

Strategies to Help People with Asthma Breathe Easier

Asthma is a common chronic disease, which can be worsened by environmental asthma triggers. Asthma costs the nation more than \$82 billion in medical costs, missed school and work days, and early deaths. Asthma cannot be cured, but it can be controlled.

Public health professionals can use EXHALE to improve the health of people with asthma, by providing support or services to healthcare providers, people with asthma and their families, schools, and others.

Each of the EXHALE strategies is proven to reduce asthma-related hospitalizations, emergency department visits, and healthcare costs.

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

<https://www.cdc.gov/asthma/exhale/>



Centers for Disease
Control and Prevention
National Center for
Environmental Health

EXHALE

CDC's National Asthma Control Program developed EXHALE, a set of six strategies that each contribute to better asthma control:

EXHALE

Education

on asthma self-management

X-tinguishing

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

