

San Diego Asthma Resource Directory For Consumers



June 2005

Acknowledgment

The San Diego Asthma Resource Directory for Consumers is a project of the San Diego Regional Asthma Coalition. Funding for the directory was provided by The California Endowment.

San Diego Regional Asthma Coalition Participating Agencies

African Families Health Initiative
 Ahimsa Project
 Air Best Heating & Air Conditioning
 Allergy & Asthma Medical Group
 Alliance Healthcare Foundation
 American Academy of Pediatrics
 American Lung Association of San Diego and Imperial Counties
 Asian Business Association
 Blue Cross of California
 California Children's Services
 Center for Child Health Outcomes
 Children's Hospital and Health Center
 Children's Physician Medical Group
 Chula Vista Elementary School District
 City of San Diego Environmental Services
 Comprehensive Health Center
 Community Health Group
 Community Health Improvement Partners
 Council of Community Clinics
 County of San Diego Health and Human Services Agency
 Dad's Club
 Environmental Health Coalition
 Family Health Centers of San Diego
 Grossmont College
 HealthLine
 Health Net
 Horn of Africa
 Indian Health Council, Inc.
 Kaiser Permanente
 La Maestra Community Clinic
 Latinos y Latinas en Acción
 League of Women Voters
 Mercy Pediatric Clinic
 Mid-City Community Advocacy Network
 Mid-City Community Clinic
 National City Collaborative
 National Latino Research Center
 Naval Medical Center San Diego
 Neighborhood Healthcare
 Neighborhood House Association Head Start
 North County Collaborative
 North County Health Services
 Operation Samahan
 Palomar Pomerado Medical Center
 Paradise Valley Hospital
 Parent Teacher Association, Ninth District
 Philippine Nurses Association
 San Diego City Schools
 San Diego County Office of Education
 San Diego Housing Commission

San Diego State University, Graduate School of Public Health
San Diego Unified School District
San Ysidro Health Center
School Health Innovative Program
Scripps Clinic
Scripps Health System
Sharp Healthcare Grossmont Hospital
Sharp Health Plan
Sharp Rees-Stealy Medical Group
Sweetwater Union High School District
Tri-City Medical Center
UCSD Community Pediatrics
UCSD Health Plan
University of California San Diego, School of Medicine
Union of Pan Asian Communities
Urban League of San Diego
Valle Verde Pediatrics
Vietnamese Federation
Vista Community Clinic
YMCA Childcare Resource Service

Introduction

Background

The San Diego Regional Asthma Coalition is a collaborative of fifty agencies committed to preventing asthma and positively impacting the lives of people affected by asthma through leadership and coordinating resources. The American Lung Association led the development of the Coalition in 1999, bringing together agencies that work in asthma prevention and treatment, disease management, provider and family education, research, environmental justice and school health.

What is Asthma?

Asthma is a lung disease resulting from inflammation or restriction of the airways. Symptoms include wheezing, coughing, shortness of breath, and chest tightness. Asthma episodes (also known as asthma exacerbations or asthma attacks) can be triggered by environmental allergens, irritants, and respiratory infections. Asthma is a chronic disease and currently cannot be cured. However, most asthma episodes can be prevented with appropriate management, including both preventive medication and environmental controls.

Purpose of the Directory

The purpose of the asthma resource directory is to help you the consumer (parents whose children have asthma and adults with asthma) find the resources needed to manage asthma. Since asthma affects people of all ages, this resource directory includes programs for different age groups. This directory is a list of specific asthma services and does not include all health care providers. Included are a wide variety of asthma programs, health care services and asthma-related community resources for all age groups.

Where Can I Find Help?

Section One is the Alphabetic Listing of Organizations arranged by name of the organization. This section gives you information on what services each organization provides.

Section Two is a List of Asthma Services arranged by categories. This section helps you to find Classes, Educational Materials, Medication, Screening/Diagnosis/Treatment, Services to Schools, and Camps.

Section Three is the Other Asthma Resources Section. This section lists services and information that can help you learn more about asthma and many issues related to asthma. You can find a list of regional programs, information on health insurance, childcare referral resources, smoking cessation, asthma books and magazines, environmental resources, asthma organizations and internet sites.

Thank you for using the *San Diego Asthma Resource Directory for Consumers*. We hope that it is useful. Your feedback is appreciated. If you know of an organization that should be included in a future directory or would like to request additional copies, please contact the American Lung Association of San Diego and Imperial Counties at 1-800-LUNG-USA or 619-297-3901.

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Useful Websites

Organizations

	Classes					
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	Asthma Medication					
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	Services to Schools					
	Camps					
Allergy and Asthma Medical Group and Research Center San Diego, Escondido, Encinitas, Temecula 9610 Granite Ridge Drive San Diego, CA 92123 Phone: (858) 292-1144	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allergy Associates Medical Group and Research Center 6386 Alvarado Court # 210 San Diego, CA 92120 Phone: (619) 286-6687	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
American Lung Association of San Diego-Imperial Counties 2750 Fourth Ave. San Diego, CA 92103 Phone: (619) 297-3901	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blue Cross of California State-Sponsored Programs 9353 Clairemont Mesa Blvd., Suite N San Diego, CA 92123 Phone: (858) 522-6302	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children's Hospital and Health Center 3020 Children's Way San Diego, CA 92123 Phone: (858) 966-5961	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comprehensive Health Center 3177 Ocean View Blvd. San Diego, CA 92113 Phone: (619) 231-9300, ext. 3131	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environmental Health Coalition 401 Mile of Cars Way, Suite 310 National City, CA 91950 Phone: (619) 474-0220	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family Health Centers 823 Gateway Center Day San Diego, CA 92102 Phone: (619) 515-2300	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Organizations 2

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
Indian Health Council, Inc 50100 Golsh Road Valley Center, CA 92082 Phone: (760) 749-1410, ext. 5401	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 Phone: (619) 641-4185	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
La Maestra Family Clinic, Inc. 4185 Fairmount Avenue San Diego, CA 92105 Phone: (619) 584-1612 Ext. 3019	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Linda Vista Health Care Center 6973 Linda Vista Road San Diego, CA 92111 Phone: (858) 279-0374	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mid-City Community Clinic - Pediatric 4305 University Ave., Ste 150 San Diego, CA 92105 Phone: (619) 280-2058	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Naval Medical Center San Diego Pediatric Clinic 34800 Bob Wilson Dr., 2 East San Diego, CA 92134 Phone: (619) 532-8819	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neighborhood Health Care (East County, Escondido) 855 East Madison Avenue El Cajon, CA 92020 Phone: (619) 440-2751	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
460 North Elm Street Escondido, CA 92025 Phone: (760) 737-2000	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
North County Health Services 150 Valpreda Road, San Marcos, CA 92069 Phone: (760) 736-6700	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
<p>Operation Samahan Health Clinic 2743 Highland Avenue National City, CA 91950 Phone: (619) 474-2284</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>10737 Camino Ruiz # 235 San Diego, CA 92126 Phone: (858) 578-4220</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Palomar Pomerado Hospital 15615 Pomerado Rd Poway, CA 92064 Phone: (858) 613-4000</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Palomar Pomerado Medical Center 555 East Valley Parkway Escondido, CA 92026 Phone: (760) 739-3460</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Paradise Valley Hospital 2400 E 4th Street National City, CA 91950 Phone: (619) 470-4346</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>San Diego American Indian Health Center 2630 1st Ave. San Diego, CA 92103 Phone: (619) 234-0572</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>San Diego Childhood Asthma Initiative 2750 Fourth Ave. San Diego, CA 92103 Phone: (619) 297-3901</p> <p>150 Valpreda Road, Suite 204 San Marcos, CA 92069 Phone: (760) 761-4803</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>San Diego Unified School District Intervention Services Department 2351 Cardinal Lane, Annex B San Diego, CA 92123 Phone: (858) 627-7580</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
San Ysidro Health Center 4004 Beyer Boulevard San Ysidro, CA 92173 Phone: (619) 428-4463	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scripps Memorial Hospital 435 H Street Chula Vista, CA 91910 Phone: (800) 727-4777	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scripps Mercy Hospital–Mercy Clinic 4077 5th Avenue San Diego, CA 92103 Phone: 619-260-7278 or 260-7022	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center for Health Promotion Phone: (800) 82-SHARP	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Coronado Hospital Pulmonary Rehabilitation 230 Prospect Place Coronado, CA 92118 Phone: (858) 541-3485	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tri-City Medical Center and Sharp Mission Park Medical 4002 Vista Way Oceanside, CA 92056 Phone: (760) 940-3055	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
UCSD Division of Community Pediatrics and School Health 9500 Gilman Drive, Dept. 0927 La Jolla, CA 92093-0927 Phone: (619) 692-8677	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Vista Community Clinic 1000 Vale Terrace Drive Vista, CA 92084 Phone: (760) 631-5000	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Asthma Services

Classes

These services can help you:

- ✓ Learn how adults and children can live active, healthy lives with asthma.
- ✓ Learn simple ways to prevent asthma episodes.
- ✓ Learn the warning signs for when you need to see a doctor.

American Lung Association

Contact:

Asthma Coordinator

Phone:

(619) 297-3901

Description: Open Airways for Schools is a 6-session class for students with asthma. Each lesson is 45 minutes long and can be scheduled any time during the school day. Asthma educator course and asthma toolkit training also offered.

Cost: Varies

Languages Spoken: English, Spanish

Regions Served: San Diego and Imperial Counties

Blue Cross of California State Sponsored Programs

Contact:

Cathy Lurty

Phone:

(858) 522-6302

Description: Classes are conducted as needed for Blue Cross of California Medi-Cal and Healthy Families members only.

Cost: Free

Languages Spoken: Blue Cross of California members may call (800) 407-4627 for assistance in languages other than English.

Regions Served: All

Comprehensive Health Center

Contact:

Deb McKissack

Phone:

(619) 231-9300

Description: Home visits, if requested and qualifies

Cost: Free, if qualified by insurance.

Languages Spoken: English, Spanish

Regions Served: Central

Environmental Health Coalition

Contact:

Maria Moya

Phone:

(619) 474-0220

Description: A 3-session class on air quality, health, and community activism in Spanish. Includes basic information on asthma.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: All

Indian Health Council, Inc.

Contact:

Public Health Nurse

Phone:

(760) 749-1410 Ext. 5401

Description: Provide in-home asthma education

Cost: Fees dependent upon eligibility

Languages Spoken: English, Spanish

Regions Served: North

Kaiser Permanente

Contact:
Connie Zaragoza, MPH

Phone:
(619) 641-4194 or (619) 641-4185

Description: Provide adults and children an understanding of asthma prevention, treatment, and management. Children ages 5 to 15 years attend the second session.

Cost: Free for Kaiser Members and their families.

Languages Spoken: English and Spanish

Region: Central, South and East

La Maestra Family Clinic

Contact:
Alejandrina Areizaga or Karin Capps

Phone:
(619) 584-1612

Description: Health education for asthma patients and parents of asthma patients. Education provided one-on-one and in groups.

Cost: Free for children; varies for adults depending on insurance

Languages Spoken: Arabic, Chaldean, English, Iraqi, Kurdish, Laotian, Nuer, Somali, Spanish, Sudanese, Tagalog, Trigrinia, Vietnamese, and others

Regions Served: Central, El Cajon, National City

Linda Vista Health Care Center

Contact:
Magda Angel or Roberta Feinberg

Phone:
(858) 279-0925, ext. 2913

Description: One-on-one education with parents/patients (ages 6 and over), including uninsured. In-home visits by public health nurses also available.

Cost: Fees vary with insurance coverage.

Languages Spoken: English, French, Laotian, Hmong, Spanish, Tagalog, Vietnamese

Regions Served: All

**Mid-City Community Clinic—
Pediatrics**

Contact:
Rosie Rivera

Phone:
(619) 563-0507

Description: Asthma classes.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: Central

Naval Medical Center San Diego

Contact:
Jerri Gray, RN, CPNP

Phone:
(619) 532-8819

Description: Pediatric Asthma Education for Parents and Children. Children (ages 4 and up) are taught about asthma by a registered nurse, while parents listen to a lecture by a pediatrician regarding management of their child's asthma.

Cost: Free to beneficiaries

Languages Spoken: English

Regions Served: All

Neighborhood Health Care

East County Community Health Services
Escondido Community Health Center

Contact:

Cathy Mitchell

Phone:

(619) 668-6280 or (760) 737-2030

Description: Classes for adults. Call for schedule.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: East, North

North County Health Services**Contact:**

Laura De La Cruz or Andrea Villalobos

Phone:

(760) 736-6700

Description: Classes held weekly at Mission Mesa, San Marcos and Oceanside Cassidy offices. Call for schedule of classes.

Cost: Free for patients; sliding fee for general public

Languages Spoken: English, Spanish

Regions Served: North

**Palomar Pomerado
Medical Center****Contact:**

Respiratory supervisor

Phone:

(760) 739-3460

Description: Patients referred by physician learn about asthma treatments, new medications, allergies, inhaler use, asthma intervention programs, and resources. Includes a free pulmonary function test.

Cost: Free

Languages Spoken: English

Regions Served: North

Paradise Valley Hospital**Contact:**

Jane Campbell, Center for Health Promotions

Phone:

(619) 472-4628

Description: Classes are offered twice a year. Learn about asthma treatments, new medications, allergies, inhaler use, asthma intervention programs, and resources. Includes a free pulmonary function test.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: National City

**San Diego Childhood
Asthma Initiative****Contact:**

Luis Lechuga or Lily Valmidiano

Phone:

(760) 761-4805 or (619) 297-3901

Description: Home Visitation for Children (ages 0–5) with Asthma. Covers information about asthma, environmental triggers, prevention, treatment and use of devices.

Cost: Free

Languages Spoken: English, Spanish, Tagalog

Regions Served: Limited areas

San Ysidro Health Center**Contact:**

Carmen Hernandez

Phone:

(619) 428-4463

Description: Call for schedule of classes.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: South

Scripps Memorial Hospital

Contact:
Chris Messick

Phone:
(858) 626-6493

Description: Exercise classes offered weekly for patients with lung disease. Six-week session includes 3 classes per week. A physician referral is required

Cost: Varies depending on healthcare coverage

Languages Spoken: English, Spanish

Regions Served: North Coastal

**Scripps Mercy Hospital—
Mercy Clinic**

Contact:
Rene McLeod

Phone:
(619) 260-7278 or 260-7022

Description: One-on-one sessions held for 30 minutes with children and adults

Cost: Free

Languages Spoken: English, Spanish

Regions Served: University Heights, City Heights, Downtown

Sharp Center for Health Promotion

Sharp Memorial Hospital
Sharp Grossmont Medical Center
Sharp Chula Vista Medical Center

Contact:
Lynne Schneider, RCP

Phone:
(800) 82-SHARP or (800) 827-4277

Description: Offers classes for adults and children. Classes offered once a month; location rotates.

Cost: Free to members. \$20 for the general public.

Languages Spoken: English, Spanish

Regions Served: Central, East, South

**Sharp Coronado Hospital
Pulmonary Rehabilitation**

Contact:
Lynn McCabe

Phone:
(858) 541-3485

Description: Pulmonary rehabilitation services are provided 2 days per week for a 6 week period.

Cost: Costs may be covered by Medi-Care, most private insurance companies or HMOs

Languages Spoken: English

Regions Served: All

**Tri-City Medical Center and
Sharp Mission Park Medical**

Contact:
Valerie Naegele

Phone:
(760) 940-3055 or (760) 806-5860

Description: A two-session Asthma Self Management class for adults is held every six weeks. Call for dates, times and to register.

Cost: \$15 for Sharp patients; \$25 for others

Languages Spoken: English

Regions Served: Vista, San Marcos, Oceanside

Educational Activities and Materials

These agencies can provide:

- ✓ Informational brochures, pamphlets, and books on asthma for various ages and in various languages
- ✓ Educational videos on asthma

Allergy and Asthma Medical Group and Research Center

Contact:
Dr. Michael Welch

Phone:
(858) 292-1144

Description: Pamphlets, educational booklets and videos are available. Topics include asthma management and clinical research.

Cost: Free

Languages Spoken: English, Farsi, German, French, Spanish

Regions Served: All

Allergy Associates Medical Group and Research Center

Contact:
Emily Montepagano

Phone:
(619) 286-6687 (Medical Group); (619) 229-2355 (Research)

Description: Brochures, videos and pamphlets are available.

Cost: Free

Languages Spoken: English, Spanish, Farsi

Regions Served: All

American Lung Association of San Diego-Imperial Counties

Contact:
Asthma Program Staff

Phone:
(619) 297-3901

Description: Fact sheets, pamphlets, and educational booklets are available. Topics include childhood and adult asthma, asthma management, and outdoor and indoor air quality. Videos are available for checkout.

Cost: Materials are available at no cost or a small fee.

Languages Spoken: English, Spanish

Regions Served: All

Blue Cross of California State Sponsored Programs

Contact:
Customer Care Center

Phone:
(800) 407-4627

Description: Educational materials and Asthma Control Kits are available. An audiotape library and staff nurse is available 24 hours a day at (800) 224-0336.

Cost: Free to Blue Cross of California Medi-Cal and Healthy Families members only.

Languages Spoken: Translation services are available.

Regions Served: All

Children's Hospital and Health Center

Contact:
Carrie Aarii, RN

Phone:
(858) 576-1700 Ext. 4214

Description: Includes booklets, asthma action plan, peak flow diaries, toddler symptom diaries, and medication information sheets.

Cost: Varies
Languages Spoken: English, Spanish

Regions Served: All

Comprehensive Health Center

Contact:
Deb McKissack

Phone:
(619) 231-9300

Description: Pamphlets, videos (English and Spanish), individual health education for asthma

Cost: Free
Languages Spoken: English, Spanish, Tagalog
Regions Served: Central

Environmental Health Coalition

Contact:
Maria Moya

Phone:
(619) 474-0220

Description: Call for information.
Cost: Free
Languages Spoken: English, Spanish
Regions Served: All

Family Health Centers

Contact:
Janet Adamian

Phone:
(619) 515-2361

Description: Brochures, booklets and other materials at Family Health Centers throughout San Diego County.
Cost: Free
Languages Spoken: English, Spanish
Regions Served: All

Kaiser Permanente

Contact:
Connie Zaragoza

Phone:
(619) 641-4185

Description: Library with asthma videos and reading materials are offered. Call (619) 641-4194 for the next asthma education program. Listen to recorded messages on more than 250 health topics. Call toll-free 24 hours a day: (800) 33-ASK-ME or (800) 332-7563. Asthma message number is 327.
Cost: Free to members
Languages: English, Spanish, other languages available
Regions Served: All

La Maestra Family Clinic, Inc.**Contact:**

Alejandrina Areizaga or Karin Capps

Phone:

(619) 584-1612

Description: Provides written materials, individual health education, and referral to asthma programs and treatment services.**Cost:** Free**Languages Spoken:** English, Spanish, Somali, Sudanese, Vietnamese, Tagalog, Laotian, Iraqi, Nuer, Trigrinia, Arabic, Chaldean, Kurdish and others**Regions Served:** Central, El Cajon, National City**Linda Vista Health Care Center****Contact:**

Magda Angel or Roberta Feinberg

Phone:

(858) 279-0925, ext. 2913

Description: Provides educational booklets on asthma**Cost:** Free**Languages Spoken:** English, French, Laotian, Hmong, Spanish, Tagalog, Vietnamese**Regions Served:** All**Mid-City Community Clinic—
Pediatrics****Contact:**

Rosie Rivera

Phone:

(619) 563-0507

Description: Provide written materials, individual health education, and referral to asthma programs and treatment services.**Cost:** Free**Languages Spoken:** English, Spanish**Regions Served:** Central**Naval Medical Center San Diego****Contact:**

Jeri Gray, RN, CPNP

Phone:

(619) 532-8819

Description: Booklets, asthma action plans and website are available.**Cost:** Free to beneficiaries**Languages Spoken:** English**Regions Served:** All**Neighborhood Health Care****Contact:**

Cathy Mitchell

Phone:

(619) 440-2751 or (760) 737-2000

Description: Pamphlets and other materials on asthma available**Cost:** Free**Languages Spoken:** English, Spanish**Regions Served:** North, East

North County Health Services

Contact:
Laura De La Cruz or Andrea Villalobos

Phone:
(760) 736-6700

Description: Asthma education materials available for children, adolescents and adults.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: North

Operation Samahan Health Clinic

Contact:
Acelita Cunanan

Phone:
(619) 474-2284 or (858) 578-4220

Description: Provide written materials, individual health education, and referral to asthma programs and treatment services.

Cost: Free

Languages Spoken: English, Laotian, Spanish, Tagalog

Regions Served: North Central, South

Paradise Valley Hospital

Contact:
Respiratory Therapist

Phone:
(619) 472-4584

Description: Offer booklets, pamphlets, and PowerPoint presentation and other materials on asthma

Cost: Free if qualified

Languages Spoken: English, Spanish

Regions Served: National City

San Diego American Indian Health Center

Contact:
Susanna Reiner

Phone:
(619) 234-2158

Description: Health promotion staff provides individual asthma education and resources to clinic patients.

Cost: Fees dependent upon eligibility

Languages Spoken: English and Spanish

Regions Served: Central

San Diego Childhood Asthma Initiative

Contact:
Luis Lechuga or Lily Valmidiano

Phone:
(760) 761-4805 or (619) 297-3901

Description: Home Visitation for Children (ages 0-5) with Asthma. Provide information about asthma, environmental triggers, prevention, treatment and use of devices.

Cost: Free

Languages Spoken: English, Spanish, Tagalog

Regions Served: Limited areas

San Diego Unified School District

Contact:
Rose Marie Lofgren

Phone:
(858) 627-7580

Program: San Diego Unified School District-Intervention Services Department

Description: School nurses refer parents of students with asthma to education programs at hospitals, community clinics, health plans or other community-based organizations.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: Central, North Central

San Ysidro Health Center

Contact:
Carmen Hernandez

Phone:
(619) 428-4463

Description: Call for schedule of classes.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: South

Scripps Memorial Hospital

Contact:
Chris Messick

Phone:
(858) 626-6493

Description: Pulmonary rehab educational materials available

Cost: Varies depending on healthcare coverage

Languages Spoken: English, Spanish

Regions Served: North Coastal

Scripps Mercy Hospital— Mercy Clinic

Contact:
Rene McLeod

Phone:
(619) 260-7278 or 260-7022

Description: Offer peak flow meters, air chambers, asthma action plan, brochures and videos.

Cost: Free

Languages Spoken: **English, Spanish**

Regions Served: University Heights, City Heights, Downtown

Sharp Center for Health Promotion

Contact:

Phone:
(800) 82-SHARP or (800) 827-4277

Description: Offer classes for adults and children at three locations: Sharp Memorial Hospital, Sharp Grossmont Medical Center, and Sharp Chula Vista Medical Center. Classes offered once a month; location rotates.

Cost: Free to Sharp members; \$20 for the general public.

Languages Spoken: English, Spanish

Regions Served: Central, East, South

Tri-City Medical Center and Sharp Mission Park Medical

Contact:
Valerie Naegele

Phone:
(760) 940-3055

Description: Pamphlets, flyers and other asthma materials available. Asthma kits and spacers when available.

Cost:

Languages Spoken: English

Regions Served: Vista, San Marcos, Oceanside

UCSD Division of Community Pediatrics and School Health

Contact:
Elaine Pizzola

Phone:
(619) 692-8677

Description: Asthma information is available through the Pediatrician and Employer Partnership (PEP) Program. This includes public presentations to community organizations, as requested, with a focus on children's health.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: All

Vista Community Clinic

Contact:
Melly Rivas

Phone:
(760) 631-5000

Description: Clinic staff provides videos, booklets and other asthma education materials to clinic patients.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: North

Medications

These agencies can provide:

- ✓ Asthma medications and devices for patients with insurance and a current prescription
- ✓ Low cost or no cost medications and devices for patients without health benefits

Allergy and Asthma Medical Group and Research Center

Contact:
Dr. Michael Welch

Phone:
(858) 292-1144

Description: Samples of some medications provided by pharmaceutical companies.

Cost: None

Languages Spoken: English, Spanish, Farsi, French, German

Regions Served: All

Allergy Associates Medical Group and Research Center

Contact:
Emily Montepagano

Phone:
(619) 286-6687 (Medical Group);
(619) 229-2355 (Research)

Description: Various asthma medications, inhalers, peak flow meters and bronchodilators provided with prescription.

Cost: Varies depending on health insurance.

Languages Spoken: English, Spanish, Farsi

Regions Served: All

Children's Hospital and Health Center

Contact:
Carrie Arij, RN

Phone:
(858) 576-1700 Ext. 4214

Description: Provides all medications, spacers, peak flow meters and nebulizers for asthma management with prescription and insurance approval. Mail and home delivery are also available.

Cost: Fees dependent on payer; most insurance accepted.

Languages Spoken: English, Spanish, other languages available

Regions Served: All

Comprehensive Health Center

Contact:
Deb McKissack

Phone:
(619) 231-9300

Description: Peak flow meters and spacers

Cost: Free, if qualified by insurance. Self-pay medications at reduced cost, if uninsured.

Languages Spoken: English, Spanish

Regions Served: Central

Family Health Centers

Contact:
Janet Adamian

Phone:
(619) 515-2361

Description: Medication for adults and children
Cost: Free
Languages Spoken: English, Spanish
Regions Served: All

Indian Health Council, Inc

Contact:
Martina Portillo

Phone:
(760) 749-1410 Ext. 5401

Description: Basic asthma medications
Cost: Fees vary
Languages Spoken: English, Spanish
Regions Served: North

La Maestra Family Clinic, Inc.

Contact:
Alejandrina Areizaga or Karin Capps

Phone:
(619) 584-1612

Description: For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.
Cost: Free for children; varies for adults depending on insurance
Languages Spoken: Arabic, Chilean, English, Iraqi, Kurdish, Laotian, Nuer, Somali, Spanish, Sudanese, Tagalog, Trigrinia, Vietnamese, and others
Regions Served: Central, El Cajon, National City

Linda Vista Health Care Center

Contact:
Magda Angel

Phone:
(858) 279-0925, Ext. 2913

Description: Asthma medications available for uninsured children ages 6 or younger who are diagnosed with asthma.
Cost: Free
Languages Spoken: English, French, Laotian, Hmong, Spanish, Tagalog, Vietnamese
Regions Served: All

**Mid-City Community Clinic—
Pediatrics**

Contact:
Rosie Rivera

Phone:
(619) 563-0507

Description: For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.
Cost: Free
Languages Spoken: English, Spanish
Regions Served: Central

Naval Medical Center San Diego**Contact:**

Jerri Gray, RN, CPNP

Phone:

(619) 532-8819

Description: Medications per Naval Hospital formulary**Cost:** Free to beneficiaries**Languages Spoken:** English**Regions Served:** All**Neighborhood Health Care****Contact:**

Cathy Mitchell

Phone:

(619) 440-2751 or (760) 737-2000

Description: Basic asthma medications**Cost:** Free**Languages Spoken:** English, Spanish**Regions Served:** North, East**North County Health Services****Contact:**

Andrea Villalobos

Phone:

(760) 736-6700

Description: In-house pharmacy at Oceanside and San Marcos offices. All asthma medications available.**Cost:** Fees vary.**Languages Spoken:** English, Spanish**Regions Served:** North**Paradise Valley Hospital****Contact:**

Respiratory therapist

Phone:

(619) 472-4584

Description: Asthma medications**Cost:** Free if qualified**Languages Spoken:** English, Spanish**Regions Served:** National City**San Diego American Indian Health Center****Contact:**

Susanna Reiner

Phone:

(619) 234-2158

Description: Inhalers, spacers and other medications available**Cost:** Fees dependent upon insurance coverage**Languages Spoken:** English and Spanish**Regions Served:** Central**San Ysidro Health Center****Contact:**

Carmen Hernandez

Phone:

(619) 428-4463

Description: Asthma medications**Cost:** Free**Languages Spoken:** English, Spanish**Regions Served:** South

**Scripps Mercy Hospital—
Mercy Clinic**

Contact:
Rene McLeod

Phone:
(619) 260-7278 or 260-7022

Description: Formulary asthma medications

Cost: Varies

Languages Spoken: English, Spanish

Regions Served: University Heights, City Heights, Downtown

Vista Community Clinic

Contact:
Melly Rivas

Phone:
(760) 631-5000

Description: Asthma medications available to clinic patients.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: North

Screening, Diagnosis, Treatment

How these offices can help you:

- ✓ Screening for lung health
- ✓ Diagnosis of asthma and other lung diseases
- ✓ Treatment and management of asthma

Allergy and Asthma Medical Group and Research Center

Contact:

Michael Welch, MD

Phone:

(858) 292-1144

Description: Provides comprehensive disease management for children with asthma. Call for information and eligibility criteria for participating in new medication research and other clinical trials.

Cost: Fees vary depending on medical insurance. Medi-Cal not accepted.

Languages Spoken: English, Spanish, Farsi, German, French

Regions Served: All

Allergy Associates Medical Group and Research Center

Contact:

Bruce Prenner, MD, or John Pauls, MD

Phone:

(619) 229-2355

Description: Medical group includes allergy and immunology specialists. Call for information and eligibility criteria for participating in new medication research and other clinical trials.

Cost: Fees vary. Managed Care Medi-Cal and private insurance accepted.

Languages Spoken: English, Farsi, Spanish

Regions Served: All

Blue Cross of California State Sponsored Programs

Contact:

Cathy Lurty

Phone:

(858) 522-6302

Description: Blue Cross of California Medi-Cal and Healthy Families members can receive diagnosis and treatment for asthma through their primary care physician or an allergy specialist. Specialists can be seen only with a referral from their primary care physician.

Cost: Fees vary

Languages Spoken: Members may call (800) 407-4627, for help in a variety of languages. If a member needs assistance while in a doctor's office, translation is available.

Regions Served: All

Children's Hospital and Health Center Asthma/Allergy/Immunology Clinic

Contact:

Carrie Aarii, RN

Phone:

(858) 576-1700 Ext. 4214

Description: Provides all aspects of medical screening, diagnosis, management, and monitoring for pediatric asthma and allergy.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish, other languages available

Regions Served: All

**Comprehensive Health Center—
Pediatrics**

Contact:
Deb McKissack

Phone:
(619) 231-9300

Description: Treat patients and coordinate any needed referrals.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish

Regions Served: Central

Family Health Centers

Contact:
Janet Adamian

Phone:
(619) 515-2361

Description: Provide treatment services for children and adults at eight locations in county.

Cost: Fees vary.

Languages Spoken: English, Spanish

Regions Served: All

Indian Health Council, Inc

Contact:
Martina Portillo

Phone:
(760) 749-1410 Ext. 5401

Description: Call for information about Breathe Easy Program and clinic hours

Cost: Fees dependent on eligibility.

Languages Spoken: English, Spanish

Region Served: North

Kaiser Permanente

Contact:
Connie Zaragoza, MPH

Phone:
(619) 641-4194 or (619) 641-4185

Description: Asthma treatment, prevention and management

Cost: Free for Kaiser Members and their families.

Languages Spoken: English and Spanish

Region: Central, South and East

La Maestra Family Clinic

Contact:
Alejandrina Areizaga or Karin Capps

Phone:
(619) 280-4213

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: Arabic, Chaldean, English, Iraqi, Kurdish, Laotian, Nuer, Spanish, Somali, Sudanese, Tagalog, Trigrinia, Vietnamese and others

Regions Served: Central, El Cajon, National City

Linda Vista Health Care Center

Contact:
Magda Angel or Roberta Feinberg

Phone:
(858) 279-0925, ext. 2913

Description: Provides treatment services for children ages 6 years and younger.

Cost: Free for children who are uninsured and diagnosed with asthma.

Languages Spoken: English, French, Laotian, Hmong, Spanish, Tagalog, Vietnamese

Regions Served: All

Mid-City Community Clinic— Pediatrics

Contact:
Rosie Rivera

Phone:
(619) 563-0507

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish, other languages

Regions Served: Central

Naval Medical Center San Diego

Contact:
Jerri Gray, RN, CPNP

Phone:
(619) 532-8819

Description: Referral to pulmonologist, if needed, function testing and asthma registry for physicians to track hospitalizations, emergency room visits and other medical information on patients.

Cost: Free to beneficiaries

Languages Spoken: English

Regions Served: All

Neighborhood Health Care

Contact:
Cathy Mitchell

Phone:
(619) 440-2751 or (760) 737-2000

Description: Individual case management and referral follow-up for clinic patients.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: North, East

North County Health Services

Contact:
Laura De La Cruz or Andrea Villalobos

Phone:
(760) 736-6700

Description: Primary Care Services available at all North County offices.

Cost: Free for patients; sliding fee for general public

Languages Spoken: English, Spanish

Regions Served: North

Operation Samahan Health Clinic

Contact:
Acelita Cunanan

Phone:
(619) 474-2284 or (858) 578-4220

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Laotian, Spanish, Tagalog

Regions Served: North Central, South

Palomar Pomerado Hospital/Medical Center

Contact:
Respiratory supervisor

Phone:
(760) 739-3460

Description: Pulmonary rehab provides diagnosis and treatment of asthma

Cost: Fees vary

Languages Spoken: English, Spanish, Tagalog

Regions Served: North Inland

Paradise Valley Hospital

Contact:
Respiratory therapist

Phone:
(619) 472-4584

Description: Learn about asthma treatments, new medications, allergies, inhaler use, asthma intervention programs, and resources. Includes a free pulmonary function test.

Cost: Free if qualified

Languages Spoken: English, Spanish

Regions Served: National City

San Diego American Indian Health Center

Contact:
Susanna Reiner

Phone:
(619) 234-0572

Description: Provides treatment services for children and adults with asthma.

Cost: Fees dependent on eligibility.

Languages Spoken: English, Spanish

Regions Served: Central

San Ysidro Health Center

Contact:
Carmen Hernandez

Phone:
(619) 428-4463

Description: Individual asthma case management and referral follow-up for clinic patients.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: South

Scripps Memorial Hospital—Pediatrics

Contact:
Chris Messick

Phone:
(858) 626-6493

Description: Treatment available through physician referral.

Cost: Varies depending on healthcare coverage

Languages Spoken: English, Spanish

Regions Served: North coastal

Scripps Mercy Hospital—Mercy Clinic

Contact:
Rene McLeod

Phone:
(800) 727-4777 or (619) 294-8111

Description: Services to children and adults on individual basis

Cost: Varies

Languages Spoken: English, Spanish

Regions Served: University Heights, City Heights, Downtown

Vista Community Clinic

Contact:
Melly Rivas

Phone:
(760) 631-5000

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish

Regions Served: North Coastal, North Inland

Screening, Diagnosis, Treatment

How these offices can help you:

- ✓ Screening for lung health
- ✓ Diagnosis of asthma and other lung diseases
- ✓ Treatment and management of asthma

Allergy and Asthma Medical Group and Research Center

Contact:

Michael Welch, MD

Phone:

(858) 292-1144

Description: Provides comprehensive disease management for children with asthma. Call for information and eligibility criteria for participating in new medication research and other clinical trials.

Cost: Fees vary depending on medical insurance. Medi-Cal not accepted.

Languages Spoken: English, Spanish, Farsi, German, French

Regions Served: All

Allergy Associates Medical Group and Research Center

Contact:

Bruce Prenner, MD, or John Pauls, MD

Phone:

(619) 229-2355

Description: Medical group includes allergy and immunology specialists. Call for information and eligibility criteria for participating in new medication research and other clinical trials.

Cost: Fees vary. Managed Care Medi-Cal and private insurance accepted.

Languages Spoken: English, Farsi, Spanish

Regions Served: All

Blue Cross of California State Sponsored Programs

Contact:

Cathy Lurty

Phone:

(858) 522-6302

Description: Blue Cross of California Medi-Cal and Healthy Families members can receive diagnosis and treatment for asthma through their primary care physician or an allergy specialist. Specialists can be seen only with a referral from their primary care physician.

Cost: Fees vary

Languages Spoken: Members may call (800) 407-4627, for help in a variety of languages. If a member needs assistance while in a doctor's office, translation is available.

Regions Served: All

Children's Hospital and Health Center Asthma/Allergy/Immunology Clinic

Contact:

Carrie Aarii, RN

Phone:

(858) 576-1700 Ext. 4214

Description: Provides all aspects of medical screening, diagnosis, management, and monitoring for pediatric asthma and allergy.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish, other languages available

Regions Served: All

**Comprehensive Health Center—
Pediatrics**

Contact:
Deb McKissack

Phone:
(619) 231-9300

Description: Treat patients and coordinate any needed referrals.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish

Regions Served: Central

Family Health Centers

Contact:
Janet Adamian

Phone:
(619) 515-2361

Description: Provide treatment services for children and adults at eight locations in county.

Cost: Fees vary.

Languages Spoken: English, Spanish

Regions Served: All

Indian Health Council, Inc

Contact:
Martina Portillo

Phone:
(760) 749-1410 Ext. 5401

Description: Call for information about Breathe Easy Program and clinic hours

Cost: Fees dependent on eligibility.

Languages Spoken: English, Spanish

Region Served: North

Kaiser Permanente

Contact:
Connie Zaragoza, MPH

Phone:
(619) 641-4194 or (619) 641-4185

Description: Asthma treatment, prevention and management

Cost: Free for Kaiser Members and their families.

Languages Spoken: English and Spanish

Region: Central, South and East

La Maestra Family Clinic

Contact:
Alejandrina Areizaga or Karin Capps

Phone:
(619) 280-4213

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: Arabic, Chaldean, English, Iraqi, Kurdish, Laotian, Nuer, Spanish, Somali, Sudanese, Tagalog, Trigrinia, Vietnamese and others

Regions Served: Central, El Cajon, National City

Linda Vista Health Care Center

Contact:
Magda Angel or Roberta Feinberg

Phone:
(858) 279-0925, ext. 2913

Description: Provides treatment services for children ages 6 years and younger.

Cost: Free for children who are uninsured and diagnosed with asthma.

Languages Spoken: English, French, Laotian, Hmong, Spanish, Tagalog, Vietnamese

Regions Served: All

Mid-City Community Clinic— Pediatrics

Contact:
Rosie Rivera

Phone:
(619) 563-0507

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish, other languages

Regions Served: Central

Naval Medical Center San Diego

Contact:
Jerri Gray, RN, CPNP

Phone:
(619) 532-8819

Description: Referral to pulmonologist, if needed, function testing and asthma registry for physicians to track hospitalizations, emergency room visits and other medical information on patients.

Cost: Free to beneficiaries

Languages Spoken: English

Regions Served: All

Neighborhood Health Care

Contact:
Cathy Mitchell

Phone:
(619) 440-2751 or (760) 737-2000

Description: Individual case management and referral follow-up for clinic patients.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: North, East

North County Health Services

Contact:
Laura De La Cruz or Andrea Villalobos

Phone:
(760) 736-6700

Description: Primary Care Services available at all North County offices.

Cost: Free for patients; sliding fee for general public

Languages Spoken: English, Spanish

Regions Served: North

Operation Samahan Health Clinic

Contact:
Acelita Cunanan

Phone:
(619) 474-2284 or (858) 578-4220

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Laotian, Spanish, Tagalog

Regions Served: North Central, South

Palomar Pomerado Hospital/Medical Center

Contact:
Respiratory supervisor

Phone:
(760) 739-3460

Description: Pulmonary rehab provides diagnosis and treatment of asthma

Cost: Fees vary

Languages Spoken: English, Spanish, Tagalog

Regions Served: North Inland

Paradise Valley Hospital

Contact:
Respiratory therapist

Phone:
(619) 472-4584

Description: Learn about asthma treatments, new medications, allergies, inhaler use, asthma intervention programs, and resources. Includes a free pulmonary function test.

Cost: Free if qualified

Languages Spoken: English, Spanish

Regions Served: National City

San Diego American Indian Health Center

Contact:
Susanna Reiner

Phone:
(619) 234-0572

Description: Provides treatment services for children and adults with asthma.

Cost: Fees dependent on eligibility.

Languages Spoken: English, Spanish

Regions Served: Central

San Ysidro Health Center

Contact:
Carmen Hernandez

Phone:
(619) 428-4463

Description: Individual asthma case management and referral follow-up for clinic patients.

Cost: Free

Languages Spoken: English, Spanish

Regions Served: South

Scripps Memorial Hospital—Pediatrics

Contact:
Chris Messick

Phone:
(858) 626-6493

Description: Treatment available through physician referral.

Cost: Varies depending on healthcare coverage

Languages Spoken: English, Spanish

Regions Served: North coastal

Scripps Mercy Hospital—Mercy Clinic

Contact:
Rene McLeod

Phone:
(800) 727-4777 or (619) 294-8111

Description: Services to children and adults on individual basis

Cost: Varies

Languages Spoken: English, Spanish

Regions Served: University Heights, City Heights, Downtown

Vista Community Clinic

Contact:
Melly Rivas

Phone:
(760) 631-5000

Description: Individual case management and referral follow-up for clinic patients.

Cost: Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

Languages Spoken: English, Spanish

Regions Served: North Coastal, North Inland

Services Offered to Schools

These agencies can provide:

- ✓ Asthma and general health screenings for children
- ✓ Education and support to students and families with asthma

American Lung Association

Contact:

Asthma Coordinator

Phone:

(619) 297-3901

Description: Open Airways for Schools is a 6-session class for students with asthma. Each lesson is 45 minutes long and can be scheduled any time during the school day. Asthma educator course and asthma toolkit training also offered.

Cost: Varies

Languages Spoken: English, Spanish

Regions Served: San Diego and Imperial Counties

Family Health Centers— Mobile Units

Contact:

Assistant Director, Special Populations
and Mobile Medical Services

Phone:

(619) 515-2372

Description: The KidCare Express mobile medical units (MMUs) program provides health services to medically underserved children, adolescent and adults in collaboration with local schools, community centers, social service agencies, homeless shelters, public housing complexes, recovery homes and neighborhood health fairs. The MMUs are fully licensed medical clinics on wheels staffed with physicians, nurse practitioners, nursing staff, and drivers/registration staff.

Cost: Medicare, Medi-Cal, CMS and CHDP programs are able to be billed; other care is provided at no charge.

Languages Spoken: English, Spanish.

Regions Served: Central, East and South San Diego County

Kaiser Permanente

Contact:

Connie Zaragoza

Phone:

(619) 641-4185

Program: Asthma Education

Description: Physicians visit schools upon request.

Cost: Free

Languages: English

Regions Served: All

Linda Vista Health Care Center

Contact:

Roberta Feinberg

Phone:

(858) 279-0925

Description: School-Based Clinic on campus of Twain Jr./Sr. High School provides health education and medical treatment.

Languages Spoken: French, Hmong, Laotian, Spanish, Tagalog, Vietnamese

Regions Served: North Central

Mid-City Community Clinic

Contact:

Rosie Rivera

Phone:

(619) 563-0507

Description: School Based Clinics at Rosa Parks Elementary and Monroe Clark Jr. High provide health education and medical treatment.

Languages Spoken: English, Spanish

Regions Served: Central

San Diego Unified School District

Contact:

Rose Marie Lofgren

Phone:

(858) 627-7580

Program: San Diego Unified School District-Intervention Services Department

Description: Nurses provide education, monitoring, treatment, and referrals for students with asthma. In some instances, families are involved in case management and educational components.

Cost: Free

Languages Spoken: English, some bilingual (Spanish) nurses.

Regions Served: Central, North Central

UCSD Division of Community Pediatrics and School Health

Contact:

Elaine Pizzola

Phone:

(619) 681-0647

Description: Provides school-site outreach workers to help families with asthmatic school children to apply for health insurance.

Cost: Free

Regions Served: All

Camps

These camps:

- ✓ Are for school age children
- ✓ Teach children how to better manage their asthma

American Lung Association

Contact:

Sacsy Sukcharoun

Phone:

(619) 297-3901

Program:

SCAMP Camp

Description: The Southern California Asthma Medical Program (SCAMP) Camp is a residential summer camp for kids with moderate to severe asthma, ages 8-13, who live in San Diego or Imperial Counties. At SCAMP Camp, kids participate in activities such as swimming, archery, nature, hiking, picnics, and arts and crafts. Camp staff includes trained counselors and activities specialists. Medical staff is available 24 hours a day, including doctors specializing in asthma and allergy, registered nurses and respiratory therapists. All meals, transportation and medical care are included.

Cost: Sliding scale fee

Languages Spoken: English, Spanish

Regions Served: San Diego and Imperial Counties

Other Related Resources

County of San Diego, Health and Human Services Agency

Regional Centers

Programs and Communities Served

The County of San Diego Health and Human Services Agency (HHSA) is divided into six geographic regions: **Central, East, North Central, North Coastal, North Inland**, and **South**. Regional administration oversees Child Protective Services, Family Resource Centers (includes Medi-Cal eligibility), and Public Health Centers.

Additionally, HHSA has programs and support divisions that are centrally administered, with some services offered directly in the regions. Some examples include Aging and Independence Services, Immunizations, and Mental Health. For a comprehensive listing of services, please visit the HHSA website at www.sdcounty.ca.gov/hhsa. For information on a specific service or program, you can call the General County Information Line at (858) 694-3900, or one of the regional offices listed below.

CENTRAL

HHSA Central Region Administration

1255 Imperial Avenue, Suite 864
San Diego, CA 92101
(619) 338-2888

Communities Served:

College Grove, Downtown, East San Diego, Encanto, Golden Hills, Hillcrest, Kensington, Logan Heights, Mission Hills, Naval Medical Center, Normal Heights, North Park, Paradise Hills, Pier Area, Southeast

EAST

HHSA East Region Administration

7065 Broadway, Suite 200
Lemon Grove, CA 91945
(619) 668-3990

Communities Served:

Alpine, Boulevard, Campo, Descanso, Dulzura, El Cajon, Guatay, Jacumba, Jamul, La Mesa, Lakeside, Lemon Grove, Mt. Laguna, Pine Valley, Potrero, Santee, Spring Valley and Tecate

NORTH CENTRAL

HHSA North Central Region Administration

8965 Balboa Avenue
San Diego, CA 92123
858-616-5815

Communities Served:

Bay Park, Clairemont, Del Cerro, Grantville, Kearny, La Jolla, Linda Vista, Marine Corps Recruiting Depot, Mira Mesa, Miramar, Mission Valley, Mission Village, Mission Beach, Morena, Navajo, Naval Training Center, North City West, Ocean Beach, Old Town, Pacific Beach, Point Loma, San Carlos, Scripps Miramar Ranch, Serra Mesa, Sorrento Valley, Tierrasanta, University City

NORTH COASTAL

HHSA North Coastal Regional Center

1701 Mission Avenue
Oceanside, CA 92054
(760) 967-4500

Communities Served:

Camp Pendleton, Cardiff, Carlsbad, Del Mar, Encinitas, Leucadia, Oceanside, Rancho Santa Fe, San Luis Rey, Solana Beach, San Clemente, San Onofre, Vista

NORTH INLAND

HHSA North Inland Regional Center

600 E. Valley Parkway
Escondido, CA 92025
(760) 740-4181

Communities Served:

Agua Caliente, Anza, Bonsall, Borrego, Escondido, Fallbrook, Imperial, Julian, North Palomar, Pala, Palomar, Pauma Valley, Poway, Rainbow, Ramona, Ranchita, Rancho Bernardo, Rancho Penasquitos, San Marcos, Santa Ysabel, Temecula, Valley Center, Warner Springs

SOUTH

HHSA South Region Center

690 Oxford St.
Chula Vista, CA 91911
(619) 409-3302

Communities Served:

Bonita, Chula Vista, Coronado, Imperial Beach, National City, Naval Amphibious Base, Nestor, North Island Naval Air Station, San Ysidro

Health Insurance Resource and Referral List

FOR CHILDREN

San Diego Kids Health Assurance Network (SD-KHAN)

800-675-2229

SD-KHAN has a community-wide collaborative system that identifies uninsured children and links them to health coverage and a medical/dental home at a cost that their family can afford. One of SD-KHAN's fundamental strategies is a centralized telephone assessment, education and referral system. They provide information on Medi-Cal, Healthy Families, and many other programs that are set up to provide health care coverage to children. Services are free and available in several languages.

FOR ADULTS AND CHILDREN

Center for Health Education and Advocacy

877-734-3258

The Center for Health Education and Advocacy assists people in determining what types of health benefits they may be able to access. The center has information on all government and military programs, information about low-cost medical insurance programs, and coverage for people with pre-existing conditions. Services are free.

Reach Out Project

619-299-3122 or 858-467-1893

The Reach Out Project is a referral program linking the uninsured with medical care. Physicians provide discounted services in exchange for cash payments.

FOR SENIORS AND DISABLED

Health Insurance Counseling and Advocacy Program (HICAP)

858-565-8772 or 800-434-0222

HICAP is a volunteer-supported program that provides unbiased information about Medicare, related health care coverage, and long-term care insurance to help Medicare beneficiaries make the best choices for their individual health care needs.

Health Insurance Resource and Referral List

COMMUNITY CLINICS

Council of Community Clinics

800-640-1662

The Council of Community Clinics is a network of nonprofit community-based clinics located throughout San Diego County. They provide medical services to individuals with no medical coverage on a sliding scale basis based on family income. Some clinics also provide sliding scale dental services. Call for the location of a clinic near you.

WOMEN INFANT AND CHILDREN (WIC)

SDSU Foundation

888-999-6897

North County Health Services

760-471-2743

San Ysidro Health Center

619- 426-7966

Scripps Mercy Hospital

619-260-7054

American Red Cross

The Women Infant and Children (WIC) Supplemental Nutrition Program is a supplemental food and nutrition program for low-income pregnant, breastfeeding, and post-partum women and children under age five who have a nutritional risk. The supplemental foods provided by the WIC program are designed to meet the participants enhanced dietary needs for specific nutrients during brief but critical periods of physiological development. Contact one of San Diego's local WIC programs for more information.

INFOLINE / 211

Greater San Diego Area

619-230-0997

North Coastal

760-943-0997

North Inland

760-740-0997

Outlying Areas

800-227-0997

INFOLINE provides free, comprehensive information about and referrals to a wide range of health and social services in San Diego County. It is a community & social services information referral system.

Smoking Cessation Resources

This page contains a partial listing of tobacco cessation programs in San Diego County. The cost and times of programs may change without notice. Many programs are conducted in more than one location. The County of San Diego, Health and Human Services Agency does not endorse or recommend any program listed. Investigate your choice carefully. Call before attending any program.

COUNTYWIDE

American Lung Association

2750 Fourth Avenue, San Diego, CA 92103
(619) 297-3901

Provides the Freedom from Smoking information packet at no charge, its workbook for \$10, and the In-Control video program for \$125. Call for information

County of San Diego Health and Human Services Agency

1-800-660-7537
Self-help materials and referrals to cessation programs; No charge.

Naval Hospital, San Diego

Health Promotion
34800 Bob Wilson Drive,
San Diego, CA 92134-5000
(619) 532-6577

For eligible military and beneficiaries only
Call for eligibility; No charge.

Nicotine Anonymous Information Line

(619) 682-7092
Open to everyone; call for further information.

Nicotine Recovery Institute

106 Thorn Street, San Diego, CA 92103
Countywide locations
(619) 277-2772
Provides teen programs. \$400, Call for information.

Positive Choice

Kaiser Permanente
7035 Convoy Court, San Diego, CA 92111
(858) 573-0090
For persons 18 years of age and older. \$160 members, \$200 non-members.

Second Breath

Sharp Center for Health Promotion
3571 Corporate Court, Bldg. E, Suite D
San Diego, CA 92123
(858) 627-5340
Small group classes. Call for fees, times and locations. Teens are welcome

Smoke Faders

San Diego State University
5564 Hardy Avenue, San Diego, CA 92182
(619) 594-7883

Classes open to all. Call for further information.
(Also holds tobacco cessation classes for people in recovery from other addictions). Teens are welcome

Smoke No More

Scripps Clinic Wellness Program
10666 N. Torrey Pines Rd, FC-2, La Jolla, CA 92037
(858) 554-8835

Open to everyone. \$150 for a four-week class.
Call for times and locations. Teens are welcome.

Smoke Stoppers of San Diego

3699 Park Blvd., San Diego, CA 92103
(619) 296-8700
\$198 for one-week program. Stop smoking or pay nothing. Lifetime guarantee—come back, tuition free. Teens are welcome

Smokenders

Classes and self-study materials
P.O. Box 22664, San Diego, CA 92192
(858) 455-5321
\$325 for a six-week course (payments O.K.).
\$129 for self-study materials. Call for times and locations. Teens are welcome

Smoking Release Associates

P.O. Box 864, Del Mar, CA 92014
(760) 631-8222
Personalized, comprehensive smoking cessation programs for individuals, couples and groups.
They come to your home or office. Call for fees.

For referrals to various programs throughout the county, or for telephone counseling, call the California Smokers' Helpline



English: 1-800-NO BUTTS
Español: 1-800-45 NO FUME
Mandarin & Cantonese: 1-800-400-0866
Vietnamese: 1-800-778-8440
Korean: 1-800-556-5564
Hearing impaired: 1-800-933-4833
Teens 1-800-NO BUTTS
Chew/Dip 1-800-844-CHEW
No charge

EAST COUNTY

Alvarado Health connections

Cancer Resource Center
6699 Alvarado Road, Suite 2112
San Diego, CA 92120
1-888-522-2623
For persons 13 years of age and older
\$25 donation for a six week course
(refundable upon completion).

Positive Choice

Kaiser Permanente
7060 Clairemont Mesa Boulevard
San Diego, CA 92111
(858) 573-0093
\$160 members, \$200 non-members.

Second Breath

Grossmont Hospital Wellness Center
9000 Wakarusa
La Mesa, CA 91942
(858) 627-5340
Small group classes. Call for fees, times and locations. Teens are welcome

Southern Indian Health Council

4058 Willows Road, Alpine, CA 91901
(619) 445-1188
Provides one-on-one counseling. No fees. Teens are welcome. For Native Americans only.

For referrals to various programs throughout the county, or for telephone counseling, call the California Smokers' Helpline



English: 1-800-NO BUTTS
Español: 1-800-45 NO FUME
Mandarin & Cantonese: 1-800-400-0866
Vietnamese: 1-800-778-8440
Korean: 1-800-556-5564
Hearing impaired: 1-800-933-4833
Teens 1-800-NO BUTTS
Chew/Dip 1-800-844-CHEW
No charge

NORTH COUNTY

Camp Pendleton Tobacco Avoidance Program

Camp Pendleton, CA 92055-5191
(760) 725-0755
For eligible military and beneficiaries; will see teens on an individual basis. No charge

Second Breath

Sharp Center for Health Promotion
Sharp Mission Park Medical Clinic
2120 Thibodo Road, Ste. 200, Vista, CA 92083
(760) 806-5860
Small group classes. Call for fees, times and locations/teens are welcome.

Smoke Stoppers

Palomar Pomerado Health System
1260 B Auto Parkway, Escondido, CA 92029
1-800-628-2880
\$115-\$125 for seven sessions (\$50 for materials only); If you don't quit, you can take the class again at no cost.

SOUTH BAY

Smoking Cessation

Paradise Valley Hospital
Center for Health Promotion
2400 East 4th Street, National City, CA 91950
(619) 470-4346
\$25 for a six-week course. Call for location and to register. Teens are welcome

Second Breath

Sharp Center for Health Promotion
3571 Corporate Court, Suite D,
San Diego, CA 92123
(858) 627-5340
Small group classes. Call for fees, times and locations. Teens are welcome

Local Environmental Resources

American Lung Association

Materials are available on environmental control in homes, offices and schools; allergy and asthma control, indoor and outdoor air pollution, lung diseases, pest control, second-hand smoke and wood burning. Some materials are available in Spanish and other languages.

Phone: 619-297-3901

Website: www.lungsandiego.org

Department of Environmental Health, San Diego County

Provides information on community health, solid waste, water quality and other environmental health issues.

Phone: 619-338-2222

Website: www.sdcounty.ca.gov/deh

Environmental Health Coalition (EHC)

EHC is a grassroots environmental justice organization that responds to community needs in the region by empowering citizens through community organization and technical assistance and by developing policies which lead to long-term solutions. Issues include toxic pollution, protecting public health and promoting environmental justice. The publish a quarterly newsletter, Toxinformer. Spanish speaking staff.

Phone: 619-474-0220

Website: www.environmentalhealth.org

Environmental Services Department, City of San Diego

The Environmental Services Department provides solid waste disposal services, curbside and greenery recycling, community clean-ups, and promotes energy and water conservation

Phone: 619-694-7000

Website: www.sandiego.gov/environmental-services

San Diego Air Pollution Control District

Air quality information: 858-650-4707

Air quality forecast: 858-650-4777

Website: www.sdapacd.co.san-diego.ca.us

San Diego City Schools

The District's Risk Management Department provides services related to environmental health issues. These services are designed to protect staff, students, and the environment from harmful effects, and enable the district to comply with numerous and complex federal, state, and local laws and regulations. Major efforts are directed toward hazardous materials management and indoor air quality concerns.

Phone: 858-627-7350

Website: www.sandi.net

Asthma Resources

California Asthma Resources

Air Resources Board (ARB)

Children's Environmental Health Protection Program

Phone:
(800) 242-4450

E-Mail:
helpline@arb.ca.gov

Changes to state law established specific requirements for the ARB to examine the impacts of air pollution on children's health. They are conducting special studies to determine whether the current network established to measure air pollution in California adequately reflects the levels of air pollutants that infants and children are breathing. Information on air pollutants, i.e. diesel, and air quality can also be found at this website.

Website:
www.arb.ca.gov/ch/programs/sb25/sb25.htm

California Asthma Partners (CAP)

1515 Clay Street, Suite 1700
Oakland, CA 94612

Phone:
(510) 622-4458

CAP is a statewide partnership of California non-governmental organizations, agencies, institutions, coalitions, collaboratives, and other programs working to implement the *Strategic Plan for Asthma in California*. CAP demonstrates that local and regional coalitions, individual programs and other asthma stakeholders can together build the collective strength necessary to reduce the burden of asthma in California.

Website:
www.asthmapartners.org and www.californiabreathing.org

Children's Asthma Program (AMP)

Children's AMP is a statewide coalition formed to advocate for financing reform. Although they gained much support during the 2004 legislative session, Children's AMP will continue their agenda in 2005.

Website:
www.communityhealthworks.org/childrens_amp

Community Action to Fight Asthma (CAFA)

1515 Clay Street, Suite 1700
Oakland, CA 94612

Phone:
(510) 622-4444

Email:
cafa@calasthma.org

CAFA is a three-year initiative funded by The California Endowment, and Coordinated by Community Health Works, a project of San Francisco State University and City College of San Francisco. CAFA addresses the multiple environmental triggers of asthma among school-aged children with asthma. Funding for CAFA supports 12 community-based partnerships across California, including the San Diego Regional Asthma Coalition. The partnerships work with the public, private and nonprofit sectors to identify and reduce asthma triggers in places where children live, learn, and play. Information on regional asthma organizations and the 12 asthma coalitions are available at this website.

Website:
calasthma.org

California Asthma Resources

Regional Asthma Management and Prevention (RAMP)

1515 Clay Street, Suite 1700
Oakland, CA 94612

Phone:
(510) 622-4445

E-Mail:
info@rampasthma.org

RAMP provides technical assistance to five local coalitions in formation and building, intervention design and implementation, data collection and analysis, and media relations. RAMP also continues to develop partnerships with environmental justice groups and will host workshops addressing asthma and environmental justice for partners across the region. RAMP also focuses on expanding its role as a regional model for addressing asthma.

Website:
www.rampasthma.org

UCLA Center for Health Policy Research

10911 Weyburn Avenue, Suite 300
Los Angeles, CA 90024

Phone:
(310) 794-0909

The UCLA Center for Health Policy Research is one of the nation's leading health policy research centers and the premier source of health policy information for California. It is based in the UCLA School of Public Health and affiliated with the UCLA School of Public Affairs. This website contains information on the California Health Interview Survey (CHIS), health data and research, children's health insurance, and numerous publications.

Website:
www.healthpolicy.ucla.edu

UCSF Institute for Health Policy Studies (IHPS)

3333 California Street, Suite 265
San Francisco, CA 94118

Phone:
(415) 476-4921

IHPS is an organized research unit established by the President and Regents of the University of California. The primary goals of IHPS are to conduct policy-oriented research and analysis on a wide range of health issues; to apply research findings to health policy issues at the national, state, and local levels; and to provide education and training opportunities in health policy and health services research.

Website:
ihps.ucsf.edu/servlet/HomeServlet

National Organizations

National Organizations

Allergy and Allergy Foundation of America (AAFA)

1233 20th Street NW, Suite 402
Washington, D.C. 20036

Phone:

800-7-ASTHMA or 800-727-8462

E-Mail:

info@aafa.org

AAFA is a patient organization dedicated to improving the quality of life for people with asthma and allergies and their caregivers, through education, advocacy and research. They provide practical information, community based services, support and referrals through a national network of chapters and educational support groups. FREE information is available on educational programs and materials, advocacy, research, local chapters, support groups, clinical trials and more.

Website:

www.aafa.org

Allergy & Asthma Network Mothers of Asthmatics (AANMA)

2751 Prosperity Ave., Suite 150
Fairfax, VA 22031

Phone:

800-878-4403

AANMA is a national nonprofit network of families whose desire is to overcome allergies and asthma. AANMA has community awareness programs including Breatherville, USA™. Publications include: *Allergy & Asthma Today* magazine, *THE MA REPORT* newsletter and e-news updates. They also have a toll-free help line.

Website: www.aanma.org

American Academy of Allergy, Asthma & Immunology (AAAAI)

555 East Wells Street, Suite 1100
Milwaukee, WI 53202-3823

Phone:

(800) 822-2762 or (414) 272-6071

The AAAAI is a professional association of allergists/immunologists who are dedicated to improving the quality of patient care in allergy and immunology through research, advocacy and professional and public education. AAAAI provides information on asthma and allergies for both patients and professionals, including activities for children, information for seniors, and up to date information and statistics on allergies and asthma. Low cost brochures (English and Spanish) are available on exercise-induced asthma, occupational asthma, triggers, medications and peak flow meters. Videos on asthma and related topics can be purchased.

Website: www.aaaai.org

American Academy of Family Physicians (AAFP)

11400 Tomahawk Creek Parkway
Leawood, KS 66211-2672

Phone:

800-274-2237

E-Mail:

fp@aafp.org

AAFP provides information on various health conditions including asthma and allergies. This includes basic information on the condition, avoiding and controlling triggers, medications and treatment, and information on kids and asthma.

Websites:

www.aafp.org and familydoctor.org

American Academy of Pediatrics (AAP)

141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098

Phone:
847-434-4000

The AAP is committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults. Information is available on children's health and well-being, which includes specific health topics, publications, resources and advocacy. The asthma and allergy section provides information on asthma triggers, recognizing an asthma attack, using a peak flow meter to monitor asthma, common childhood allergies and reducing allergy triggers.

Website:
www.aap.org

American College of Allergy, Asthma and Immunology (ACAAI)

85 West Algonquin Road, Suite 550
Arlington Heights, IL 60005

Phone:
(847) 427-1200

E-Mail:
mail@acaai.org

The ACAAI is a professional association of allergists/immunologists who are dedicated to improving the quality of patient care in allergy and immunology through research, advocacy and professional and public education.

Website:
www.acaai.org

Asthma and Allergy Foundation of America (AAFA)

1233 20th Street, NW, Suite 402
Washington, DC 20036

Phone:
800-7-ASTHMA or 800-727-8462

AAFA is dedicated to improving the quality of life for people with asthma and allergies and their caregivers, through education, advocacy and research. AAFA provides practical information, community based services, support and referrals through a national network of chapters and educational support groups. They publish newsletters and provide pollen counts by zip code.

Website:
www.aafa.org

Centers for Disease Control and Prevention (CDC)

Healthy People 2010

1101 Wootton Parkway, Suite LL100
Rockville, MD 20852

E-Mail:
hp2010@osophs.dhhs.gov

Healthy People 2010 is a set of health objectives for the Nation to achieve over the first decade of the new century. It can be used by many different people, States, communities, professional organizations, and others to help them develop programs to improve health. Healthy People 2010 uses the best scientific knowledge and designed to measure programs over time. Data, leading health indicators, and publications are available.

Website:
www.healthypeople.gov

Centers for Disease Control and Prevention (CDC)

National Center for Environmental Health (NCEH)

1600 Clifton Rd.
Atlanta, GA 30333

Phone:
(800) 311-3435 or (404) 639-3534

Food Allergy & Anaphylaxis Network

11781 Lee Jackson Hwy, Suite 160
Fairfax, VA 22033-3309

Phone:
800-929-4040

MedicAlert

24-Hour Emergency Medical Information Services

2323 Colorado Avenue
Turlock, CA 95382

Phone:
888-633-4298, or
209-668-3333 from outside the U.S.

National Association of School Nurses (NASN)

1416 Park Street, Suite A
Castle Rock, CO 80109 U.S.A.

Phone:
866-627-6767 or 303-663-2329

E-Mail:
nasn@nasn.org

CDC's National Asthma Control Program funds state health departments in California and Michigan to develop, implement, and evaluate a rapid asthma death notification and investigation system. They also work with urban communities and school districts to use innovative collaborative approaches to improve overall asthma management among urban children up to 18 years of age; and to develop or implement exemplary local education agency policies and programs to reduce asthma episodes and related absences. Information is available on CDC-funded asthma activities by state. The website also contains information on air pollution and respiratory health.

Website:
www.cdc.gov/asthma/default.htm

Food Allergy Network offers information and educational materials on food allergies, including advocacy, research and awareness. A Medical Advisory Board oversees the organization. Allergy Alerts are available via e-mail.

Website:
www.foodallergy.org

Through membership in MedicAlert, vital medical information can be engraved on necklaces and bracelets for a fee. Membership is \$35 the first year, and \$20 annually thereafter. Current medications, dosages, and emergency contact phone numbers are included in electronic health records. In an emergency, this data is accessible to paramedics, and other emergency and health professionals through a 24-Hour Emergency Hotline.

Website:
www.medicalert.org

NASN is working with the Centers for Disease Control Division of Adolescent and School Health to develop a continuing education program to teach school nurses to more effectively manage asthma in students at school and during school-related activities. A major goal of this project is to strengthen nurses' efforts to provide care to students with asthma through enhanced collaboration with school health team members, community health care providers, and local asthma-related organizations and associations. The educational program developed as part of this initiative is termed the School Nurse Asthma Management Program (SNAMP). NASN also has a workshop on utilizing Managing Asthma Triggers Training Modules: Keeping Students Healthy and Indoor Air Quality: Tools for Schools Action Kit.

Website:
www.nasn.org

National Heart, Heart, Lung and Blood Institute

P.O. Box 30105
Bethesda, MD 20824-0105

Phone:
301-592-8573

The NHLBI Health Information Center develops and maintains information specific diseases related to the heart, lungs, and blood. The NHLBI Division of Lung Diseases (DLD) includes two programs - Airway Biology and Disease Program, and the Lung Biology and Disease Program. The DLD plans and directs the research and training programs, which includes research and development, clinical trials, and demonstration and education research. The NHLBI Health Information Center has materials on the National Asthma Education and Prevention Program. Tutorials are also available.

Website:
www.nhlbi.nih.gov

National Jewish Medical and Research Center (NJMRC)

1400 Jackson Street
Denver, CO 80206

Lung Line:
800-222-LUNG

NJMRC provides basics on asthma, treatment and medications, daily living and NJMRC asthma programs. Nurses are available through the Lung Line to answer questions about early detection, care and prevention of respiratory, allergic and immune diseases. They can provide free educational materials and make referrals to a specialist. Health-E-News is NJMRC's electronic newsletter.

Website:
asthma.nationaljewish.org

Starbright Foundation

1850 Sawtelle Blvd., Suite 450
Los Angeles, CA 90025

Phone:
(800) 315-2580 or (310) 479-1212

The STARBRIGHT Foundation is dedicated to the development of projects that empower seriously ill children to combat the medical and emotional challenges they face on a daily basis. They provide a free asthma CD-ROM game, Quest for the Code, featuring the voices of eleven top celebrities and created to help kids ages 7 to 15 learn how to manage their asthma. It is available in English and Spanish and includes a comprehensive *Parent Guide*.

Website:
www.starbright.org

U.S. Department of Health and Human Services

200 Independence Avenue, S.W.
Washington, D.C. 20201

Phone:
877-696-6775 or 202-619-0257

The Department Of Health And Human Services is the principal federal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves. Information is available on health and social science research; preventing disease, including immunization services; improving maternal and infant health; Head Start (pre-school education and services) and many other health related topics.

Website:
www.hhs.gov

Useful Websites

Useful Websites

About Asthma

This website provides information on asthma triggers, adult and kids asthma action plans, use of nebulizer and medications and much more.

Website:

www.asthma.about.com

American Lung Association Call Center

Phone:

800-548-8252

The Call Center is staffed by Registered Nurses and Registered Respiratory Therapists with extensive experience. Areas of expertise include: Education, Smoking Cessation, Respiratory Therapy, Lung Disease, Nursing, Physician Referral, Respiratory Home Care, Neonatal, Pediatric, and Adult Intensive Care, Medicare, Medicaid, Private Insurance, Medication Counseling, Patient Advocacy, Health Care Insurance, and Nursing Case Management. They can respond to questions relating to lung cancer, asthma, allergies, emphysema, smoking cessation and environmental health. Questions submitted online will be answered within 24–48 hours.

Website:

www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=23053

AsthmaActionAmerica.org

Asthma Action America® is a national asthma education campaign supported by leading organizations committed to improving healthcare. The goal of Asthma Action America is to increase awareness of asthma and effective asthma management.

Website:

www.asthmaactionamerica.com/

Asthma Inc.

ASTHMA Inc. is a non-profit organization that is dedicated to clinic research. Their goal is to investigate new treatments in allergy, asthma, and immunology. The research and development divisions of major pharmaceutical companies, the National Heart Lung and Blood Institute (NHLBI) and the National Institute of Allergy and Infectious Diseases (NIAID) support clinical investigations. Today, ten physicians are involved in clinical research studies. These physicians are affiliated with the University of Washington School of Medicine and Children's Hospital and Regional Medical Center in Seattle, WA.

Website:

www.asthmainc.org

Asthma Moms

Asthma Moms provides excellent asthma resources (English and Spanish) to assist you to manage asthma in your family. It includes information on asthma statistics, medications, doctors and hospitals, products, literature and studies and guidelines. Links to many other sources of asthma information can be found at this site.

Website:

www.asthamamoms.com

Federal Citizen Information Center (FCIC)

Phone:

(800) FED INFO

The FCIC is a one-stop shop for answers to questions about consumer problems and government services. Consumers can get the information they need through printed publications, by calling, and through information posted on FCIC's family of websites. FCIC manages a toll-free national contact center with specially trained staff to answer questions in English and Spanish about all aspects of the Federal government.

Website:

www.pueblo.gsa.gov

Global Initiative for Asthma (GINA)

GINA provides international information about asthma including increasing awareness of asthma and studies between asthma and the environment; public health consequences; promoting identification of reasons for the increased prevalence of asthma; improving asthma management; and improving the availability and accessibility of effective asthma therapy.

Website:

www.ginasthma.com

healthfinder®

healthfinder® is an award-winning federal website for consumers that was developed by the U.S. Department of Health and Human Services. healthfinder® has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. healthfinder® links to carefully selected information and websites from over 1,500 health-related organizations.

Website: healthfinder.gov

Intelihealth

Parents can get advice and basic information on asthma in children, including causes and triggers, drug treatments, how to manage asthma in the school, and how to create a personalized asthma management plan. Intelihealth features Harvard Medical School's consumer health information.

Website:

www.intelihealth.com

National Allergy Supply Inc.

National Allergy Supply sells a variety of allergy and asthma control products such as chemical free cleaning supplies, bed mattress encasings, HEPA air cleaners and more to reduce dust mites, mold, animal dander and other allergens.

Website:

www.natlallergy.com

National Center for Health Statistics (NCHS)

NCHS is a unique public resource for health information. It is the Nation's principal health statistics agency and compiles statistical information to guide actions and policies to improve the health of people. Asthma data and surveys are available on the website.

Website:

www.cdc.gov/nchs

National Institute of Allergy and Infectious Diseases

The National Institute of Allergy and Infectious Diseases (NIAID) conducts and supports basic and applied research to better understand, treat, and ultimately prevent infectious, immunologic, and allergic diseases. For more than 50 years, NIAID research has led to new therapies, vaccines, diagnostic tests, and other technologies that have improved the health of millions of people in the United States and around the world. Fact sheets, brochures and news releases on asthma are available.

Website:

www.niaid.nih.gov/publications/asthma.htm

National Conference of State Legislatures (NCSL)

NCSL is a bipartisan, national forum for state lawmakers to communicate with one another and to share ideas on various topics, including asthma. It has a site on Asthma Web Resources, which includes links to policy briefs on asthma, analyses of state legislation, and a searchable database of state legislation and statutes.

Website:

www.ncsl.org/programs/enviro/health/asthmamain.htm

National Institute of Environmental Health Sciences (NIEHS)

NIEHS is one of 27 Institutes and Centers of the **National Institutes of Health (NIH)**, which is a component of the Department of Health and Human Services (DHHS). The mission of NIEHS is to reduce the burden of human illness and dysfunction from environmental causes by understanding each of these elements and how they interrelate. The NIEHS achieves its mission through multi-disciplinary biomedical research programs, prevention and intervention efforts, and communication strategies that encompass training, education, technology transfer, and community outreach.

Website:

www.niehs.nih.gov

National Library of Medicine - Tox Town

Tox Town provides an introduction to toxic chemicals and environmental health risks you might encounter on a daily basis. Tox Town's target audience is students above elementary-school level, educators, and the general public. It is designed to give you information on locations where you might find toxic chemicals; non-technical descriptions of chemicals; and how the environment can impact human health. Tox Town uses color, graphics, sounds and animation to add interest to learning about connections between chemicals, the environment, and the public's health. You can explore Tox Town by selecting Neighborhoods, Location links or Chemical links. Tox Town also offers some resources in Spanish (<http://toxtown.nlm.nih.gov/espanol/>), and has a text version (http://toxtown.nlm.nih.gov/text_version/index.html).

Website:

http://toxtown.nlm.nih.gov/index_content.html

SchoolAsthmaAllergy

SchoolAsthmaAllergy.com provides accurate, current, and useful tools and information to empower all those caring for school-aged children with asthma and allergies. Information is also available for teachers, coaches, parents and teens. A pollen count index is accessible at this website.

Website:

<http://www.schoolasthmaallergy.com>

Taking on Asthma

Taking on Asthma is a national program to improve the quality of care provided to people with asthma and enhance their quality of life. America's Health Insurance Plans (formerly the American Association of Health Plans) launched the Taking on Asthma initiative in 2001 to support health plans and insurers as they design and offer comprehensive care management of asthma.

Website:

www.takingonasthma.org/

U.S. Environmental Protection Agency (EPA)

EPA's goal is to reduce exposure to **indoor asthma triggers** and improve the quality of life for 2.5 million people by 2005. EPA has a national, multi-faceted asthma education and outreach program to share information about environmental factors found indoors and outdoors. EPA's asthma program focuses on raising awareness about asthma and environmental factors that triggers asthma attacks and promotes environmental management as a component of medical and health care asthma management practices. *The Indoor Air Quality (IAQ) Tools for Schools Kit* shows schools how to carry out a practical plan of action to improve indoor air problems at little or no cost using straightforward activities and in-house staff.

Website:

www.epa.gov/iaq/asthma and
www.epa.gov/iaq/schools/toolkit.html

U.S. Food and Drug Administration (FDA)

FDA is the federal agency responsible for ensuring that foods are safe, wholesome and sanitary; human and veterinary drugs, biological products, and medical devices are safe and effective; cosmetics are safe; and electronic products that emit radiation are safe. FDA also ensures that these products are honestly, accurately and informatively represented to the public. Its mission is to promote and protect the public health by helping safe and effective products reach the market in a timely way, to monitor products for continued safety after they are in use, and to help the public get the accurate, science-based information needed to improve health.

Website:

www.fda.gov