The Centers for Disease Control and Prevention's

E X H A L E

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 needed
- 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.*

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X-TINGUISHING smoking and secondhand smoke through reduced tobacco smoking and reduced exposure to secondhand smoke
- About 9% of U.S. adult asthma-related hospital 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 and 2019.**

H

HOME VISITS for asthma trigger reduction and asthma self-management education through expanded access to and delivery of home visits
- 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.*

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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.*

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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 (like home weatherization assistance), smoke-free policies and clean-diesel school buses; and eliminating/reducing exposure to workplace asthma triggers.*

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EDUCATION on asthma self-management (AS-ME)
National Association of School Nurses' Managing Chronic Health Conditions Course:
https://www.pathlms.com/nasn/courses/11625
CDC's Sustainable delivery of AS-ME: http://www.cdc.gov/sixeighteen/asthma
Asthma training tools for Community Health Workers: http://www.cdc.gov/stltpublichealth/chw
The American Lung Association's Asthma Basics page:
https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-basics

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X-TINGUISHING smoking and secondhand smoke
Quit Now Kentucky, a free tobacco cessation service: https://www.quitnowkentucky.org
CDC's smoking and tobacco use and cessation page: http://www.cdc.gov/tobacco
American Lung Association's smoking and vaping cessation page: https://www.lung.org/quit-smoking

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HOME VISITS for asthma trigger reduction and asthma self-management education
Comprehensive CDC/HUD/EPA checklist for identifying home asthma triggers:
https://www.cdc.gov/asthma/pdfs/home_assess_checklist_P.pdf
CDC's Strategies for Addressing Asthma in Homes: https://www.cdc.gov/asthma/pdfs/Asthma_In_Homes_508.pdf
EPA's resources for creating asthma home visit programs: https://www.epa.gov/asthma/asthma-home-visit-programs

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ACHIEVEMENT of guidelines-based medical management
National Environmental Education Foundation's (NEEF) Environmental Management of
 Pediatric Asthma Course: https://neef.inquisiqlms.com/catalog/
Asthma action plan created by the National Heart Lung and Blood Institute:
https://www.nhlbi.nih.gov/files/docs/public/lung/asthma_actplan.pdf
EPR 3 Guidelines for diagnosis and management of asthma:
https://www.nhlbi.nih.gov/health-topics/guidelines-for-diagnosis-management-of-asthma
Allergy and Asthma Foundation of America's Asthma Management Education Online Course
for Health Care Professionals: https://www.aafa.org/continuing-education-for-health-care-professionals/

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LINKAGES and coordination of care across healthcare settings
Allergy and Asthma Network's COVID-19 school asthma resources:
https://allergyasthmanetwork.org/health-a-z/covid-19/covid-19-school-resources-for-managing-asthma-and-allergies/
EPA's Indoor Air Quality Tools For Schools Action Kit:
https://www.epa.gov/iaq-schools/indoor-air-quality-tools-schools-action-kit
CDC's strategies for addressing asthma in schools:
https://www.cdc.gov/asthma/pdfs/strategies_for_addressing_asthma_in_schools_508.pdf
Implementation guidance for the Patient Centered Medical Home model of care: http://pcmh.ahrq.gov

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ENVIRONMENTAL policies or best practices to reduce asthma triggers
Kentucky respiratory health data through Environmental Public Health Tracking:
https://kyibis.mc.uky.edu/ehl/health/RespiratoryHealth.html
EPA's protocols for home energy upgrades to improve indoor air quality:
https://www.epa.gov/indoor-air-quality-iaq/protocols-home-energy-upgrades
CDC's smoke-free policy fact sheets:
https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/improve_health/index.htm

Sources *(for opposite page)*

*Hsu J, Sircar K, Herman E, Garbe P. (2018). EXHALE: A Technical Package to Control Asthma. Atlanta, GA: National Center for Environmental Health, Centers for Disease Control and Prevention. Retrieved on November 18, 2021, from https://www.cdc.gov/asthma/pdfs/EXHALE_technical_package-508.pdf

Hospital Inpatient Discharge Data and Outpatient Data: Office of Health Data and Analytics, Kentucky Cabinet for Health and Family Services; and Population Estimates: Kentucky State Data Center, University of Louisville. Retrieved on November 18, 2021, from **Kentucky Environmental Public Health Tracking Program, EnviroHealthLink website: https://kyibis.mc.uky.edu/ehl/dataportal/

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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

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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

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LINKAGES and coordination of care across healthcare 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

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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

KENTUCKY ENVIRONMENTAL PUBLIC HEALTH TRACKING
ENVIROHEALTHLINK.ORG

Kentucky Public Health
Prevent. Promote. Protect.

KENTUCKY ASTHMA MANAGEMENT PROGRAM