

BUILDING A HEALTHY FUTURE

LUNG HEALTH VICTORIES • JULY 2020 - JUNE 2021



RESPIRATORY
HEALTH
ASSOCIATION®

PROJECT STRENGTH FOR COPD Thanks to support from the Learn More Breathe BetterSM program of the National Heart, Lung, and Blood Institute, we created resources that provide information on how people with COPD can live well at home. Each informational packet aims at keeping people with COPD healthy and provides guidance to help build exercise routines, manage breathing, put together a nutrition plan, and more.

IMPROVING OUR ASTHMA PROGRAMS We collaborated with University of Chicago to conduct a formal evaluation of our two asthma programs – Fight Asthma Now[®] and Asthma Management. The evaluation showed kids and parents participating in these programs learned a lot about asthma triggers, medications, and staying healthy. The results were even better with repeat sessions.

A NEW APPROACH TO QUITTING We began testing a new format for our Courage to Quit[®] program that helps people stop smoking. The new “rolling” model allows people to attend group Courage to Quit sessions with more flexibility, which increases accessibility and makes the program work for more people. We’re pushing forward to expand this idea and increase access to the program in the coming year.

EDUCATIONAL WEBINAR SERIES In August, we launched a new educational webinar series. Lung health content reached nearly 1,000 people on important topics like COVID vaccines, women’s lung health, lung cancer screening, and environmental justice issues. Because the programs were entirely online, we were able to reach a national audience.

FUNDING ASTHMA EDUCATION Asthma is the No. 1 cause of school absences due to chronic illness. RHA led an advocacy effort to increase statewide funding for asthma education in Illinois. These efforts resulted in an additional \$1 million in funding for school- based asthma education.



LUNG CANCER & COPD RESEARCH We awarded two grants to fund promising research into lung cancer and one new COPD research award. One of the lung cancer studies is looking at a specific gene mutation that can cause cancer even in non-smokers. Our annual Solovy Award for Advancement in COPD was awarded to support the research efforts of Dr. Nadia Hansel at Johns Hopkins University School of Medicine.

SCHOOL-BASED ASTHMA POLICY STUDY We conducted a study to see how well school staff understand current rules about asthma inhalers in schools. We found that 60% of school nurses in Illinois surveyed didn't fully understand current rules that allow students to bring and use their inhalers in school. We will now focus some of our program resources on educating school health staff to better serve students.

INVESTING IN CLEAN AIR In April, the Illinois Environmental Protection Agency released a plan to invest \$88.6 million in electric public transportation, school buses, and charging infrastructure for electric cars. For years RHA has given testimony and fought for money to support clean transportation because transportation is a leading cause of air pollution. This investment is a huge victory for clean air.

WOMEN'S LUNG HEALTH RESEARCH Thanks to amazing growth in our Catch Your Breath® women's lung health initiative, we were able to partner with CHEST Foundation to fund a new research award addressing gender disparities in lung disease. Lung disease impacts one in every six US women, and this award will increase research into the unique aspects of lung disease in women.



With your help, we're building a future free of lung disease. A world without asthma, COPD, or lung cancer. A world with clean air, where everyone breathes easier. None of these successes would be possible without our donors, advocates, and event participants. To learn more about the educational programs, research, and policy work your contributions support, [visit resphealth.org](https://www.resphealth.org).



RESPIRATORY HEALTH ASSOCIATION®

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**Together we faced new
challenges, found new
solutions, and made
progress toward a future
free of lung disease.**

THANK YOU.

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