

# Overview

Breathe Easier with Asthma Management (BEAM) is an initiative of The Horizon Foundation for New Jersey (The Foundation) in collaboration with the Boys & Girls Clubs in New Jersey (BGCNJ).

The primary goal of the initiative is to raise awareness about asthma and educate Boys & Girls Club members and their parents or caregivers about asthma and how best to manage it. Youth identified as having or being at risk of having asthma will be referred to a doctor for additional screening or treatment.



Foundation for New Jersey

The Horizon Foundation for New Jersey is committed to working alongside those who can help us improve our neighbors' health, inform their health decisions and inspire them to lead healthier, more fulfilling lives. For more information about The Foundation, visit:

[Community.HorizonBlue.com](http://Community.HorizonBlue.com)

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The Boys & Girls Clubs in New Jersey is an alliance of 23 Boys & Girls Club organizations serving over 73,000 youth throughout the Garden State. For more information about BGCNJ, visit:

[bgcnj.org](http://bgcnj.org)

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This brochure provides general preventive health and wellness guidelines, as well as information on managing specific health conditions. Please read this brochure and use it to help make informed health decisions. You can discuss the enclosed information, which is not medical advice, with your doctor. The information in this brochure is for educational purposes only and does not replace your doctor's medical advice. Your doctor can diagnose a medical condition and help you make health choices that are right for you.

AWARENESS  
EDUCATION  
MANAGEMENT



AN INITIATIVE OF  
THE HORIZON  
FOUNDATION  
FOR NEW JERSEY



State Program Office



## About Asthma

Asthma is one of the most common, recurring childhood illnesses. Nearly 300,000 children in New Jersey have been diagnosed with asthma.

It is a disorder that causes the airways of the lungs to swell and narrow. Its symptoms can go from mild to severe and they differ from person to person. Each asthma attack can have different symptoms.

### Common symptoms include:

COUGHING

WHEEZING

SHORTNESS OF BREATH

TIGHTNESS IN THE CHEST

Asthma attacks CAN be prevented and managed. By managing asthma symptoms, children can live a normal, healthy life.

## About BEAM

BEAM was created by The Foundation to raise awareness about asthma and to educate children and their parents or caregivers about the disorder and how best to manage it. This pilot initiative will serve 2,500 children ages 5-18 years at 12 BGCNJ sites located in nine counties where childhood asthma is prevalent.

The Foundation has made a \$500,000 grant to create this pilot initiative. BGCNJ is the state program office that oversees the day-to-day operations of the initiative.



## How BEAM works

### SCREENING

A screening questionnaire is administered to determine if a child may have asthma.

### REFERRAL

Parents are provided with information on how to locate a doctor for further screening or treatment, regardless of income or insurance status.

### EDUCATION

Boys & Girls Club staff that has been trained by the American Lung Association (ALA) will deliver age-appropriate, interactive curricula about asthma and its management. One curriculum is for children with asthma and another, developed by the ALA for BEAM, is for non-asthmatic children.

### AWARENESS

Awareness about asthma and its management will be increased among program participants and the general public through signage, parent nights, public events and media activities.

### EVALUATION

An independent evaluation of the program will be conducted to measure the initiative's effectiveness and its impact on the participating children and their parents or caregivers.