



YOU'RE IMPROVING ASTHMA CARE FOR CHILDREN

One in ten school-aged Australian kids have asthma. Around 9,000 school-aged children (aged 5 to 14) were hospitalised each year for asthma between 2016/17 and 2018/19*. This accounts for close to a quarter of asthma hospitalisations.

Many of these childhood hospital visits can be prevented through improved care and self-management. The Community Based Care-Coordination Study will connect all the key people involved in a child's asthma care.

This includes parents or carers, primary and acute care services (like GP clinics and emergency services), asthma nurses and schools or childcare services.

The study aims to provide comprehensive asthma care tailored to each child. This could lead to 80% less children with asthma needing to visit hospital.

Dr Homaira says "funding enables us to implement and evaluate a comprehensive model of care aimed to reduce hospital presentations for paediatric asthma."

*Hospitalisation data from the Australian Institute of Health and Welfare, excluding years affected by the COVID-19 pandemic.



Ky (left) in the hospital

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To help Australians with asthma and to support Asthma Australia's life saving research, please donate now at asthma.org.au



SETTING THE NATIONAL ASTHMA RESEARCH AGENDA

We recently asked the asthma community and healthcare professionals what research questions they would like answered about asthma.

This work found 10 main research priorities:

- Asthma in children
- COVID-19 and asthma
- Asthma care and self-management
- Diagnosis and medication
- Managing asthma attacks
- Causes, prevention and features of asthma
- Mental health
- Asthma and ageing
- Severe Asthma
- Asthma and other health conditions

This list forms the new National Asthma Research Agenda. With your continued support, we will fund research projects to improve the lives of people with asthma.

Because of you, we are one step closer to achieving our vision: that no one experiences a life restricted by asthma.

Thank you!

Michele

Michele Goldman
Chief Executive Officer

A DAY IN THE LIFE OF JESS, HEALTH PROJECTS AND PARTNERSHIPS COORDINATOR



Jess, Health Projects and Partnerships Coordinator, Asthma Australia

Jess is our project team member in Tasmania. She creates projects to help us connect to people with asthma and those who care for them in Tasmania.

She works with community groups and people in the healthcare system to create local support for people with asthma.

Jess is currently working on a project to find out from Tasmanians what life is like with asthma and breathing problems in the state.

The information collected in this project will help design asthma support programs in Tasmania.

5 TIPS TO AVOID ASTHMA TRIGGERS THIS WINTER



1 GET AN ASTHMA REVIEW

Make sure you are asthma-ready with an asthma review. We recommend seeing your doctor every six months to a year, depending on your level of asthma control.

2 UPDATE YOUR ACTION PLAN

An Asthma Action Plan makes it easy to know what to do to prevent and control asthma symptoms.

3 TAKE YOUR PREVENTER DAILY

Take your preventer medications every day as directed by your doctor to help you stay well.

4 UPDATE YOUR VACCINATIONS

Vaccines are a proven way to help prevent the spread of some diseases. The annual flu vaccination is an effective way to reduce your risk of getting influenza. And if you are eligible, don't forget to stay up-to-date with your COVID-19 vaccine boosters for better protection.

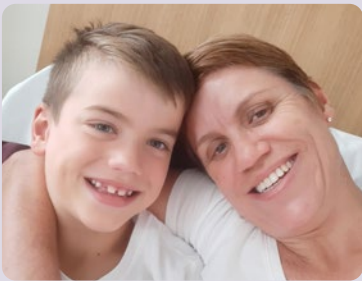
5 DOWNLOAD THE AIRSMART APP

The AirSmart App gives you the information you need to plan your day and reduce exposure to air pollution. Download AirSmart from the App Store or get it on Google Play.

YOU'RE PROTECTING PEOPLE FROM AIR POLLUTION

Thank you to all the amazing people who gave to our Tax Appeal. Your gift will help fund the AirSmart public health campaign and AirSmart app.

For Alison, in 2020, breathing in bushfire smoke triggered an asthma attack. She stopped breathing and collapsed on the floor. Her seven-year-old son Lincoln made a life-saving call to 000. Without Lincoln's brave actions, she may not have made it.



Lincoln visiting his mum Alison in hospital after saving her life

We live in a land of extreme weather. Bushfires, dust storms and thunderstorms add to the risk of breathing in harmful particles. These can be dangerous and even life-threatening. For some people it could prove fatal.

But thanks to you, the AirSmart app will warn more people when the air quality becomes dangerous. The AirSmart app sends people real-time, local air quality information. It alerts people to the invisible threat of pollutants in the air around them. It also has tips and advice for people sensitive to air pollution, such as people with asthma.

Thank you for helping roll out the app to more people across the country. Thanks to you, the phrase 'prevention is better than cure' is now a reality. (You can download the AirSmart app via the Apple Store or Google Play.)

A PROJECT TO UNDERSTAND ARABIC-SPEAKING CHILDREN WITH ASTHMA

The project aimed to understand the needs of Arabic speaking children with asthma. We worked with three schools in Western Sydney. In each school, we ran a two-hour child-centered workshop with children from grade four to six.

We asked children questions like:

- What is it like to have asthma?
- What helps you with your asthma?
- What don't you like about having asthma?
- What else would you like to share about your asthma?

Children were asked to create a piece of artwork to show what it was like to live with asthma.

Key insights:

- Children rely on their blue reliever to help them manage their asthma.
- They felt having asthma meant they missed out on playing with friends or physical activity.
- Some children had been bullied or were embarrassed to have asthma symptoms or take their medication in front of others.

From these insights, we plan to create engaging interactive resources to improve asthma care for these children.

UPCOMING EVENTS

Asthma Week 1 – 7 September

A week where we bring asthma to the kitchen table. Increase awareness of the condition which affects 1 in 9 Australians.

Find out more at asthmaweek.org.au



Zainab, Grade 6
Granville East Public School

What don't you like about having asthma?

"I painted two girls playing and one girl with asthma is not playing. It shows people not being able to play as much because of their asthma."



Muhammad, Grade 6
Granville East Public School

What don't you like about having asthma?

"I drew a picture of a dragon with short breath. A dragon usually has a strong fiery breath. It shows what it feels like to have short breath, like when I run."



YOU HELP PEOPLE IMPROVE THEIR ASTHMA CONTROL

Katrina was diagnosed with asthma as an adult in 2018.

"It was all brand new. I didn't know how to manage it. I got pneumonia twice."

After being sick for much of 2019, Katrina found our **1800 ASTHMA** information line on Twitter.

"Calling 1800 ASTHMA gave me a chance to ask questions like; What is asthma? What is it doing to my lungs? Why do I keep getting bronchitis and pneumonia?"

I'm now more aware of what to do when I'm having an asthma flare-up. I know when I need to start taking

medication, so it doesn't get out of control. My asthma educator helped me learn what my triggers were. I set some fitness goals too. My puppy, Henry (pictured), was keen to help!

After speaking with an asthma educator, I've noticed a huge difference. My Asthma control test also improved, and I haven't had pneumonia since.

I think it's important for people to donate to Asthma Australia to fund asthma research and provide asthma education.

*These activities have helped me and will help others in the future. We need resources like **1800 ASTHMA!**"*

"After speaking with an asthma educator, I've noticed a huge difference."

Katrina, Asthma Champion



YES! I'LL DONATE TO SUPPORT RESEARCH TO IMPROVE ASTHMA CARE

SELECT YOUR DONATION

Please accept my gift of: \$25 \$50 \$100 or \$_____

OR, I would like to make a **monthly donation of:** \$10/month \$24/month or \$_____/month

Monthly donations are debited on the 15th of each month and can be made by credit card or Direct Debit only. To set up a monthly payment from your credit card, provide your card details below. To set up a Direct Debit from your bank account, please call us on 1800 278 462.

We will send you a receipt for your tax-deductible donation. Please provide your contact details below.

YOUR PAYMENT DETAILS

Please debit this credit card: Visa MasterCard American Express

Name on card: _____

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Expiry Date: ____ / ____ CCV:

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Signature: _____

I am considering leaving a gift to Asthma Australia in my Will.

OR, Please find enclosed cheque/ money order payable to Asthma Australia

YOUR CONTACT DETAILS

Title: _____ First Name: _____ Surname: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Email: _____ Phone: _____

DONATE TODAY



Donate online at asthma.org.au



Donate by phone **1800 278 462**



Donate by mail. Please use your enclosed reply-paid envelope, or mail to:

**Asthma Australia
Level 13 Tower B
799 Pacific Highway
Chatswood NSW 2067**

All donations \$2 and over are tax deductible. Asthma Australia is an endorsed DGR status 1 organisation. ABN: 91 609 156 630