ASTHMA IS A SERIOUS HEALTH CHALLENGE

In 2016

1 in 13
People Have Asthma

189,000 Hospitalizations
1.7 Million Emergency Department Visits

EXHALE can help control asthma

For the most recent data on asthma, visit http://bit.ly/national_asthma_data

Want to learn more?
Visit https://www.cdc.gov/asthma/exhale/
@CDCasthma

Learn how public health professionals can use EXHALE to improve asthma control in their community.

https://www.cdc.gov/asthma/exhale/
Strategies to help people with asthma breathe easier.

Asthma costs Americans more than $82 billion in medical costs, missed school and work days, and early deaths.

Public health professionals can use EXHALE strategies to improve the health of people with asthma.

**EXHALE**

is a set of six strategies that each contribute to better asthma control:

**Education**

on asthma self-management

**Extinguishing**

smoking and exposure to secondhand smoke

**Home**

visits for trigger reduction and asthma self-management education

**Achievement**

of guidelines-based medical management

**Linkages**

and coordination of care across settings

**Environmental**

policies or best practices to reduce asthma triggers from indoor, outdoor or occupational sources

Each of the EXHALE strategies is proven to reduce asthma-related hospitalizations, emergency department visits, and healthcare costs. Using the EXHALE strategies together in a community can achieve the greatest impact.

Visit https://www.cdc.gov/asthma/exhale/ to learn how EXHALE can be used by:

- Public health professionals
- Healthcare organizations
- People with asthma and their families
- Schools and others

EXHALE can help both children and adults with asthma.