



## Managing Asthma Among Young Children: *Building Capacity to Improve Health Outcomes Among Head Start Children in Detroit, Michigan*

### Issue

Asthma is one of the leading chronic diseases of childhood. Asthma is also one of the chronic diseases where disparities between majority and minority groups are most evident. While the prevalence of asthma in the general population of children ranges from 6 to 8%, the prevalence of asthma among Detroit children has been estimated at 18%. Young children with asthma experience more frequent symptoms than older children and more frequently seek emergency care for their symptoms. National objectives for asthma control include reducing emergency department visits and hospitalizations for asthma, as well as enhancing quality of life for asthma sufferers.

**“Asthma is a major public health problem. We have an urgent need to track this disease and to find ways to control and prevent it. If we are going to be effective in doing this, we need the joint efforts of many at the federal, state and local level.”**

Richard J. Jackson, M.D.  
Former Director, CDC's National Center for Environmental Health

### Response

Researchers from the University of Michigan are working with community partners representing Head Start, early childhood education programs, health care providers, parents, and others committed to managing asthma among children in Detroit.

Together with their partners, the University of Michigan will evaluate a promising approach toward the management of childhood asthma. The approach will include educating family members, connecting families with adequate medical care, and assisting Head Start sites to support effective asthma management. The program will be consistent with Head Start program goals and delivered by Community-based counselors.

The specific aims of the project include the following:

- Improve asthma management;
- Decrease asthma symptoms;
- Improve quality of life for caretakers of children with asthma; and
- Decrease asthma-related emergency visits and hospitalizations.

This project will provide valuable information about tailoring asthma management programs to the needs of individual families and Head Start programs.

January 2005

### More Information

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This research grant is funded by the Centers for Disease Control and Prevention's (CDC) Community-based Participatory Prevention Research Grant Program. This Grant Program is committed to funding public health research that has direct relevance for policy and practice by having researchers invite health professionals and communities to participate in the research process - including identifying research questions of importance to their community and interpreting and applying the study findings in their community. A number of other community-based research grants are supported throughout the United States.

For more information about CDC's Community-based Participatory Prevention Research, please contact the Office of Public Health Research, CDC, 1600 Clifton Rd., MS D-72 Atlanta, GA 30333  
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