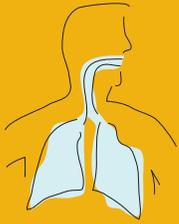
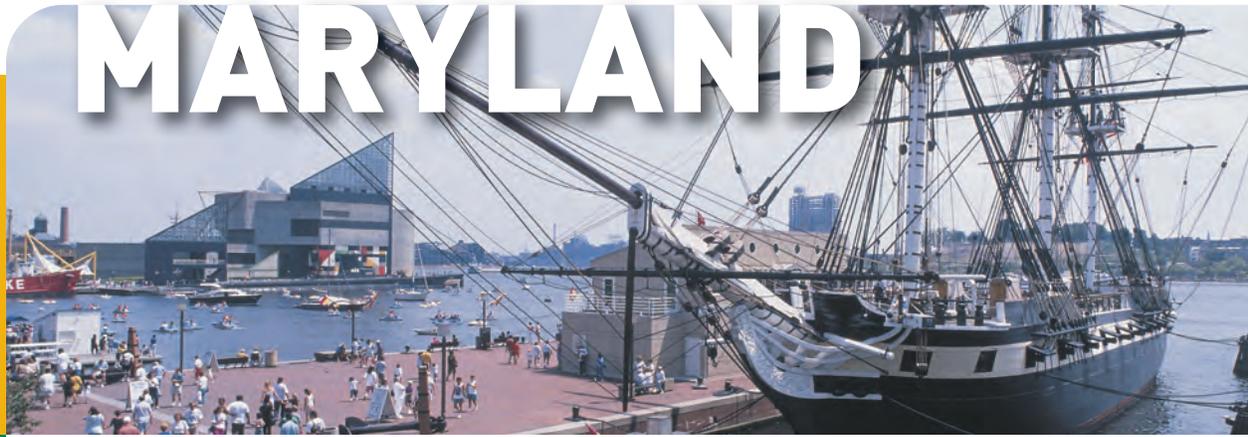


BREATHING EASIER *in* MARYLAND



SUCCESS STORIES FROM
THE MARYLAND ASTHMA
CONTROL PROGRAM



“Asthma is not a one-sided coin. So many issues go into both treating asthma and preventing asthma attacks. Public health is really able to combine all of these forces and work on them with partners to address asthma on a larger scale. CDC funding has allowed our program to thrive and gives us the opportunity and time to focus on asthma as a public health issue.”

RACHEL M. HESS-MUTINDA

program administrator

MARYLAND'S ASTHMA
CONTROL PROGRAM

All information and data provided by
the Maryland Department of Health and
Mental Hygiene Asthma Control Program

THE PROBLEMS:

- In 2009, about 389,000 Maryland adults and 159,000 children were living with asthma — that's about 9 percent of adults and 12 percent of children.
- That same year, there were more than 39,800 asthma-related emergency room visits and more than 11,400 asthma-related hospitalizations.
- From 2007 to 2009, almost one-third of children with asthma missed three or more days of school due to the chronic respiratory disease.
- In 2009 alone, asthma-related hospitalization costs topped \$73 million, while asthma-related emergency room visits totaled \$26 million.



THE PUBLIC HEALTH RESPONSE TO ASTHMA:

Maryland's 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 community stakeholders, and help residents manage their own health. And their efforts are paying off.

- More than 50 schools are participating in the state's Asthma-Friendly Schools Initiative. To receive an official asthma-friendly designation from the Asthma Control Program, schools must meet specific criteria. Criteria range from posting nonsmoking signs to instituting policies on asthma medication access to educating staff, students, and families on the dangers of secondhand smoke to children with asthma. Schools receive the asthma-friendly designation for two years, after which they must re-apply. Schools also get a banner and plaque that they can display proudly.
- Maryland's Asthma Friendly Child Care Program just got off the ground, but already there's a waiting list of more than 50 child care providers who want to participate. The voluntary program offers education on how to create healthy environments for children with asthma, such as having asthma action plans on file for each child. The asthma program also trains child care providers on how they can achieve an official asthma-friendly designation. As of late spring 2012, more than 50 providers had completed the training, which is also available to Head Start and after-school programs.
- The asthma program convenes the Maryland Asthma Coalition, a diverse partnership of stakeholders that includes physicians, families, and schools. As part of its work, the coalition trains health care providers on the latest evidence-based asthma control guidelines. Such training is critical in reducing unnecessary asthma complications. In fact, data show that children with asthma enrolled in Maryland's Medicaid program have evidenced a significant increase in the use of asthma controller medication instead of asthma rescue medication. This is a sign that their asthma is under control.
- In Maryland, 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

Maryland 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.

