

# BREATHING EASIER *in*

# OHIO



## SUCCESS STORIES FROM THE OHIO ASTHMA PROGRAM

Addressing asthma requires a multi-perspective approach in a number of different environments. It's something that has to be dealt with at a policy level as well as an individual level. CDC funding is integral to our ability to address asthma from this public health perspective. Without it we would not be able to do it.

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OHIO'S CDC ASTHMA GRANT

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

## THE PROBLEMS:

- In 2010, 1 in 10 (9.6%) Ohio adults reported having asthma. Among Ohio children, 15.2 percent had the chronic respiratory disease in 2008.
- Hospitals reported almost 20,000 discharges with a primary diagnosis of asthma in 2009.
- Also in 2009, 24 percent of adults said they missed at least one day of work in the prior year due to asthma, and about 29 percent of children reported missing at least one school day in the previous year because of the disease.
- The average cost for an asthma-related hospitalization in 2009 was more than \$14,600, up from an average of about \$10,100 in 2005.



## THE PUBLIC HEALTH RESPONSE TO ASTHMA:

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

- With the help of its Ohio Asthma Coalition partners, the Ohio Asthma Program developed and released a new training video for athletic coaches and PE teachers. The video was created specifically to address exercise-induced asthma complications, a common problem. The free training features professional sports stars and educates teachers and coaches on how to create healthy environments for students with asthma and reduce the risk of asthma attacks. The video is being marketed through OhioTRAIN, an online training platform that lets users take the training at any time.
- The Ohio Asthma Program was instrumental in implementing the state's voter-approved smoke-free workplace policy. It also provided compelling data that illustrated why the policy was needed. Today, the asthma program staff is evaluating the difference the policy is making in the lives of Ohio families. In fact, data already show that it could be making an impact: asthma-related hospital discharge rates among children younger than 5 have been declining since the 2007 enactment of the state's smoke-free policy.
- Every other year, the Ohio Asthma Coalition brings together hundreds of public health practitioners, health care providers, and asthma educators to explore the latest in asthma research and care. As a result, participants have the tools and education they need to bring effective asthma control strategies to their communities. The Ohio Asthma Coalition is a collaboration between the Ohio Asthma Program and the American Lung Association of Ohio.
- In Ohio, 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

Ohio 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](http://www.cdc.gov/asthma).

