

BREATHING EASIER *in*

MISSOURI



SUCCESS STORIES FROM THE MISSOURI ASTHMA PREVENTION AND CONTROL PROGRAM

“When it comes to asthma, it’s not just clinical and it’s not just environmental — it’s both. And we’ve got to engage every sector in the community to have an impact. That’s why we need a public health approach to asthma control. Without CDC’s support, we would not have the infrastructure that has enabled us to leverage additional investments in improving asthma outcomes.”

PEGGY GADDY

program coordinator

MISSOURI ASTHMA PREVENTION AND CONTROL PROGRAM

All information and data provided by the Missouri Department of Health and Senior Services Asthma Prevention and Control Program

THE PROBLEMS:

- As of 2010, nearly 9 percent of Missouri adults, or almost 400,000, were living with asthma. That same year, nearly 11 percent of Missouri children and adolescents, or 150,000, were living with the chronic respiratory disease. Also in 2010, more than 30,000 asthma-related emergency room visits and about 8,000 asthma-related hospitalizations occurred.
- Missouri children ages 1 to 4 bear the brunt of such emergency room visits. In 2010, asthma-related hospitalizations totaled nearly \$103 million. However, from 2010 to 2011, asthma-related deaths decreased by nearly 35 percent.



THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The Missouri 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.

- The Missouri asthma program has a long history of working with schools. For example, in the southeastern city of Kennett, where students experienced asthma rates twice as high as the state average, the asthma program created and helped put in place a comprehensive intervention. The effort involved training both school nurses and physicians in proactive asthma control, and strengthening linkages between school nurses and primary care doctors. The results? Asthma hospitalizations among children ages 14 and younger fell from 161 per 10,000 children in 2002 to 34 per 10,000 children in 2009. And because the intervention promoted systematic changes, local stakeholders continue to sustain it on their own.
- In partnership with the Missouri Primary Care Association, the Missouri asthma program trains staff at federally qualified health centers to become Asthma Ready, which means providers are abiding by national asthma care guidelines. As of spring 2013, the effort had trained more than 1,800 health professionals statewide. The effort is so popular that requests for training continue to increase.
- In 2012, Missouri officials voted to allow pharmacies to dispense asthma rescue medication to schools and let school nurses administer the medicine in an emergency. In response, the Missouri asthma program is training school nurses and other faculty to safely implement the policy.
- The Missouri asthma program’s Teaming Up for Asthma Control project educates families via school nurses. Materials include multimedia resources that teach parents about asthma-friendly home environments. Project evaluations found children experienced fewer symptomatic days, less exposure to secondhand smoke, and better health outcomes.
- In Missouri, asthma results in millions of dollars in health care costs — costs that are largely preventable through an evidence-based, public health approach to asthma control.

CDC’s National Asthma Control Program

Missouri 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.**

