

**NOMINATION FORM
COMMUNITY HEALTH PROMOTION RECOGNITION
NEBRASKA STATE BOARD OF HEALTH**

Program Title: Camp SuperKids

Where Program is Conducted: held each summer at the YMCA's Camp Kitaki, near
Louisville.

Sponsoring Entity: The American Lung Association

Program Contact Person: Lisa Sypal, Regional Vice President/Team Leader
American Lung Association, *Plains-Gulf Region*
serving Alabama, Arkansas, Kansas, Louisiana, Mississippi, Missouri, Nebraska,
Oklahoma and Texas

Organization: American Lung Association

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Email: LSypal@breathehealthy.org or pfoster@breathehealthy.org

Person Submitting Nomination:

Organization: Monica Gissler at the request of Dr. Russ Hopp, Chair of the PHEL

Committee of the Board of Health.

Address:

City, State, ZIP:

Telephone: _____ FAX:

Email:

Nominations are accepted on a continuous basis.

Submit nominations to: State Board of Health
DHHS Division of Public Health / Licensure Unit
P.O. Box 95007
Lincoln, NE 68509-5007
Phone: (402) 471-6515, FAX: (402) 471-0383

Please briefly describe your program below, and then complete the attached questions.

Camp Superkids is a summer residential camp for Nebraska children 7 to 14 with moderate to severe asthma. The Lung Association provides 24-hour care through an asthma and allergy specialist physician, experienced nurses and respiratory therapists. YMCA camp staff provide hiking, swimming, crafts, horse-riding and other adventures so central to a summer camp experience. Daily asthma educational sessions help to keep the children in school and on the playground where they belong, instead of in the hospital or doctor's office. It was founded in 1977.

In 2013, Camp Superkids will be June 9-15, 2013, at YMCA's Camp Kitaki near South Bend. 60-100 youth attend each summer. By providing this safe and educational, yet fun experience, Camp SuperKids helps kids to increase their lifelong asthma management skills and decrease the impact of asthma on their life. Asthma can limit a person's quality of life and even be life threatening. There is no cure for asthma. It is the leading serious chronic childhood illness. The good news is that asthma can be controlled through education and proper treatment. Camp Superkids is a step in the right direction. By learning how to better self-manage their illness, kids miss less school and enjoy a better quality of life.

Children with asthma might have a difficult time at a regular camp. Camp SuperKids provides 24-hour medical care through volunteer doctors, nurses and therapists to ensure their specific medical needs are met. YMCA camp staff provide traditional camp experiences, like horse-riding, swimming, hiking, crafts, and other adventures, to ensure their kid needs are met!

The camp is made possible through generous donations of foundations, corporations, and individuals. Their goal is that no child is ever turned away from camp due to lack of funds. They work with scholarships and other types of financial aid. They also partner with school districts, nonprofit organizations, hospitals, health clinics, volunteers and businesses. One of their biggest partners is the Lincoln YMCA Camp Kitaki. To get involved with this group, contact Patrick Foster at pfoster@breathehealthy.org.

Please answer the following questions to assist the State Board of Health in reviewing your nomination. Materials that support the nomination, such as news clippings, brochures, etc., may be attached.

1. What community need(s) is being addressed by this program?

Children between the ages of 7-14 with moderate to severe asthma.

2. What methods are used to carry out the program/initiative?

Recruiting volunteers, both professionals and members of the public. There are many opportunities for counselors, and several return year after year. They have a "staff" that includes a board of directors, doctors, nurses, camp director, a supporting cast of program directors, and great group counselors.

3. Has the program collaborated with other public or private agencies in the planning, implementation or evaluation of this program? If so, please list the collaborating agencies and describe how this relationship has benefited the program and program recipients.

Collaboration is vital to the success of Camp Superkids. The American Lung Association has partnerships throughout the state. These include schools, non-profits, hospitals and health clinics, regular volunteers, and the public. Their biggest partner is the Lincoln YMCA for access to their camp.

4. Please supply any data or other evidence which documents the effectiveness of the program and the benefits received by the community as a result of the program/initiative.

It's a camp. The kids are happy. They learn lifelong skills to manage their condition and be more self-reliant. The kids keep returning, as do the professionals and other volunteers.

5. How is this program/initiative funded? Please describe staff and volunteer commitment to the program.

The American Lung Association needs financial support to be able to continue this camp effort. It pays for itself by reducing the financial burden of asthma on the State. A one-year Camp Superkids program costs \$75,000. Most of their income comes from foundations, but some also from memberships, fees, and in kind donations. They welcome volunteers from all skill levels to get involved!

6. Please describe how this program/initiative is unique and creative in its approach.

They target kids with asthma who may have a difficult time participating in an outdoor summer camp. Parents fear their specific medical needs may not be met at a regular camp. Kids with severe allergies are also invited to attend. With their daily treatments and special medical needs, these kids often didn't have an opportunity to attend camp before Camp SuperKids was founded.

Camp Superkids

Information for Foundations, Corporations & Individuals Interested in Supporting the American Lung Association's Camp Superkids in Nebraska

Background

The American Lung Association's Camp Superkids is a summer residential camp for Nebraska children with moderate to severe asthma. It is held in June each year at the YMCA's Camp Kitaki. The American Lung Association provides children with a safe and educational, yet fun experience through Camp Superkids to help them increase their asthma management skills and decrease the negative impact of asthma on their lives. The camp reaches 60-100 Nebraska youth each summer, making a lifelong impact on their health and quality of life. Camp Superkids is made possible by the generous donations of Foundations, Corporations and Individuals.



Why Nebraska's Children Need Camp Superkids

Many Americans are afflicted by asthma, a serious chronic lung disease caused by continual airway inflammation punctuated by episodes or attacks of increased inflammation. These attacks are characterized by difficulty in breathing, which occasionally are extreme and can constitute a medical emergency. Asthma can limit a person's quality of life and even be life threatening. There is no cure for asthma and unfortunately, the disease rate is rising in the U.S.

Asthma is a local problem. In 1998 (most recent data for Nebraska), asthma affected 112,000 Nebraskans. More recent data estimates that Nebraska has an asthma rate of 8.7 percent (CDC). The Douglas County Health Department has recognized asthma as a priority due to this percentage. In Douglas County during 2008, there were 392.2 (per 100,000 population) visits to hospital emergency rooms for asthma and 84.3 (per 100,000) asthma hospitalizations. The healthcare costs, along with lost productivity costs from missed days of work from asthma, are extremely costly for Nebraska. Addressing asthma is important to the local economy.

Asthma affects more than Nebraska's budget. The disease is especially a problem for Nebraska youth. Asthma is the leading serious chronic childhood illness and the third cause of hospitalizations among children. Elementary age children 10-14 account for more cases of asthma than any other age group. It accounts for more than 14 million total missed days of school. Lessons learned in early years are very important as children reach teenage years and become more responsible for their health.

The good news about asthma is that although it cannot be cured, it can always be controlled with education and proper treatment. A child with asthma can lead a normal life, play on the playground and participate in PE class and sports. Education builds knowledge and confidence in asthma management, which improves compliance and control, leading to a decrease in emergency visits and crisis intervention. Improved self-management means less missed school days and better quality of life for asthmatic students.

Camp Superkids Description

To address the problem of asthma in children in our Nebraska communities, the American Lung Association offers Camp Superkids to provide children with an educational, yet fun experience to help them increase their asthma management skills and decrease the negative impact of asthma. We also offer asthma education to their parents/guardians to ensure that asthmatic children are properly supported by the adults in their lives.

Children with asthma may have a difficult time participating in an outdoor summer camp. Parents fear their specific medical needs might not be met by personnel inexperienced in asthma management. Or, the children may have severe allergies (which often accompany asthma) putting them at risk if exposed to the many triggers at camps. Thus, the American Lung Association strives to provide a camp experience for those who would otherwise be unable to attend, and to combine that experience with quality asthma education enabling them to better manage their disease.



Camp Superkids is a summer residential camp for Nebraska children 7 to 14 with moderate to severe asthma. The American Lung Association provides 24-hour care through an asthma and allergy specialist physician, experienced nurses and respiratory therapists. YMCA camp staff members provide hiking, swimming, crafts, horse-riding and other adventures central to a summer camp experience. Daily asthma education sessions help keep the children in school and on the playground where they belong, instead of in the hospital or doctor's office.

Camp Superkids campers are supervised by volunteer medical staff to ensure their special medical needs are met. Responsibility for medication administration is given to the camper, but it is closely supervised and documented. Taking medication responsibly is the first step in teaching children how to manage their illness.

Camp Superkids' overall goal is to reduce the health, economic and social burden of children with asthma, and improve their quality of life. Camp Superkids has been evaluated by Creighton University and determined to be effective in keeping children out of the hospital, emergency room and physician's office and in school where they belong. Camp Superkids accomplishes this by educating children in:

- Understanding asthma symptoms and early recognition of symptoms
- Proper medication administration technique
- Asthma trigger recognition and avoidance
- Use of a peak flow meter
- Use of an asthma action plan
- Safe participation in physical activities

For many, Camp Superkids is a child's first experience being educated about the importance of controller medication, trigger avoidance and use of an Asthma Action Plan. For some it is their first experience managing their disease without parental supervision. This is key for them to lead a normally active life by using medications and avoiding triggers. The result is fewer missed school days, emergency room visits and hospitalizations.

We desire that no child is ever turned away from Camp Superkids due to lack of funds. Scholarships are provided to campers to ensure that cost is not a barrier for children to attend. Scholarship applications are reviewed by the American Lung Association's Camp Director who uses the National Free Lunch Program guidelines to determine eligibility for financial assistance. Those who do not meet those standards may still be awarded financial aid based on other circumstances.

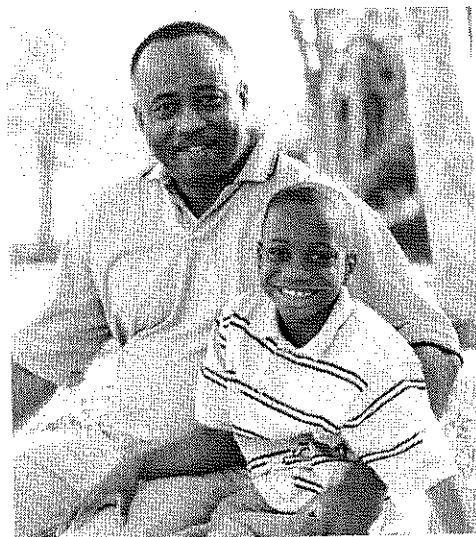
Educating Adults

It is important for asthmatic children to understand and know how to manage their disease, but it is also important for the adults in their life. Parents, healthcare professionals, daycare providers, and school personnel all have a great influence on the environment and care of an asthmatic child, and the American Lung Association wants to make sure that they all have a standard knowledge. To do so, we promote Asthma Basics.

Asthma Basics is a 50-minute online learning module designed to help people learn more about asthma. This course is ideal for frontline healthcare professionals, such as school nurses or community health workers, as well as individuals with asthma, parents of children with asthma, co-workers, friends and family who want to learn more about asthma. It includes comprehensive resources, including videos and downloadable documents.

This program teaches participants to:

1. Recognize and manage triggers
2. Understand the value of an asthma action plan
3. Recognize and respond to a breathing emergency



Asthma Basics is promoted across Nebraska by American Lung Association staff. We promote it to the parents of Camp Superkids registrants, as well as to adults across the state through volunteers, partner organizations, presentations, healthcare settings, and schools. Ultimately,

Asthma Basics increases the knowledge of adults in our communities so individuals and families are better equipped to handle an asthmatic child and prevent asthma emergencies.

American Lung Association Qualifications

For over 100 years, the American Lung Association has led the fight for healthy lungs and healthy air. The American Lung Association was among the first to tackle smoking as the nation's greatest preventable health risk, and to make the connection between air pollution and lung disease. Today, our fight is more important than ever. Now in our second century, the American Lung Association is the leading organization working to save lives, improve lung health and prevent lung disease. The American Lung Association is "Fighting for Air" through research, education and advocacy.



Our local Lung Associations across the country are critical partners in health, working at the community, state and regional level to fight for healthy lungs and healthy air. We have extensive experience working in health promotion and education and we operate nationally recognized research-based programs that have demonstrated improved health outcomes for participants.

We operate several community programs through the Omaha, Nebraska office and have been funded by many organizations- including federal funders- to conduct local activities. We have proven records of success meeting project deliverables and agreements, and of delivering similar projects as the one proposed. Additionally, we have successfully implemented Camp Superkids since 1977.

Collaboration

Collaboration is vital to success of Camp Superkids implementation. The American Lung Association continuously builds partnerships throughout the state that we tap into throughout the year to promote Camp Superkids and Asthma Basics. Partners typically include school districts, nonprofit organizations, hospitals and health clinics, volunteers, and businesses.

One of the biggest partners is the Lincoln YMCA Camp Kitaki. Camp Kitaki provides the camp experience, including staff, counselors, room, board, and some activities for attendees. The camp site is located in Louisville, NE. The American Lung Association has partnered with Camp Kitaki for years and is very pleased with the experience the campers receive there. Camp Kitaki Executive Director of YMCA Camp Kitaki, Jason Smith, says about Camp Superkids, "It is amazing to see the difference that is made in the campers' knowledge of their asthma and how to treat it, as well as their confidence in themselves and their self-worth."

Evaluation

The overall goal is to improve asthma knowledge and management skills. To achieve our asthma management goal, we measure changes in the knowledge of asthma management for each camper at Camp Superkids. Pre-and post-session questionnaires about daily asthma

management, including medication routines, knowledge of control and triggers, are administered to each camper. These objective results are entered and evaluated by medical and American Lung Association staff members and applied to succeeding programs.

Data for Asthma Basics is collected electronically by the National American Lung Association and provided in report form to the local office so that we may understand the local usage.

Model Programs

Asthma Basics and Camp Superkids both stem from the National American Lung Association. The National office has a long history with asthma camps and they are provided in various states across the country. Content for both programs is derived from expert sources and other American Lung Association evidence-based programs, such as Asthma 101 and Open Airways for Schools.

Funding

The American Lung Association needs financial support to continue its efforts to lessen the burden of asthma on this state. Below is an overall budget for the Camp Superkids program:

Income	
Foundations	\$ 61,470
Membership & fee income	\$ 8,530
In kind	\$ 5,000
Total income	\$ 75,000
Expenses	
Salaries & Wages	\$ 20,000
Insurance, benefits, & related taxes	\$ 6,200
Consultants & professional fees	\$ 1,500
Travel	\$ 500
Equipment	\$ 1,500
Supplies	\$ 1,500
Printing & Copying	\$ 1,000
Telephone	\$ 1,800
Rent & Utilities	\$35,000
Camp Kitaki Rental	\$ 6,000
Total Expenses	\$75,000

Contact the American Lung Association to Support Camp Superkids

Thank you for considering our request and donating to the American Lung Association. Please contact us today to find out how to donate or to ask any questions you might have.

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