



May is designated “Asthma Awareness Month” and May 1st is World Asthma Day. The month will focus on increasing public understanding of asthma, environmental asthma triggers and asthma management. Asthma is a serious chronic disease of the lungs that causes swelling (inflammation) in the airways. Asthma cannot be cured, but it can be controlled so that people live active and healthy lives. Approximately 179,320 children and 579,273 adults currently have asthma in New Jersey.

Since 2001 the Centers for Disease Control and Prevention has funded the New Jersey Department of Health –Addressing Asthma Program (AAEP) - to develop and implement strategies to address the burden of asthma in NJ.

The AAEP would like to highlight groundbreaking programs and partnerships that have demonstrated positive outcomes for NJ residents with asthma. These strategies are accomplished in partnership with key stakeholders with expertise in the area of environmental, health disparities, school and childcare areas, occupational, healthcare quality, surveillance all to promote a systems change. Read NJ’s Success Story [http://www.cdc.gov/asthma/contacts/factsheets/APHA-Asthma\\_NJ.pdf](http://www.cdc.gov/asthma/contacts/factsheets/APHA-Asthma_NJ.pdf)

The Pediatric/Adult Asthma Coalition of New Jersey (PACNJ), co-sponsored by the American Lung Association of Mid-Atlantic and funded by NJDOH, serves as the statewide coalition on asthma issues. PACNJ has over 150 participating member organizations and six (6) active task forces working with schools, healthcare providers, insurance companies, community groups, and environmental agencies to reach all individuals in New Jersey with the most effective methods for managing their asthma. Listed below are resource highlights which are available at [www.pacnj.org](http://www.pacnj.org).

- *Understanding What Makes Your Asthma Worse*
- *10-Step Asthma Friendly Childcare Program Award*
- *Asthma Treatment Plan (Bilingual)*
  - *Students*
  - *Adults*
- *Childcare Policies and Practices webinar*
- *Asthma Management in the Classroom: What Teachers Need to Know*
- *Gadgets and Gizmos for Asthma Control*
- *Asthma Basics for School Nurses*

For “May Monday” alerts visit [www.pacnj.org](http://www.pacnj.org)