



THE COACH'S ASTHMA CLIPBOARD PROGRAM  
**WINNING WITH ASTHMA**

## **Askins Launches Asthma Training for Coaches, Student Athletes**

Lt. Governor Jari Askins launched Oklahoma's "Winning with Asthma" program today, an online training program available to coaches, physical education teachers and anyone in asthma management.

"The Centers for Disease Control and Prevention (CDC) say asthma is the third leading cause of hospitalization among children under 15 years old," said Askins. "Since one child on the field of any game is likely to have asthma, it's valuable to public health and child safety that coaches, referees, volunteers and teachers know about asthma."

Founded in Utah and Minnesota, the "Winning with Asthma" program was created so coaches could learn about asthma, how it affects an athlete's ability to compete, and how they could help athletes manage their symptoms while playing their best. One in every 15 people suffers from asthma, according to the Asthma and Allergy Foundation of America.

"I am joining with the American Lung Association in Oklahoma to raise asthma awareness among sports and fitness leaders working with our children," said Askins.

Any interested individual should visit [www.winningwithasthma.org](http://www.winningwithasthma.org) and sign in. A participant watches a 30-minute educational video and completes an online survey about what they learned. Upon completion, the individual will receive an asthma pamphlet and clipboard outlining what should be done during an asthma attack. This training and materials are free of charge.

More than 8,000 people from various states and communities have completed the 'Winning with Asthma' training. The expansion of the program into Oklahoma is made possible by Lt. Governor Askins, American Lung Association of Central States, and the National Lieutenant Governors Association ([www.nlga.us](http://www.nlga.us)).

"Asthma is a chronic illness," said Askins. "But by properly diagnosing and managing it, asthmatic children can participate in almost any sport or form of exercise. All asthmatics and those who suspect they may have asthma should consult with a doctor."

### **Resources:**

To learn about the Winning with Asthma program:  
[www.winningwithasthma.org](http://www.winningwithasthma.org)

To identify and treat asthma: [www.noattacks.org](http://www.noattacks.org) (by the EPA)

### **Background on asthma:**

Asthma is an inflammation of the airway which causes a narrowing of the path for air from the nose and mouth to the lungs. A person having an asthma attack may wheeze, have difficulty breathing, cough or have tightness of the chest.

### **Possible symptoms of asthma include:**

- Frequent, annoying cough, particularly at night or during exercise
- Wheezing (a whistling sound when breathing), during exertion or which keeps you up at night
- Colds go quickly to your chest and last more than 10 days, or longer than others' colds
- Wheezing or persistent cough after exposure to allergens or pollutants

### **For those with asthma, the Environmental Protection Agency (EPA) gives three tips to prevent an asthma attack:**

- Develop a medical diagnosis which may include knowing your asthma triggers and use of medication,
- Develop an asthma plan with medical and emergency information and share this at home, school, work and with caregivers,
- Work to 'asthma-proof' your environment.