



Cowlitz County Health Department

County Health Department
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News Release

For Immediate Release on (February 15 and February 22, 2010)
Longview, WA 98632

Did you know that your home can affect your asthma?

Many of those living in Cowlitz County are worried about adults and children suffering from asthma. However, what they may not know is that Washington's asthma rate is among the highest in the nation, and that Cowlitz County rates are actually higher than that of the state.

"Cowlitz County adults have nearly twice the rate of asthma as the state and the nation," says Cowlitz County epidemiologist Monica Monteon.

Some known risk factors for asthma include smoking and obesity. Outdoor air pollution, including ozone and fine particle pollution can also lead to attacks. But, the most common place to find irritants that trigger asthma is inside the home environment. Allergens and irritants found in the home and workplace can cause or irritate asthma which lead to asthma attacks and a negative effect on health. Some of these triggers include: dust mites, mold, pet dander, poor ventilation, household chemicals and tobacco smoke.

"Asthma is a serious condition. The great thing is that there are simple actions that people can take to control asthma so they can enjoy a normal, healthy, active lifestyle," shared local Health Officer Dr. Jennifer Vines, MD, MPH.

The Cowlitz County Healthy Homes Program is hosting a FREE two-day training seminar (lunch included), on March 4th and March 5th 2010 from approximately 9:00-5:00 pm at the Cowlitz County Health Department. This seminar will include information on the following subjects:

- The Healthy Homes Program
- Asthma
- Secondhand Smoke
- Dust Mites, Dust and Track In Contaminants
- Lead, Asbestos and Radon
- Household Pets
- Moisture and Mold
- Ventilation
- Household Chemicals
- Lawn and Garden Care

Cowlitz County Healthy Homes works with local volunteers to perform FREE In-Home Assessments to locate asthma and allergy triggers in the home environment, while offering low-to-no cost solutions for problems found.

If you would like to sign up for an assessment, make a difference for others in the community by volunteering with the program, or attend the FREE seminar, contact Cowlitz County Healthy Homes for more information.

Call: (360) 414-5581
Email: HealthhomesCowlitz@gmail.com
Visit Website: www.co.cowlitz.wa.us/health/ceha/MHE.htm

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