

BREATHING EASIER *in*

NEW HAMPSHIRE



SUCCESS STORIES FROM
THE NEW HAMPSHIRE
ASTHMA CONTROL PROGRAM

Controlling asthma takes a more overarching approach. In addition to diagnosis and management, there is a need for asthma surveillance, education and control of environmental asthma triggers. This requires a collaborative approach across disciplines to address effectively...and that's a responsibility of public health. The progress we've made over the past several years wouldn't have been possible without CDC's support.

MIKE DUMOND

bureau chief

NEW HAMPSHIRE BUREAU OF PUBLIC
HEALTH PROTECTION

All information and data provided by
the New Hampshire Department of
Health and Human Services Asthma
Control Program

THE PROBLEMS:

- In 2011, 11 percent of New Hampshire adults, or 115,000 residents, were currently living with asthma.
- From 2006–2008, more than 8 percent of the state's children, or 25,000, were living with the chronic respiratory disease.
- As of 2010–2011, nearly one in two adults with asthma and one in three children had uncontrolled asthma. Also, only 25 percent of adults with asthma and 50 percent of children had ever received an asthma action plan.
- In 2006, asthma-related hospital charges topped \$16 million.



THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The New Hampshire Asthma 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.

- In 2010, the New Hampshire Asthma Control Program helped launch the One-Touch Healthy Homes visiting model as a pilot project in Manchester. One-Touch trains home visitors, such as energy auditors or nurse case managers, to screen residents about environmental hazards, including asthma triggers. The One-Touch method helps determine who has asthma, whether the asthma is under control, and connects residents with asthma resources. As of spring 2013, 109 households had been reached. The effort is now expanding beyond Manchester.
- The New Hampshire Asthma Control Program launched a webinar series for school administrators, staff, and faculty in 2013. The series covers a range of asthma issues and tells stories from schools that have successfully created asthma-friendly environments. As of spring 2013, 60 percent of New Hampshire school districts had participated in the webinars.
- In 2007, the New Hampshire Asthma Control Program and its partners developed the Improving Asthma Management Series, a group of educational modules for primary care physicians. Asthma educators present the modules in-person and often help providers redesign their internal systems and protocols to improve asthma care. As of spring 2013, the effort had reached 66 primary care offices and 385 health providers.
- In 2006, New Hampshire was home to just four certified asthma educators. As of 2013 and thanks to the efforts of the New Hampshire Asthma Control Program, there were 33 such educators statewide. The asthma program and its partners regularly host certification courses with a goal of increasing asthma educator ranks by 15 percent each year.
- In New Hampshire, 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

New Hampshire 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.

