

Asthma Cooperative Agreement Partner Profile

VERMONT

Accessible link: <https://www.cdc.gov/asthma/contacts/asthma-grantee-profile-vt.html>

The **Vermont Asthma Program (VAP)** has been part of CDC's National Asthma Control Program since 2000. They work alongside partners to improve the quality of asthma care, improve asthma management in schools, and foster policies to help reduce exposure to asthma triggers in outdoor, indoor, and workplace environments. To improve equity to access and asthma management, strong collaborations exist between the state program and school nursing, environmental health, The Weatherization Program, health insurers, University of Vermont (UVM) Lung Center obesity and asthma researchers (including pharmacists), and several hospitals. VAP supports the advancement of indoor air quality through the Envision Program and provides funding to organizations that have expertise in medical delivery and asthma care, health promotion, and asthma-friendly school interventions.

Strategies in Action

- VAP funds the University of Vermont Medical Center (UVMCC) to deliver asthma self-management education (AS-ME) primarily to pediatric patients through its severe asthma clinic at the UVM Children's Hospital. UVMCC's AS-ME curriculum involves four 15- to 30-minute sessions, followed by two or more follow-up sessions to assess patients for sustained asthma control. Sessions address asthma basics, asthma medications including demonstrations of inhaler and spacer use, asthma triggers, and managing asthma. In collaboration with the UVM Children's Hospital pediatric primary care team, VAP has launched a weekly meeting series that is ongoing to 7 weeks for all interested school nurses and healthcare providers who provide services to individuals with uncontrolled asthma, particularly children. The series is designed to equip providers to deliver AS-ME to students and patients.
- VAP collaborates with the [VT Envision Program](#) that was initiated in 2000 through a legislative act aimed at helping schools create and implement environmental health management plans and identify and address environmental health hazards. VT Envision supports schools in identifying, preventing, and problem-solving potential environmental health and indoor air quality issues through use of its Environmental Walkthrough tool. VAP promotes the Walkthrough tool and has made the Envision Walkthrough a top tiered best practice in VAP's [Asthma Friendly School Program](#).
- VAP and the Division of Environmental Health work together to support Informed Green Solutions (IGS), an organization dedicated to educating school personnel on the use of safer cleaning products to help reduce exposure to hazardous chemicals in schools, with emphasis on asthmagens. To date, IGS has presented trainings on safer cleaning and asthma-friendly disinfection protocols and policies to seven school stakeholders, including the Vermont Superintendents Association, the Vermont School Custodian and Maintenance Association, and the Vermont School Boards Insurance Trust. IGS also evaluates schools and reviews the actual products and practices being used on site. It delivers reports to participating schools with recommendations to reduce chemical hazards and choose safer products. To date, 73 schools have been trained and/or evaluated.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

VT

Asthma by the Numbers:

2021

In 2021, one in eight (12%) Vermont adults currently had asthma, statistically higher than the 10% of U.S. adults. 6% of VT adults with asthma visited the emergency room (ER) or urgent care in the past year to help manage their asthma.



2020

In Vermont's most recent (2020) data, a total of 7,845 Vermont children ages 0–17 years (7.3%) had asthma.

In recent years, 31% of children with asthma had activity limitations in the last month and nearly one in five children (18%) with asthma missed at least one day of school in the last 12 months.



2019

In 2019, Vermont reported 1,764 emergency department (ED) visits and 189 hospitalizations due to asthma.

cdc.gov/asthma

National Asthma Control Program: EXHALE

Education

on asthma self-management

X-tinguishing

smoking and exposure to secondhand smoke

Home

visits for trigger reduction and asthma self-management education

Achievement

of guidelines-based medical management

Linkages

and coordination of care across settings

Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor, or occupational sources

CDC's National Asthma Control Program (NACP) and its partners help people with asthma achieve better health and improved quality of life. NACP developed EXHALE, a set of six public health strategies that each contribute to better asthma control.

Each EXHALE strategy has been proven to reduce asthma-related hospitalizations, emergency department visits, and healthcare costs. Using the EXHALE strategies together in a community can have the greatest impact.