

What You Need to Know About Asthma

- Asthma is a chronic lung disease that makes breathing difficult when uncontrolled.
- Causes wheezing, coughing, chest tightness and shortness of breath.
- Asthma affects all ages, races and both genders and it often begins in childhood.

NEW MEXICO CHILDREN

Between 2011-2012, approximately 9% (about 47,000) of children ages 0-17 had asthma. (Source: NM, US BRFSS 2011-2012)

Between 2007-2010, approximately 43% of school-age children with asthma missed at least one day of school in the past 12 months. (Source: BRFSS ACBS 2007-2010)

Between 2010 - 2012, children ages 0-4 had the highest asthma ED visit and hospitalization rates (Source: NM ED data 2010-2012)

Between 2010-2012, male children had higher asthma ED and hospitalization rates than females (Source: NM DOH hospitalization data, 2000-2012)

- Asthma can be controlled.
- A person with asthma can live a normal, active, healthy life.
- Consult with a health care provider, take medication as prescribed, remain physically active, and avoid your triggers (things that worsen symptoms).

The printing of this publication is funded by the **Addressing Asthma from a Public Health Perspective** Collaborative Agreement with the Centers for Disease Control and Prevention (Funding Opportunity #CDC-RFA-EH09-90104CONT12), National Center for Environmental Health, Air Pollution and Respiratory Health Branch, Asthma Program Section through the Asthma Control Program in the New Mexico Department of Health.

NEW MEXICO DEPARTMENT OF HEALTH

For More Information

New Mexico Asthma Control Program

Environmental Health Epidemiology Bureau

1190 St. Francis Drive, Suite N1300

Santa Fe, NM 87505

nmhealth.org/eheb/asthma.shtml

Phone: 505-476-1734

Toll Free: 888-878-8992

Revised April 2014

New Mexico Asthma Control Program

Partnering with
Communities to
Reduce the
Burden of Asthma



NEW MEXICO
DEPARTMENT OF
HEALTH

*We don't know what causes
asthma, but it can be controlled*

New Mexico Asthma Control Program from 2000–2014

About Us

The New Mexico Asthma Control Program is funded by the Centers for Disease Control and Prevention, National Center for Environmental Health. The Asthma Control Program partners with communities to reduce the asthma burden.



What We Do

Conduct Asthma Surveillance by collecting and analyzing data from hospitals, emergency departments, schools, tribal governments and others. Results are disseminated to community stakeholders and the general public.

Develop working partnerships to raise awareness of asthma disparities. Partners are healthcare providers, health plans, hospitals, NGOs, state agencies, schools, childcare centers and tribe-affiliated groups.

Incorporate scientific-based education interventions for pre and school-age children and healthcare providers to reduce asthma rates.

Evaluate our work by measuring the impact of our work on our communities and programs statewide.

We focus on activities to increase asthma awareness and improve control of asthma. Below are some of our program activities since 2000.

Reports

- Annual statewide adult and childhood asthma prevalence and death rates due to asthma
- *The Burden of Asthma in New Mexico*, 2003, 2006, 2009, 2014
- *Breathing Free—An Asthma Plan for NM*, 2003, 2007, 2009
- *Breathing Easy in New Mexico: Addressing the Burden of Asthma Through Action - 2014-2019*
- Medical Provider Impressions of Asthma in Lea County July 2010

Education for Professionals

- *Physician Asthma Care Education (PACE)*, 2011
- Asthma management education for school nurses & social workers, 2006, 2007, 2008, 2013
- *Open Airways for Schools* for School nurses and other staff, 2004, 2005, 2006, 2010
- EPA's *Indoor Air Quality Tools for Schools Program*, 2003–2005, 2007–2013

Education for Patients & Families

- Asthma education for families of children with asthma enrolled in Children Medical Services Asthma Clinics, 2004-2008
- Asthma self-management education to patients through Certified Asthma Educators, 2010, 2011
- American Lung Association *Asthma Nights* for communities, 2013
- *Rural Tour*— in partnership with various healthcare providers— an asthma education intervention for 6 communities across state, 2008

Education for Child Care Providers

- *Asthma and Allergy Essentials for Child Care Providers*©, 2006, 2007

To Learn More about Asthma

For Families

[American Lung Association](http://www.lung.org)
www.lung.org

[Allergy & Asthma Network of Asthmatics](http://www.aanma.org)
www.aanma.org

[Asthma & Allergy Foundation of America](http://www.aafa.org/index.cfm?id=8)
www.aafa.org/index.cfm?id=8

[CDC Basic Facts on Asthma](http://www.cdc.gov/asthma/faqs.htm)
www.cdc.gov/asthma/faqs.htm

For Kids

[Bam! Body and Mind](http://www.cdc.gov/bam)
www.cdc.gov/bam

[Breath Easies](http://www.noattacks.org)
www.noattacks.org

[KidsHealth.org](http://kidshealth.org/kid/centers/asthma_center.html)
kidshealth.org/kid/centers/asthma_center.html

[NIEHS Kids](http://kids.niehs.nih.gov)
kids.niehs.nih.gov

[Quest for the Code® Asthma Game](http://asthma.starlight.org)
asthma.starlight.org