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Improving Life

One Breath at a Time

Founded in 1904, the
American Lung Association
includes affiliated associations
throughout the U.S.

The oldest volunteer health organization in Hawaii, the American Lung Association in Hawaii (ALAH) provides services to address the prevention of breathing disorders and the promotion of lung health. During the past year, the ALAH continued to support important lung research and the Smoke-Free Hawaii law. From its central office on Oahu plus its three Neighbor Island branch offices, the ALAH reminds all that clean air is for everyone.



From 2000 – 2008, Hawaii's teen smoking rate dropped from 21% to 9.7%. ALAH's youth education programs:

- **Not-On-Tobacco®**: Teen Smoking Cessation Program
12 schools, just under 300 seventh to twelfth grade participants; 72% reported they have a family member who smokes in the home
- **Teens Against Tobacco Use®**: Teen Advocacy Program
30 classes reaching 1200 participants
- **Music With a Message®**: Tobacco Awareness Assembly
14 presentations to 20,000 participants
- **Word Of Mouth**: Youth Tobacco Prevention Program
30 schools, presentations to 2,200 fourth to eighth grade participants
- **Open Airways for School® Plus (OAS+)**:

Open Airways for Schools (OAS): Asthma Education Program
700 participants

OAS+Teachers: Asthma Management Program for School Personnel
450 participants

OAS+Parents: Asthma education and management in the home
135 families

Hawaiians smoke 7% more than the general population. \$336 million is spent annually on smoking-related health care. ALAH's adult education programs:

- **Better Breather's Club**: Lung health clinics
average 12 participants monthly
- **New Year's Resolution/Tobacco Quit Kits**:
866 kits distributed to 443 individuals
- **Workplace Smoking Cessation and Prevention clinics**:
176 workplace seminars/clinics serving 3,376 individuals (includes FFS)
- **COPD Education Day**: emphysema, bronchitis, and asthma
community health fair
- **Freedom From Smoking (FFS)**: smoking cessation program
100 workplace clinics plus 227 on-line self-help completions
3 correctional facilities serving 198 inmates
2 mental health/day treatment facilities serving 16 participants