

BREATHING EASIER *in* TEXAS



SUCCESS STORIES FROM
THE TEXAS ASTHMA
CONTROL PROGRAM

The Texas Asthma Control Program recognizes the importance of a collaborative public health approach to ensure that asthma and its measures of disparity are appropriately addressed. We use a social ecological framework to represent our multi-level approach to asthma prevention and control.

ELAINE BRASLOW

program coordinator

TEXAS ASTHMA CONTROL PROGRAM

THE PROBLEMS:

- In 2011, more than 1.4 million Texas adults and 530,000 children were living with asthma. This chronic respiratory disease is among the most frequent reasons for hospitalizations among children.
- In fact, more than 25,000 asthma-related hospitalizations occurred in 2010, and about 17 percent of those hospitalized were children younger than 5.
- More than 2,000 asthma-related deaths occurred in Texas between 2002 and 2010.
- In 2010, hospitalizations due to asthma totaled more than \$600 million.

THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The Texas Asthma Control 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.

- The Texas Asthma Control Program partners with a large health system in central Texas to identify children with uncontrolled asthma and link them to local resources and interventions. Children at high risk for returning to the emergency room with asthma complications are referred to and enrolled in case management, which includes patient education, home visits, asthma trigger mediation, care coordination, and follow up. Six months post-intervention, children enrolled in the program decreased their emergency room use nearly 77 percent.
- In the southern tip of Texas in Hidalgo County, residents experience a high rate of asthma-related hospitalizations. With funding support from the Texas Asthma Control Program, the McAllen Asthma Coalition and its university partners embarked on a drive to decrease hospitalizations and missed school days among children living with asthma. The program recruited and trained local nursing and respiratory students to provide asthma education to elementary and middle school students. So far, more than 700 students have received the education. The effort has resulted in improved asthma self-management knowledge and improved ability to identify and reduce asthma triggers.
- The Texas Asthma Control Program wants to make sure its efforts are protecting people's health. The program is partnering with the University of North Texas Health Science Center to evaluate two local asthma control efforts. The lessons learned will be applied to the program's many other activities to create higher-quality, more effective asthma control.
- In Texas, 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. With help from the Texas Asthma Control Program, asthma-related deaths among all age groups are on the decline.



All information and data provided by
the Texas Department of State Health
Services Asthma Control Program

CDC's National Asthma Control Program

Texas 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.

