



NEWS



<http://health.mcleancountyil.gov>

www.facebook.com/mcleanhealth

www.twitter.com/mcleanhealth

FOR IMMEDIATE RELEASE
July 21, 2017

CONTACT: Lisa Slater
(309) 888-5489 (office)
(309) 838-1599 (cell)

Kids are *Kickin' Asthma* with the McLean County Health Department

Kickin Asthma program to be held from July 24 – 27 at the Boys and Girls Clubs of Bloomington-Normal

BLOOMINGTON, IL- Did you know McLean County residents have higher rates of asthma than the rest of Illinois? Asthma is one of the nation's most common and costly chronic conditions, affecting over 38 million Americans at some time in their lives. Next week, through a program created by the American Lung Association in California, the McLean County Health Department is looking to help youth understand asthma and those with asthma gain greater control of their disease through the *Kickin' Asthma* program.

Beginning Monday July 24th and continuing through Thursday July 27th, the McLean County Health Department will present the free four-part *Kickin' Asthma* program at the Boys and Girls Clubs of Bloomington-Normal. For 45-minutes each day, participants in the 11 to 16-year-old age range will learn about asthma physiology and discuss asthma self-management techniques designed to assist them in managing their asthma on their own. Families are welcome and encouraged to attend with their participating child; however, family attendance isn't required.

Though there is no cure for asthma, it can be managed and treated so that a normal, healthy life can be achieved. According to health promotion specialist Katie McHugh, "Research shows that young people who participated in *Kickin' Asthma* experienced significantly fewer days with activity limitations and significantly fewer nights of sleep disturbance along with less frequent emergency department visits or hospitalizations. We

feel confident that the self-management techniques taught in *Kickin Asthma* can help keep youth with asthma in the classroom and out of the emergency room.”

McLean County organizations and schools can request the Kickin’ Asthma program at their location. Interested parties are asked to contact Katie McHugh at the McLean County Health Department at (309) 888-5954 or katie.mchugh@mcleancountyil.gov. Youth that complete the 4-session program receive a hypoallergenic pillow, a peak flow meter, a spacer for their inhaler and asthma-friendly cleaning supplies.

For more information about asthma, visit the health department’s website at: <http://health.mcleancountyil.gov>.

The McLean County Health Department is dedicated to the prevention and control of disease through health promotion, early intervention and health protection within the county. Follow us on Twitter (@McLeanHealth) and “Like” us on Facebook (Facebook.com/McLeanHealth), for information about public health affecting you.

###