

ASTHMA COALITION OF LOS ANGELES COUNTY GENERAL COALITION MEETING

**Meeting Notes
July 25, 2011**

ISSUE/TOPIC	DISCUSSION	ACTION/FINDINGS
<p>Welcome and Introductions</p> <ul style="list-style-type: none"> Review minutes 	<ul style="list-style-type: none"> Meeting was called to order at 1:20 pm by Dr. Vinetz Minutes were reviewed. 	<ul style="list-style-type: none"> Minutes approved as written.
<p>Presentation and Discussion: “The Link Between Asthma and Obesity”</p> <ul style="list-style-type: none"> Marilyn Li, MD – USC Breathmobile Program Kimberly Uyeda, MD, MPH – LAUSD Suzanne Bogert, MS, RD – Project RENEW 	<p>Highlights from the presentations:</p> <p>Research/Literature – Dr. Marilyn Li</p> <ul style="list-style-type: none"> Reviewed the definitions of asthma and obesity, obesity trends Worldwide obesity has more than doubled since 1980 65% of adults in the US are overweight or obese Self reported prevalence of asthma has increased 75% from 1980-1994 Cross sectional studies found an increase in the prevalence of asthma among obese patients Prospective studies (>300,000 patients) show that obesity is a risk factor for the de novo diagnosis of asthma, with the risk increasing between 1.1 to 3 fold Multiple studies show that weight loss improves asthma Specific regions of the human genome are related to both asthma and obesity Tucson study found the prevalence of asthma greater in obese girls with early menarche Obesity can increase the prevalence and incidence of asthma Efficacy of typical anti-inflammatory therapy may be blunted in obese asthmatics. Treatment plans for obese asthmatics should include a weight control program More research is necessary <p>Programs – Dr. Kim Uyeda</p> <ul style="list-style-type: none"> Gave an overview of how to look up and utilize fitness data on LAUSD students called “FitnessGram” Childhood obesity greatly impact schools: health problems increase absenteeism, mental health issues affect school performance, etc. Schools have the responsibility to Assess, Refer, and Treat overweight students- through a nutritionist who works one-on-one with kids, Medical programs (PowerPlay, Kid Shape, Kids-n-Fitness) and/or the PCP or medical home However, there are low follow-up rates, high attrition, and other barriers such as time, money and transportation Wellness Centers in LAUSD – 13 new wellness centers, serve students, families and communities, focus on health and prevention, Place-based-working on health issues in the context of community. 	

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	<ul style="list-style-type: none"> • LAUSD has enforced several nutrition policies such as a soda and junk food ban. There is also a mandate for 200-400 minutes of PE every 2 weeks. • The Students for Nutrition and Exercise (SNaX) Pilot and the Peer Leadership Club and Asthma Education Programs are great examples of projects that foster peer-to-peer learning, advocacy and leadership skills. <p>Policy – Suzanne Bogert</p> <ul style="list-style-type: none"> • Overview of Project RENEW (Renew Environments for Nutrition, Exercise and Wellness) – funded by the ARRA/CDC for 2 years to focus on policy • Mottos: “What is around us shapes us” and “Make the Healthy choice the easy choice” • RENEW Community Action Plan <ul style="list-style-type: none"> ○ Adopt healthy food and beverage policies in eight cities ○ Adopt healthy food/beverage policies in three L.A. County departments ○ Improve school meal nutrition in four local districts, including LAUSD ○ Adopt nutrition and physical activity guidelines for preschools ○ Adopt policies to support breastfeeding in county and private firms ○ Increase teacher capacity to implement physical education requirements ○ Adopt or strengthen joint-use policies in school districts ○ Adopt land use policies to increase pedestrian activity and biking • Choose Health LA website - www.choosehealthla.org <p>Discussion:</p> <ul style="list-style-type: none"> • Dr. Nicholas from the Children’s Clinic talked about the advice and guidance their doctors provide to patients. Goal Sheet for nutrition and PH. Patient chooses a couple of goals and patient and Dr sign to establish accountability • In addition to getting kids to lose weight it is important to work with the entire family. • Multiple approaches are needed for success....media, clinicians, schools, posters, coaches, radio. • The importance of intervening when children are young to develop healthy eating and PA habits was stressed. • WIC has modified their food packaging to enhance the healthy food offered. WIC is educating their staff as well about the importance of a healthy lifestyle. • Lisa Diaz from LA Care mentioned a new program for asthma patients. • Rob Gilchick from DPH MCAH shared information about a Citizen centered health promotion article written by Steve Woolf. 	<ul style="list-style-type: none"> • Janet will send the article out to those who express interest, but won’t send it out to the group due to copyright concerns.

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<p>Workgroup Updates:</p> <ul style="list-style-type: none"> • Asthma Friendly Schools • Outdoor Air • Indoor Environments • Clinical Care 	<p>Workgroup updates were postponed due to lack of meeting time remaining.</p>	
<p>Announcements:</p> <ul style="list-style-type: none"> • Financial Report - Pass the Hat • Regional Meeting of Asthma Coalitions • AQMD Grant Proposal • Coalition is now on Facebook! • AAFA Air Power Games – October 15th • From the Floor 	<ul style="list-style-type: none"> • Account balance for the Coalition is \$4,600 • RAMP/CAFA is planning a Southern California Region Meeting of Asthma Coalitions. The meeting will be hosted by Orange County Asthma Coalition on September 28th from 9:30-2:30. All Coalition members are welcome to attend. Registration is required. • The Coalition received a letter from AQMD to let us know our proposal was not funded. Congratulations to several of our partners who did receive funding to provide direct services to asthma patients. • The Coalition is now on Facebook. Katie shared how to access our FB page. FB is a great way to spread the word about asthma through social media. Check it out! • Trina from the Asthma and Allergy Foundation announced the upcoming Air Power Games for asthmatic children ages 5-14 on October 15th at CSU, Long Beach. Look for an e-mail with additional information and ways to volunteer. 	

Recorded by Janet Scully