



## **The Region II Asthma Coalition in partnership with the Central CT Health District Observes World Asthma Day!**

*Asthma is Serious but can be controlled!*

**Newington**—April 30, 2013: An estimated 25.7 million people (8.4%) in 2010 had asthma according to the Centers for Disease Control (CDC). During the same year in CT, about 246,000 (9.2%) adults and 89,000 (11.3%) children in the state had asthma according to the Connecticut Department of Public Health report “The Burden of Asthma in Connecticut”.

In response to these alarming statistics, and in an effort to raise public awareness of the risks faced everyday by residents living with asthma in Connecticut, the Central CT Health District in partnership with the Region II Asthma Coalition is joining the Global Initiative for Asthma (GINA) on World Asthma Day.

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**Date: May 7, 2013**

**Location: Legislative Office Building Concourse, 210 Capitol Ave, Hartford, CT**

**Time: 10 am – 2 pm**

**Activities: This year’s activities will include (1)FREE asthma control tests, (2) health organization exhibits, (3) information and educational materials on asthma, (4) a showcase of the new online Asthma Action Plan created by the CT Department of Public Health Asthma Program, (5) Special guest “Rocky” the mascot from the New Britain Rock Cats Baseball Team will also be on hand during the event and (6) a Statewide essay/video/poster contest (see below for details)**

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### **About World Asthma Day**

World Asthma Day (WAD) takes place each year on the first Tuesday in May. Organized by the Global Initiative for Asthma (GINA), the aim is to raise awareness of asthma and improve asthma care throughout the world. The first World Asthma Day, in 1998, was celebrated in more than 35 countries. Over time, World Asthma Day has grown and is widely recognized as the world’s most important asthma

awareness and education events. GINA is an initiative of the National Heart, Lung and Blood Institute (NHLB). World Asthma Day is also supported by the World Asthma Foundation.

**Asthma Statewide Share Your Story Contest (presentation of winners will be at 12:00)**

We all have been affected by asthma, but each of us has an individual story to tell. The Share Your Story contest asks participants to share their experiences about how asthma has affected their lives. Asthma champions will submit their stories, art or videos of “How asthma makes them feel”. Open to all CT residents in two categories: youth (ages 5—17) and adults (18+). Participants can share their stories in one of three media: Video, Poster or Essay with Pictures **Entries will be accepted until May 3, 2013**

**Winning entries will be displayed at the World Asthma Day 2013 event. Entries should be submitted to:**

Hilary Norcia, Community Health Coordinator at Central CT Health District: 120 Cedar St., Newington, CT 06111, phone: 860-665-8571, email: [HNorcia@newingtonct.gov](mailto:HNorcia@newingtonct.gov)

Asthma is a chronic disease of the lungs which causes breathing problems. Symptoms of asthma include breathlessness, coughing, wheezing and a feeling of tightness in the chest. When the symptoms are not under control, the airways can become inflamed making breathing difficult.

The good news is that most people can learn to manage their asthma and lead a normal life. Once your asthma is well controlled you should experience only occasional symptoms, and asthma episodes or (flare-ups) should be rare. An Asthma Action Plan with asthma management education is a key component of asthma self-management and control.

For More Information about asthma please visit: [www.ct.gov/dph/asthma](http://www.ct.gov/dph/asthma)