

BREATHING EASIER *in* MINNESOTA



SUCCESS STORIES FROM
THE MINNESOTA ASTHMA
PROGRAM



“When people with asthma have appropriate guidelines-based medical care, with correct medications, a written asthma action plan, and education about the plan and environmental asthma triggers, health care costs are greatly reduced and patients can enjoy an excellent quality of life. (The asthma program) wouldn't exist if we did not have a partnership with CDC.”

JANET KEYSER

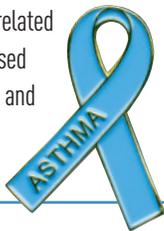
program manager

MINNESOTA ASTHMA PROGRAM

All information and data provided
by the Minnesota Department of
Health Asthma Program

THE PROBLEMS:

- In 2010, one in 13 Minnesota adults, or 7.6 percent, reported living with asthma.
- Also in 2010, one in 14 children, or 7 percent of Minnesota's children, had asthma. That same year, the state tallied nearly 20,000 asthma-related emergency department visits and more than 3,500 asthma-related hospitalizations. Such emergency department rates were 80 percent higher among children living in the Twin Cities metro area than in Greater Minnesota.
- In 2004, asthma costs in Minnesota totaled \$240 million in direct health care costs and \$181 million in costs related to missed school and work.



THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The Minnesota Asthma Program and its partners focus on communities 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 2011, the Minnesota Asthma Program launched its free online training course, Reducing Environmental Triggers of Asthma in the Home (RETA-Home), for public health nurses, asthma educators, and other health professionals. About 700 people accessed the training in its first year. RETA-Home is also being used to reduce environmental asthma triggers among low-income housing residents. During previous RETA interventions, the efforts resulted in fewer urgent care visits and fewer missed school days, and saved an estimated \$1,960 in medical costs per child.
- The Minnesota Asthma Program encourages prescribing clinicians to take advantage of its Interactive Asthma Action Plan, an electronic decision-support tool based on best practices in asthma care. As of January 2013, more than 900 users worldwide had downloaded the tool.
- In collaboration with the Utah Department of Health Asthma Program, the Minnesota Asthma Program developed the Coach's Asthma Clipboard Program, an online training to help coaches effectively work with athletes who have asthma and reduce the risk of respiratory complications. Twelve states have joined Minnesota and Utah in providing clipboards and other items to coaches who complete the program.
- The Minnesota Asthma Program helped shape the optimal asthma care standard used in the Minnesota Community Measurement program. This comparative information collected from all health care providers helps the public understand which clinics and other facilities are doing the best job in providing optimal asthma care.
- In Minnesota, asthma results in millions of dollars in health care costs, much of which is preventable through an evidence-based, public health approach to asthma control.

CDC's National Asthma Control Program

Minnesota 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.

