



Lake County General Health District

Frank Kellogg, R.S., M.P.H., Health Commissioner

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LAKE COUNTY GENERAL HEALTH DISTRICT

DOES YOUR CHILD HAVE ASTHMA?

Lake County General Health District (LCGHD) is offering families in Lake County education and resources that will help them better understand their child's asthma through the Breathe Well, Breathe Free (BWBF) program. Funded through a grant by the CareSource Foundation, BWBF aims to reduce and prevent asthma and obesity in Lake County.

Some of the goals of the program include the following:

- Identify families of children in Lake County affected by asthma and obesity;
- Educate guardians of children affected by asthma and obesity;
- Provide nutrition counseling to families of children affected by asthma and obesity;
- Work with local school districts to educate them on asthma and obesity; and
- Provide funding and materials to families affected by asthma and obesity.

To be eligible for the BWBF program, your family must meet the following conditions:

- The child must have been diagnosed with asthma by a doctor;
- The child is a Lake County resident;
- The child is four to 18 years old.

The program includes visits from a Lake County General Health District Health Educator who will provide asthma and nutrition information to the family. Families that agree to and complete nine home visits with the Health Educator will receive a **free** HEPA vacuum cleaner.

BWBF fulfills a definite need in the Lake County Public Health services system. In 2005, LCGHD and Lake Health (then Lake Hospital Systems) performed a community health assessment that randomly sampled

over 4,000 Lake County Residents. 19% of the people (one out of five) said that they or someone in their household suffered from asthma. 41% said that someone in their household suffered from allergies. In addition, a report by the Ohio Department of Health titled the *2004-2005 Third Grader* found that 31% (more than one in every three children) of Lake County's third graders were overweight with almost 11% (more than one in 10) were severely overweight. Lake County General Health District Deputy Health Commissioner Ron Graham commented, "This program is one more step toward critically needed programs to address and prevent chronic disease in Lake County."

For more information about the BWBF Program, or if you would like to participate, please call Dawn Nickerson at (440) 350-2056.

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