

US EPA ARCHIVE DOCUMENT



## OnCampus ecoAmbassadors

OnCampus ecoAmbassadors are college students who implement projects from EPA's partnership programs to help carry out the Agency's mission to protect human health and the environment. The program is open to ANY college student, regardless of program, age, or background. All interested students are encouraged to participate.

### Did you know?

- Almost 13 million people had an asthma attack in the past year
- Indoor and outdoor factors can trigger asthma attacks such as dust mites, molds, cockroaches, pet dander, and secondhand smoke
- Asthma is more common among persons with family income below the poverty level
- Asthma is one of the most common serious chronic diseases of childhood
- An average, one out of every 10 school-aged children has asthma

### Learn More

For more information, please visit:  
[www.epa.gov/asthma](http://www.epa.gov/asthma)  
[www.asthmacommunitynetwork.org](http://www.asthmacommunitynetwork.org)



## Asthma Awareness Day

Asthma is an urgent public health problem in the United States. Nearly 25 million people, including 7 million children, suffer from asthma. To address this issue, EPA has launched a nationwide public education program to help children and families dealing with asthma. Students and campus communities have an important role to play in this national effort. There are multiple ways in which students can help raise awareness locally and improve asthma care services in their community such as planning and delivering outreach activities on campus or creating media campaign materials with local messages.

### Goals of Asthma Awareness Day

- Increase awareness about asthma and how to manage environmental triggers at home and at school
- Educate others about ways to improve asthma outcomes
- Improve the quality of life for students with asthma on your campus, as well as children and families dealing with asthma in the community

### If You're Interested In:

- Delivering educational events that empower people and families
- Creating multi-media communications campaigns
- Tackling environmental and public health challenges
- Volunteering and giving back to the local community

**... then Asthma Awareness Day is for you!**

See page 2 for a step-by-step checklist  
for Asthma Awareness Day.



### Students Taking Action

The Indoor Air Quality (IAQ) Champions project at the University of Turabo (UT) in Puerto Rico aims to create asthma-friendly school environments, raise awareness, and engage parents to actively support their school and community. With help from a faculty advisor, UT students provide outreach and training to teachers, school staff, and students using EPA's IAQ Tools for Schools guidance. Students use mapping tools to identify schools with stationary or mobile pollution sources, and then assist the schools in developing asthma-friendly school environment work plans. Data about asthma awareness and knowledge, asthma symptoms, and absenteeism is collected before and after the interventions. The IAQ Champions project has proven to be effective in educating and increasing awareness about IAQ and asthma management and improving health outcomes for children with asthma.

Asthma Awareness Day is ideal for students pursuing degrees in environmental science, life sciences and health care, education, communications, and liberal arts.

## Checklist for Asthma Awareness Day

Follow the steps below to plan an Asthma Awareness Day event on your campus.

- ☐ **1. Learn about asthma and environmental triggers.**  
Visit [www.epa.gov/asthma](http://www.epa.gov/asthma) to research asthma and educate yourself about the issue.
- ☐ **2. Join Asthma Community Network!**  
Visit [www.AsthmaCommunityNetwork.org](http://www.AsthmaCommunityNetwork.org) to join the Asthma Community Network. Through this online network of community asthma programs you will have access to programs, tools and resources to help make your project a success. You can also share your experiences through blogs, discussion forums and highlight events you host.  
Search the website to find Asthma Programs near you and join those programs to learn more about other asthma projects in your community.
- ☐ **3. Plan the event and encourage participation.**
  - Create an Asthma Awareness Event on campus or in the community. May is Asthma Awareness Month, but you can host an event any time of the year.
  - Customize the Goldfish public service advertizing materials and broadcast these through your campus TV, radio, web and print venues. The Goldfish materials can be found at [www.epapsa.com](http://www.epapsa.com).
  - Create a press release or have a proclamation signed by a campus or community official to promote asthma awareness.
  - Use the Asthma Awareness Month Planning Kit for ideas (see column on the right for how to access the kit).
- ☐ **4. Gain support on campus and in the community.**  
Meet with relevant campus stakeholders such as your student health clinic, public health student organizations, residential assistants (RA), and environmental student organizations to learn more about what they're doing to raise awareness about health and environmental issues. Follow up with some of the campus stakeholders you have already met with and ask if they can assist you. If you anticipate a large audience, consider asking friends and peers interested in the topic to volunteer their time during the event. Network with local health agencies and organizations to find out whether they can donate time or resources to assist with your event.
- ☐ **5. Publicize the event.**  
Utilize multiple media outlets to get the word out about your event. Create a Facebook event and invite your friends. Promote the event in your school newspaper. Make an announcement about the event in relevant classes, but be sure to check with the professor first. If possible, co-sponsor your event with relevant student organizations and campus officials to reach a larger audience.
- ☐ **6. Host the Asthma Awareness Day event and take pictures.**  
Host the Asthma Awareness Day event for fellow students, faculty and community members. Remember to bring a camera and take photos of your group during the event and share them on the OnCampus Facebook page. Check out the tips for successful events on the right.
- ☐ **7. Fill out your completion form.**  
Record the information that you are required to report to EPA on the event completion form, including your name, date of the event, name of your college, a description of the event or events, the number of interactions (include any interesting comments), and additional comments.

## Resources

### Asthma Awareness Month: Event Planning Kit

EPA has compiled a resource guide to help people organize asthma awareness events. Need ideas for events? Need guidance on how to manage your activity? Want to learn more about asthma? Check out the event planning kit at [www.epa.gov/asthma/awareness.html](http://www.epa.gov/asthma/awareness.html)

### Asthma Resources

What is asthma?  
[www.epa.gov/asthma/about.html](http://www.epa.gov/asthma/about.html)

Asthma Community Network  
[www.asthmacommunitynetwork.org](http://www.asthmacommunitynetwork.org)

Asthma Campaign Materials  
[www.epapsa.com](http://www.epapsa.com)

### Tips for Successful Events

1. Find a suitable space.
2. Put up posters to advertise the event.
3. Create a Facebook event.
4. Ask friends to spread the word.
5. Plan to have snacks available – find out if you can get donations.
6. Arrange for music at the event.
7. Arrive early to set up the space, including snacks and music.
8. Use sign-up sheets to record attendance.
9. Create a written summary of the event.

### EPA Contact Info

**EPA Asthma Awareness**  
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### EPA OnCampus Websites

Visit the EPA website at  
[www.epa.gov/ecoambassadors/oncampus](http://www.epa.gov/ecoambassadors/oncampus)



Join the conversation at  
[www.facebook.com/epaoncampus](https://www.facebook.com/epaoncampus)