Volunteers Finalize lesson plans for Medical Residents and Fellows Finalize lesson plans for Asthma Campers (taught by Medical Residents) Order supplies for Education component Prepare emergency medicines for buses and camp |
| JULY/ AUGUST | Mid July: Pre-Camp Orientation Meeting for Parents/Guardians and campers Collect all forms from campers Follow up with campers that did not attend Pre-Camp Orientation meeting Reserve bus transportation Prepare food/ medication allergy lists for doctors Conduct orientations for medical residents Conduct orientation for camp staff Finalize cabin assignments and Camp Week Program/ Agenda Camp: August 11-15, 2008 |
| AUGUST/ SEPTEMBER | Prepare feedback/ evaluation letters to parents Mail Thank You letters to medical staff, camp staff, and funders |