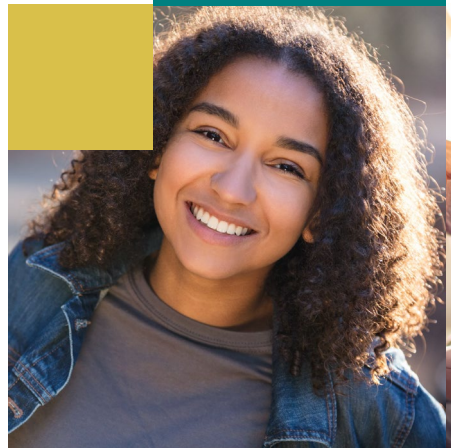


Supporting Asthma in Schools: The NH Asthma Control Program

Paula M. Holigan, Program Coordinator

November 3, 2026

Department of HEALTH & HUMAN SERVICES | Division of Public Health





How significant is childhood asthma in New Hampshire?

Childhood Asthma in New Hampshire

Asthma prevalence:

- **New Hampshire: 7.6%**
- **National: 6.8%**

School nurses can help with…

- **Education & self-management support**
- **Ensuring proper inhaler technique**



Data: NH DHHS Data Portal and U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey of Children's Health, 2023-2024

Meet the NH Asthma Control Program Team

- LuAnn Speikers, Program Manager
- Paula Holigan, Program Coordinator

- Funded by a 4-year CDC grant
- NH has received federal funding for 20+ years

Our Why & How

Goals

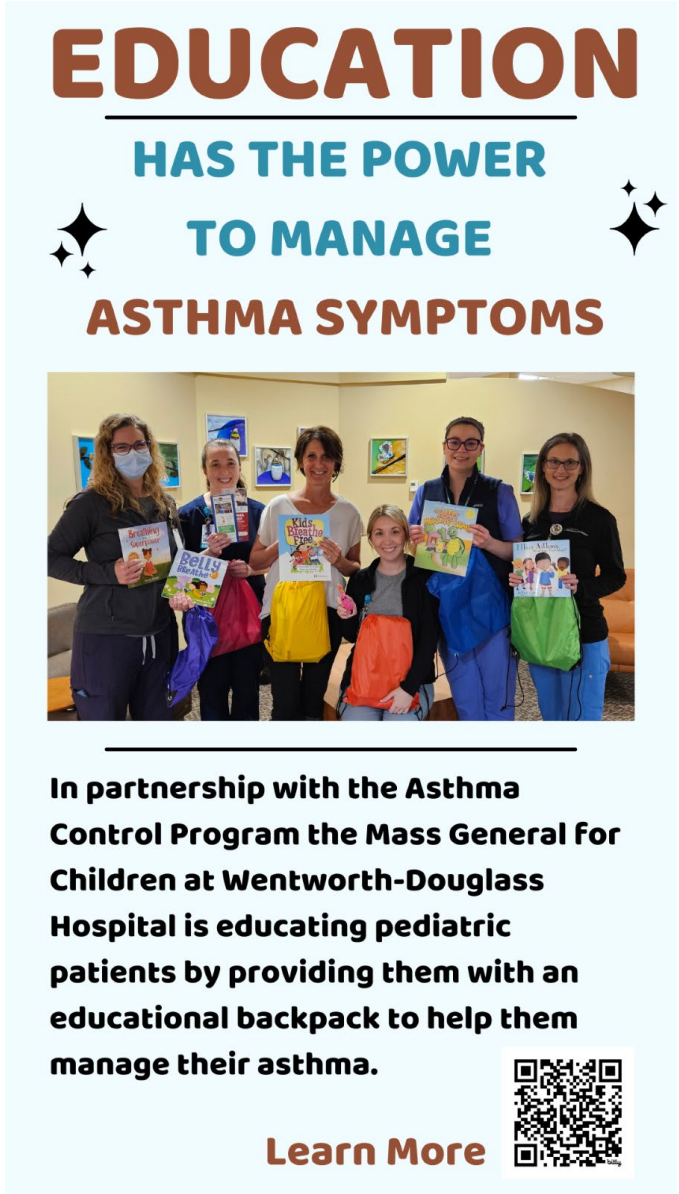
- Reduce ER visits, hospitalizations, and deaths related to asthma
- Provide education using EXHALE strategies
- Foster connections and partnerships



Photo courtesy of CDC

Healthcare Provider Education

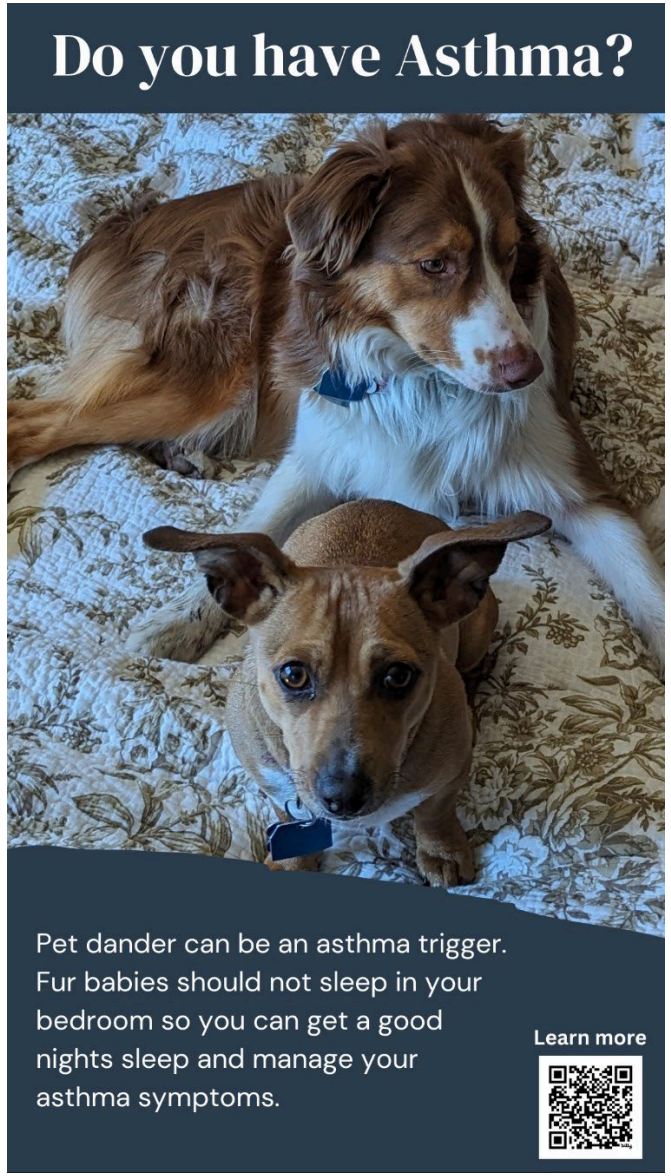
- Conduct Evidence-based asthma education
- Provide Asthma Educator Institute scholarships
- Supply asthma books and educational materials
- Make connections to systems of care



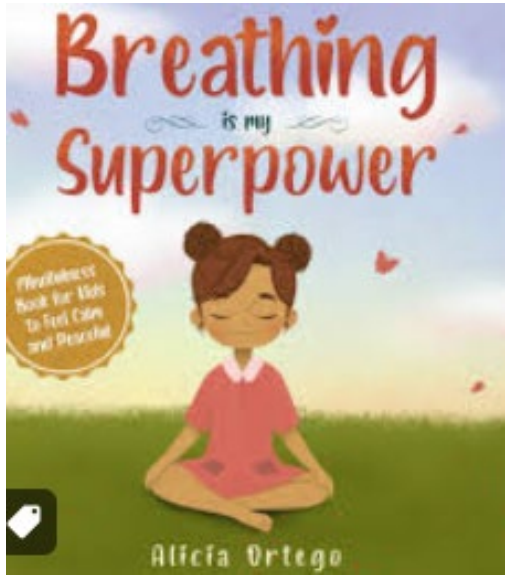
Community Education

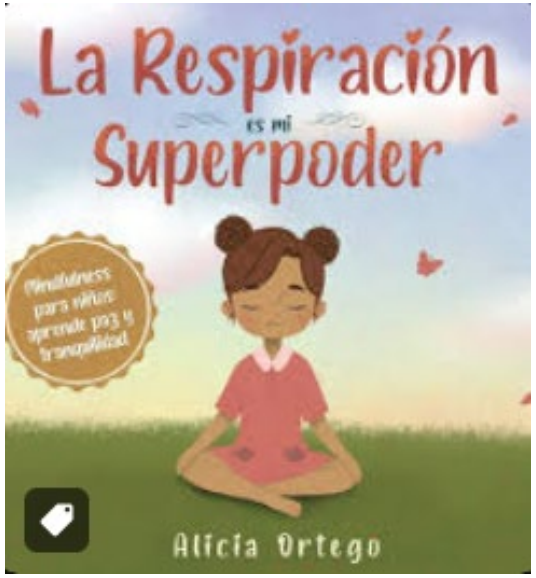
Conduct Asthma 101 training

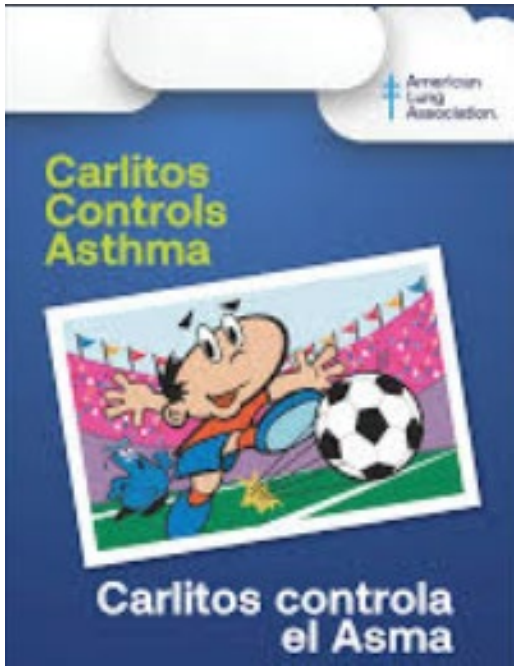
- Trigger identification and reduction
- Tobacco/vaping cessation
- Inhaler and spacer use
- Home assessments

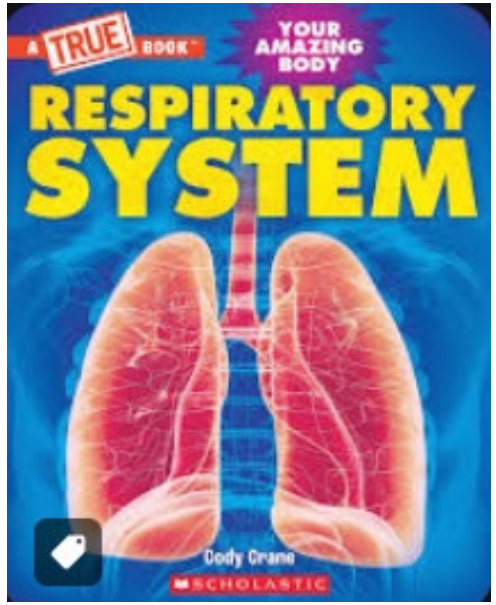


Asthma Books









How the NHACP Can Support School Nurses

Asthma education resources

- Information about educational books and materials
- Support for students and families

Training & Education

- Guidelines-based medical management
- Asthma Educator Institute scholarships
- Trigger identification in classrooms

Connections & Partnerships

- Questions about resources and education
- Connection to other state and local agencies



Don’t Let Asthma Define Who You Are





Thank you.

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