



CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Ideas for Taking Action

Wisconsin Environmental Public Health Tracking Program



TAKING ACTION

We know it's a challenge to translate data into action. To help get you started, we created a short menu of potential strategies for addressing Chronic Obstructive Pulmonary Disease (COPD). At least 16.4 million people live with COPD in the U.S. and the majority of cases are linked to tobacco smoking. To help communities of all sizes and resource levels, we organized this guide by the scope of the strategy, from addressing knowledge, attitudes, and skills, to addressing laws and policies. Each strategy contains links to more resources.

INDIVIDUAL LEVEL | Knowledge, Attitudes, Skills

- Inform community members of the [common signs and symptoms of COPD](#).
- Encourage those who use tobacco products to join [cessation support groups](#).
- Create educational materials that are [culturally appropriate](#) and [written in plain language](#).

INTERPERSONAL LEVEL | Family, Friends, Social Networks

- Encourage people living with COPD, family, and friends to join or create a [circle of support](#).
- Encourage doctors to collaborate with patients to develop a written, patient-centered [COPD management plan](#).
- Promote participation in [smoking cessation initiatives](#) to community members living with and without COPD.

ORGANIZATIONAL LEVEL | Organizations, Schools, Workplaces

- Engage adolescents to not start smoking or to stop smoking through [anti-smoking promotion programs](#).
- Ensure workers in [occupations at high-risk for COPD](#), such as mining, steelwork, rolling and finishing mills, and indoor/house cleaning, are informed of signs and symptoms, and are aware of prevention strategies.
- Arrange [vaccine clinics for workers](#) in high-risk occupations for COPD to prevent worsening illness.

COMMUNITY LEVEL | Design, Access, Connectedness, Spaces

- Promote [non-smoking environments](#) and [smoking cessation options](#) for community members.
- Identify workplace exposures associated with COPD and ensure [prevention efforts](#) are put in place.

POLICY LEVEL | National or Local Laws and Policies

- Advocate for [stronger tobacco product regulation and taxes](#).
- Encourage property owners and operators to [adopt smoke-free policies](#) in apartment buildings.

Find more strategies and explore COPD data at dhs.wisconsin.gov/epht

