

EXHALE

Strategies to help people with asthma
breathe easier



National Center for Environmental Health

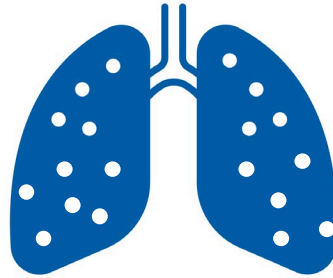


**ASTHMA IS A SERIOUS
HEALTH CHALLENGE**

Asthma's Impact On The Nation



1 in 13 people
has asthma
(about 25 million people)



Annual impact

- 1.7 million emergency department (ED) visits
- 189,000 hospitalizations
- Total cost of \$82 billion

10

About **10**
asthma-related
deaths each day

Asthma Can Be Controlled



Asthma control:



Prevents symptoms like wheezing, coughing, or difficulty breathing



Prevents asthma-related ED visits, hospitalizations, and deaths



Decreases missed school and work days because of asthma

Source:

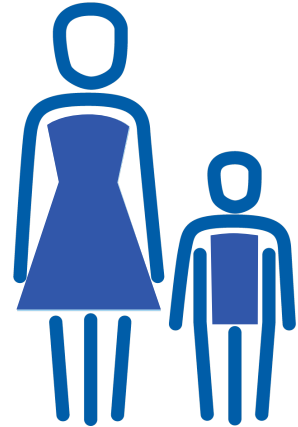
https://www.cdc.gov/asthma/pdfs/EXHALE_technical_package-508.pdf

EXHALE Can Help Control Asthma

6

EXHALE is a set of **six strategies** that each contribute to better asthma control

EXHALE can help both **children and adults** with asthma

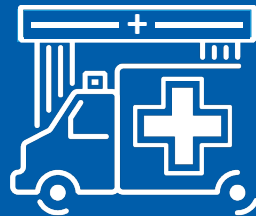


EXHALE Can Help Control Asthma

Each strategy in EXHALE has been proven to reduce asthma-related:



Hospitalizations



Emergency
department visits



Missed days of
work or school



Healthcare
costs

EXHALE

Education

on asthma self-management

X-tinguishing

smoking and exposure to secondhand smoke

Home

visits for trigger reduction and asthma self-management education

Achievement

of guidelines-based medical management

Linkages

and coordination of care across settings

Environmental

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

Selected Strategies to Help People with Asthma

EXHALE

Education on asthma self-management

Key components of asthma self-management education (AS-ME) include:

- Understanding asthma basics
- Using asthma medications correctly
- Responding when asthma symptoms worsen
- Reducing exposure to asthma triggers (e.g., environmental allergens)

Sources: https://www.cdc.gov/asthma/pdfs/EXHALE_technical_package-508.pdf;
Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma, 2007



Selected Strategies to Help People with Asthma

E X H A L E

X-tinguishing smoking and exposure to secondhand smoke

This strategy includes:

- Reducing tobacco smoking among people with asthma
- Reducing exposure to secondhand smoke among people with asthma



Selected Strategies to Help People with Asthma

EXHALE

Home visits for trigger reduction and asthma self-management education

This strategy:

- Includes AS-ME and home environmental assessments to identify asthma triggers
- Can provide cost-effective care management services to people at high risk of asthma attacks



Selected Strategies to Help People with Asthma

EXHALE

Achievement of guidelines-based medical management

This strategy includes:

- Strengthening the systems that support guidelines-based medical care, including appropriate prescribing and use of asthma controller medications
- Improving access and adherence to asthma medications and devices



Selected Strategies to Help People with Asthma

EXHALE

Linkages and coordination of care across settings

This strategy includes:

- Linking people with asthma to healthcare and community services
- Maintaining communication among those who help people with asthma (e.g., healthcare providers, school personnel)

Sources: https://www.cdc.gov/asthma/pdfs/EXHALE_technical_package-508.pdf;
https://www.cdc.gov/healthyschools/shs/care_coordination.htm



Selected Strategies to Help People with Asthma

EXHALE

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

This strategy includes:

- Facilitating home energy efficiency, including home weatherization assistance programs
- Facilitating smokefree policies
- Facilitating clean diesel school buses
- Eliminating or reducing exposure to asthma triggers in the workplace



EXHALE Addresses Social Determinants of Health

Multiple strategies in EXHALE can improve conditions in the places where people live, work, learn, play, and spend time

- Reducing asthma triggers (e.g., through home visits or environmental policies or best practices) can improve conditions in homes, schools, workplaces, and other settings
- Linkages and care coordination includes connecting people with asthma to local support services that can improve housing conditions



More About EXHALE

- EXHALE can have the greatest impact when multiple strategies are used together in every community
- Every person with asthma does not necessarily need every strategy in EXHALE
 - **Example:** Home visits can be focused on people who have needed hospital or ED care for asthma

Source: https://www.cdc.gov/asthma/pdfs/EXHALE_technical_package-508.pdf



EXHALE Can Be Used By:



Public health
professionals



Healthcare
providers



People with asthma
and their families



Schools

...and others

Visit <https://www.cdc.gov/asthma/exhale> to learn more