

BREATHING EASIER *in* OKLAHOMA



SUCCESS STORIES FROM THE
OKLAHOMA ASTHMA PREVENTION
AND CONTROL PROGRAM



“The health care system does have a role in asthma care, but a lot of asthma education isn’t available to patients until they’re being treated or hospitalized. It’s much more effective to treat asthma on an ongoing basis rather than just acutely, and the public health approach is an effective way to do that.”

BRADON NAVE

program manager

OKLAHOMA ASTHMA PREVENTION
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THE PROBLEMS:

- In 2010, 268,900 Oklahoma adults, or 9.5 percent of the adult population, reported current asthma. Also, about 93,900 children, or 10 percent, were currently living with the chronic respiratory disease.
- In 2010, more than 4,600 hospital discharges related to asthma occurred among adults, with a price tag of more than \$74 million. That same year, more than 1,500 children were discharged from a hospital with a primary diagnosis of asthma, costing \$13.2 million.
- One in four children with asthma visited an emergency room in the previous 12 months.

THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The Oklahoma Asthma Prevention and Control Program and its partners focus on groups with the greatest needs. They increase asthma awareness, educate people on how to avoid environmental asthma triggers, partner with local stakeholders, and help residents manage their own health. And their efforts are paying off.

- In 2009, the Oklahoma asthma program partnered with the University of Oklahoma Medical Center to improve asthma care within the Cherokee Nation, a population disproportionately affected by asthma. Working in Cherokee Nation tribal hospitals and clinics, medical partners reviewed the asthma services being delivered and offered training in optimal asthma care to physicians and nurses. After the intervention, completed asthma action plans were documented for 87 percent of pediatric patients at just one clinic location. Cherokee Nation health providers now have the resources and knowledge to sustain the effort on their own.
- Between 2009 and 2010, the Oklahoma asthma program and its partners in the Oklahoma Asthma Initiative embarked on an effort to decrease asthma-related hospitalizations and emergency room visits. Working with St. Francis Health System, asthma educators identified children visiting the emergency room or being hospitalized due to asthma. Their families were provided with asthma education materials, including a DVD about reducing environmental asthma triggers, emergency asthma protocols, and much more. The intervention resulted in fewer hospital re-admissions for asthma.
- The Oklahoma asthma program works with schools to implement the American Lung Association’s Open Airways for Schools program. This teaches young children living with asthma about the disease and how to manage asthma on their own. Because the program targets children ages 8 to 11, it uses creative techniques to gain their attention, such as storytelling. As of 2013, about 50 schools were taking part.
- In Oklahoma, asthma results in millions of dollars in healthcare costs — costs that are largely preventable through an evidence-based, public health approach to asthma control.



All information and data provided
by the Oklahoma State Department
of Health Asthma Prevention and
Control Program

CDC’s National Asthma Control Program

Oklahoma is one of 36 states that receives funding and technical support from the Centers for Disease Control and Prevention’s National Asthma Control Program. Since 1999, CDC has been leading public health efforts to prevent costly asthma complications, create asthma-friendly environments, and empower people living with asthma with the tools they need to better manage their own health. **Find out more at** www.cdc.gov/asthma.

