

Camp Breathe Happy Delivers Results

Children learn to manage their asthma at **Camp Breathe Happy**. We test campers before and after camp. After the camp, we also ask parents to complete a survey to tell us about their child's asthma management.

Past participants report that **Camp Breathe Happy** made a difference by:

- Increasing awareness of their asthma triggers
- Increasing their confidence to manage their asthma
- Increasing physical activity and exercise
- Decreasing the number of days absent from school due to asthma
- Improving school performance



About the Campgrounds

The 4-H Patuxent Campground is an ideal setting for Camp Breathe Happy. The campground is located just a short ride from Washington, DC in Upper Marlboro, Maryland, yet it is a world away from the District's urban environment.

The co-ed camp is about two miles from the Patuxent River. It has a small lake, two barns with a variety of animals, an indoor activity building, basketball court, hiking trails and a dining hall.



Requirements for Campers:

To qualify for Camp Breathe Happy, your child must meet the following criteria:

- Have a medical diagnosis of Asthma
- Be between the ages of 8 and 12 from camp start to finish dates
- Did not participate in Camp Breathe Happy sleepaway camp in the past
- Be a District of Columbia resident with health insurance

BreatheDC
Breathe Healthy. Every Breath Counts.

camp
breathe
happy

July 22-26, 2018

PRESENTED BY BREATHE DC
Sleepaway Camp for Children with Asthma

Asthma Education • Nature • Sports • Fun

4-H Patuxent Campgrounds • Upper Marlboro, MD

Open to D.C. Youth Ages 8 to 12

Learn More and Sign Up for Camp:
www.breathedc.org/camp

Breathe DC
1310 Southern Ave SE, Ste G082
Washington, DC 20032 | 202.574.6789 phone



ASTHMA in the District

According to the DC Department of Health:

The District of Columbia has one of the nation's highest rates of childhood asthma.*

About 1 in 5 (22%) of DC children under age 17 have been diagnosed with asthma, which is nearly double the 12% national rate of youth asthma.*

Poor air quality and asthma triggers cause higher rates of childhood asthma in disadvantaged communities.

Air pollution, smoke, dust and cockroaches are some common asthma triggers.

* Source: DOH, DC Community Health Needs Assessment, Vol. 1, February 2014

Camp Breathe Happy is a sleepaway summer asthma camp hosted by Breathe DC at the 4-H Patuxent Campgrounds. The camp is free for children ages 8 to 12 who are DC residents. Children learn how to:

- Identify their own specific asthma triggers
- Recognize signs of an attack before it starts
- Use medications, spacers and peak flow meters
- Use breathing and relaxation to improve asthma
- Talk about their illness and their medical needs with family members, friends, teachers, school nurses and doctors

Camp Breathe Happy has respiratory therapists, nurses, teachers and trained camp counselors on staff. The camp Medical Director is a doctor specializing in asthma. The Director manages all camp medical care. Camp staff speaks with each camper's personal doctor, as needed, to ensure consistency and quality of care.

Campers experience traditional camp activities like archery, nature exploration, fishing, sports and guest entertainers. Asthma classes at the camp are taught in a fun setting, using games and arts and crafts. Campers receive certificates of completion, camp t-shirts and asthma education materials.



APPLY NOW!

Send this form and an application packet will be mailed to you, or **complete your application online at www.breathedc.org/camp**

Children who attended Camp Breathe Happy in the past are **NOT** eligible to attend camp this year. We appreciate your understanding.

Parent/Guardian Name

Child's Name

Male ___ Female ___ / ___ / ___
Child's Date of Birth

Street Address

City, State, ZIP Code

Phone

E-mail Address

How did you hear about Camp Breathe Happy?

School ___ Friend ___

Newspaper ___ Radio ___

Other _____

Please fax, e-mail or or mail this form to:

Attn: Camp Coordinator

Breathe DC

1310 Southern Ave SE, Suite G082

Washington, DC 20032

Fax: 202-373-5728

E-mail: camp@breathedc.org