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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**

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## **CUPHD Invites Local Children with Asthma to Take a FREE Ride to Adventure!**

*Champaign-Urbana Public Health District Offers Travel  
Scholarships for Asthma Adventure Camp 2009*

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) in collaboration with the East Central Illinois Asthma Partnership and the Illinois Department of Public Health will be accepting applications for “travel scholarships” from local children ages 7-14 that would like to attend the Asthma Adventure Camp 2009, August 7-9, located at the Lake Williamson Retreat and Conference Center in Carlinville, IL. Travel scholarships will assist with gas money, drivers, and if enough children apply, a charter bus ticket to camp. Applications for “travel scholarships” are available at CUPHD at 201 West Kenyon Road in Champaign, or on-line at [www.c-uphd.org](http://www.c-uphd.org). The deadline for applications is July 15, 2009. Additional information regarding the “travel scholarships” may be obtained by calling 217-531-2915.

Asthma Adventure Camp is an annual event provided by the American Lung Association in Illinois and the United Way. Asthma Adventure Camp is for children ages 7-14 who suffer from asthma. Camp activities include swimming, crafts, archery, basketball, volleyball, waterslide, blow-up obstacle course, 25-foot climbing wall and much more.

“Asthma Adventure Camp is a great experience for children suffering with asthma,” said Trisha Gillespie, Health Educator for CUPHD, “The camp provides a safe, fun environment for participants to learn how to enjoy everyday athletic events while controlling their asthma. CUPHD hopes that more children will be able to take advantage of the “adventure” this year through these scholarships.”

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life for millions of Americans. It is one of the most common long-term diseases of children. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers. Environmental triggers can include, but are not limited to, mold, dust mites and tobacco smoke.

Asthma can be controlled by knowing the warning signs of an attack, staying away from things that trigger an attack, and following the advice of a doctor or other medical professional.

Asthma affects a large number of people in the United States. The Centers for Disease Control and Prevention (CDC) states that there are currently 16.2 Million adults and 6.7 million children diagnosed with asthma in 2008. Many more remain undiagnosed.

For more information about the CUPHD Asthma Adventure Camp 2009 Travel Scholarships, asthma programs at CUPHD, or any other CUPHD programs and services, please call 217-352-7961 or visit CUPHD on the web at [www.c-uphd.org](http://www.c-uphd.org).

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