

BREATHING EASIER *in* **OREGON**



SUCCESS STORIES
FROM THE OREGON
ASTHMA PROGRAM



“ The types of things that trigger asthma complications are very much public health issues. Patients live in communities; they don’t live most of their lives in the clinician’s office, so we need to make sure that the environments we live in support good health. Without CDC’s support, it would be very difficult to continue to do this work — in fact, much of it wouldn’t happen. ”

DANNA DRUM

chronic disease program manager
OREGON PUBLIC HEALTH DIVISION

All information and data provided by
the Oregon Public Health Division
Asthma Program

THE PROBLEMS:

- Oregon is home to a higher burden of asthma than the national average. As of 2011, 11 percent of Oregon adults, or 320,000, were living with asthma. That same year, 8 percent of Oregon children, or 67,000, were living with the chronic respiratory disease.
- Nearly 2,000 asthma-related hospitalizations occurred in 2011 at a cost of \$28 million. Just one asthma-related hospitalization averages more than \$14,000.
- One in four adults with asthma reports missing work or other activities due to the disease.

THE PUBLIC HEALTH RESPONSE TO ASTHMA:

The Oregon Asthma 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.

- Since 2005, the Oregon Asthma Program has teamed with the state’s chronic disease prevention programs and the State Unit on Aging to support Living Well with Chronic Conditions, an evidence-based program to help people living with chronic diseases better manage their health. Since late 2009, the effort, which is offered in more than two-thirds of Oregon’s counties, has reached more than 900 residents with asthma. Residents connect with Living Well in a variety of ways. For example, tobacco users who call the state’s Quit Line and who report having asthma are referred to a local Living Well provider. Since 2009, more than 4,600 Quit Line callers with asthma have received a referral.
- The Oregon Asthma Program partners with the Oregon Primary Care Association on the Patient Self-Management Collaborative, which began in 2009. The goal is to bridge the gap between local chronic disease programs and community health centers, which typically serve populations with high asthma rates. Through the effort, health centers now have staff trained in self-management support and motivational interviewing and have systems in place to ensure asthma patients are referred to resources such as Living Well with Chronic Conditions. As a result, more than 114,000 patients now have access to higher quality chronic disease management.
- As part of quality improvement efforts within the state’s Medicaid and Children’s Health Insurance Program Oregon Health Plan, the Oregon Asthma Program developed indicators to measure the quality of asthma care being delivered and spent years helping managed care organizations implement the indicators. Today, many such organizations have developed permanent systems to track asthma care and are providing asthma education materials directly to patients.
- In Oregon, 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

Oregon 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.**

