

BREATHING EASIER *in*

MISSISSIPPI



SUCCESS STORIES FROM
THE MISSISSIPPI
ASTHMA PROGRAM

“Asthma is a problem, and we want to make sure the people of Mississippi understand that and are equipped with the resources they need to self-manage and help the people that they care for. We wouldn't be here without CDC funds... they're critical.”

MONICA STINSON

program manager
MISSISSIPPI'S ASTHMA PROGRAM

THE PROBLEMS:

- More than 163,000 Mississippi adults are living with asthma, and about 76,700, or more than 1 in 10, of Mississippi children have the chronic respiratory disease.
- In 2008, almost 11,400 emergency room discharges listed asthma as the primary diagnosis.
- Asthma hospitalization rates are highest among children 4 years old and younger.
- About 30 percent of Mississippi families that have a child with asthma say the disease has a significant impact on the entire family.

THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The Mississippi State Department of Health 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.

- The Asthma Program partners with its nine regional asthma coalitions to implement FLARE in hospitals statewide. FLARE is an asthma education discharge protocol that helps hospitals empower patients with the knowledge they need to manage asthma on their own. FLARE includes five key messages: **F** – Follow up with a primary doctor; **L** – Learn about asthma medicines; **A** – Asthma is a life-long disease; **R** – Respond to warning signs that asthma is getting worse; and **E** – Emergency care may be needed if certain symptoms occur.
- Thanks in part to education efforts of the Asthma Program's local partners, Mississippi lawmakers enacted comprehensive policy on the prevention and management of childhood asthma in 2010. The Asthma Program is now helping schools come into compliance with the new law and become supportive, proactive environments for children with asthma.
- In 2011, more than 200 day care and child care professionals attended 11 asthma care trainings held across Mississippi. The Asthma Program also trains volunteers to conduct assessments that educate residents about low-cost ways to rid their environments of asthma triggers and prevent asthma complications.
- The Asthma Program works with partners to raise awareness about asthma education opportunities, such as Breathe Well, Live Well, a support group for adults with asthma that helps them self-manage the disease.
- In Mississippi, asthma results in hundreds of millions of dollars in health care costs — costs that are largely preventable. With the help of the Asthma Program, asthma-related hospitalizations and emergency room visits are declining for adults and children.



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

CDC's National Asthma Control Program

Mississippi 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.

