The Centers for Disease Control and Prevention's

EXHALE

EVIDENCE BASED ASTHMA CONTROL STRATEGIES

*implemented by the **Kentucky Asthma Management Program***

**IMPROVE
ASTHMA CONTROL**

**REDUCE
HEALTH CARE COSTS**

**INFORM
DECISION-MAKING**

E

EDUCATION on asthma self-management through expanding access to and delivery of asthma self management education (AS-ME)

- AS-ME can improve asthma control and medication adherence while reducing ED visits, hospitalizations, and missed work or school days.*
- Over 25 U.S. programs have shown that AS-ME often can reduce health care costs within 1 to 3 years.*

X

X-TINGUISHING smoking and secondhand smoke through reduced tobacco smoking and reduced exposure to secondhand smoke

- About 9% of U.S. adult asthma-related emergency department (ED) visits are related to smoking and exposure to secondhand smoke in the home is linked to a 63% increase in asthma-related ED visits among low-income, urban children.*
- 87,145 Emergency Department visits for asthma between 2015-2019.**

H

HOME VISITS for asthma trigger reduction and asthma self-management education through expanded access to and delivery of home visits (as needed)

- Successful programs have provided education on how individuals or families can decrease their exposure to asthma triggers such as cockroaches, dust mites, mold, and secondhand smoke in the home.*
- Home visits reveal barriers to patient engagement, adherence, or asthma control not previously appreciable in outpatient, ED, or hospital settings.*

A

ACHIEVEMENT of guidelines-based medical management

- Shared treatment decision-making between people with poorly controlled asthma and their health care providers can lead to improved asthma control, fewer asthma-related medical visits, decreased rescue medication use, and better lung function.*
- Approaches include: strengthening systems supporting guidelines-based medical care, appropriate prescribing and use of inhaled corticosteroids and improving access and adherence to asthma medications and devices.*

L

LINKAGES and coordination of care across settings through promoting coordinated care for people with asthma

- Successful coordination of care can be facilitated by partnerships and health information exchange between organizations or sectors such as health care, education, and non-governmental organizations.*
- Improved coordination of care could reduce total United States health care expenditures by $240 to $310 billion annually.*

E

ENVIRONMENTAL policies or best practices to reduce asthma triggers from indoor, outdoor, and occupational sources

- Strong evidence links outdoor air pollutants like vehicle exhaust and factory emissions to increased asthma-related ED visits and hospitalizations.*
- Approaches include: facilitating home energy efficiency (including home weatherization assistance), smoke-free policies and clean-diesel school buses; and eliminating/reducing exposure to workplace asthma triggers.*

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Guide to Resources

E — EDUCATION on asthma self-management (AS-ME)
- National Association of School Nurses' Managing Chronic Health Conditions Course
- CDC's Sustainable delivery of AS-ME
- Asthma training tools for Community Health Workers
- The American Lung Association's Asthma Basics page

X — X-TINGUISHING smoking and secondhand smoke
- Quit Now Kentucky, a free tobacco cessation service
- CDC's smoking and tobacco use and cessation page
- American Lung Association's smoking and vaping cessation page

H — HOME VISITS for asthma trigger reduction and asthma self-management education
- Comprehensive CDC/HUD/EPA checklist for identifying home asthma triggers
- CDC's Strategies for Addressing Asthma in Homes
- EPA's resources for creating asthma home visit programs

A — ACHIEVEMENT of guidelines-based medical management
- National Environmental Education Foundation's (NEEF) Environmental Management of Pediatric Asthma Course
- Asthma action plan created by the National Heart Lung and Blood Institute
- EPR 3 Guidelines for diagnosis and management of asthma
- Allergy and Asthma Foundation of America's Asthma Management Education Online Course for Health Care Professionals

L — LINKAGES and coordination of care across settings
- Allergy and Asthma Network's COVID-19 school asthma resources
- EPA's Indoor Air Quality Tools For Schools Action Kit
- CDC's strategies for addressing asthma in schools
- Implementation guidance for the Patient Centered Medical Home model of care

E — ENVIRONMENTAL policies or best practices to reduce asthma triggers
- Kentucky respiratory health data through Environmental Public Health Tracking
- EPA's protocols for home energy upgrades to improve indoor air quality
- CDC's smoke-free policy fact sheets

Sources
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KENTUCKY ENVIRONMENTAL PUBLIC HEALTH TRACKING
ENVIROHEALTHLINK.ORG

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KENTUCKY ASTHMA MANAGEMENT PROGRAM