

BRINGING CLEAN ENERGY TO CHICAGO

CARING FOR COPD CAREGIVERS | WOMEN'S LUNG HEALTH

TRAINING EDUCATORS FOR ASTHMA EMERGENCIES

10 STEPS

WE'VE TAKEN TOGETHER TO PREVENT LUNG DISEASE & PROMOTE CLEAN AIR.

TOBACCO 21 BECOMES LAW | NEXT GENERATION ADVOCATES

RHA ASSOCIATES BOARD GROWS

KICKING THE HABIT | SUPPORTING PROVIDERS, SUPPORTING PATIENTS

IMPROVING LUNG CANCER OUTCOMES



RESPIRATORY
HEALTH
ASSOCIATION®

JULY 2018 – JUNE 2019

WOMEN'S LUNG HEALTH We re-launched our **Catch Your Breath campaign** to raise awareness and funds for women's lung health research. One out of every six women in the U.S. lives with chronic lung disease. Through a partnership with Jewelry Television, we reached millions of people and raised funds to address lung disease.

TOBACCO 21 BECOMES LAW **Raising the tobacco purchase age to 21** protects kids, saves lives and saves money. After a veto last year, RHA volunteers, board members and event participants doubled down to ensure Illinois lawmakers again passed Tobacco 21 legislation. This April, the Governor signed the bill into law.

CARING FOR COPD CAREGIVERS As a part of the National Heart, Lung, and Blood Institute's Learn More Breathe Better Campaign to empower COPD patients, RHA studied the usefulness of our **COPD Caregiver's Toolkit** among caregivers in four Midwestern states. Between 80-90% of participants found the Toolkit to be relevant, understandable and would recommend it to another caregiver.



RHA ASSOCIATES BOARD GROWS Part of our commitment to creating a better future includes shaping **future leaders in the lung health community**. This year we welcomed several new members to the Associates Board where members network, learn about volunteer leadership and have access to professional development opportunities while supporting RHA's mission.

TRAINING EDUCATORS FOR ASTHMA EMERGENCIES RHA's online **training in emergency asthma response** reached more than 9,500 school staff. The results are in: after the training, over 90% of staff & teachers were able to identify a child having difficulty with asthma, knew how to help students avoid asthma triggers and knew how to respond to an asthma emergency.

NEXT GENERATION ADVOCATES RHA has a secret weapon behind our **recent advocacy successes** – youth advocates. From third graders at Chicago's Village Leadership Academy to RHA event participants, young people are raising their voices to help build a future free of lung disease—all while learning about local government and the value of civic engagement.

SUPPORTING PROVIDERS, SUPPORTING PATIENTS RHA's **Counsel to Quit® brief tobacco intervention training** reached over 500 healthcare providers. Outcomes were published in the **Journal of Substance Abuse Treatment** and showed that our program gave providers greater confidence in their ability to help smokers and to answer questions about the use of e-cigarettes.



KICKING THE HABIT Through our City-funded **Chicago Quits program**, an initiative helping high-risk adults quit smoking, RHA delivered the Courage to Quit® smoking cessation program to nearly 500 program participants with a 27% quit rate among program completers, compared to 5% when people try to quit smoking cold turkey.

IMPROVING LUNG CANCER OUTCOMES Dr. Kevin Haas used **RHA research funding** to study educational lung cancer screening resources. He determined current online information was written at a reading level many patients couldn't understand and set out to make clear materials that help all patients realize the benefits of lung cancer screening.

BRINGING CLEAN ENERGY TO CHICAGO RHA worked with the Chicago City Council to pass a resolution for Chicago to use **100% clean, renewable power** in all buildings in the city by 2035. It also sets a 2040 deadline for using electric buses in the entire CTA fleet.