

Asthma Cooperative Agreement Partner Profile

NEW MEXICO

Accessible link: <https://www.cdc.gov/asthma/contacts/asthma-grantee-profile-nm.html>

The New Mexico Asthma Control Program (NMACP)

has been part of CDC's National Asthma Control Program since 2000. They work alongside partners to reduce asthma disparities by improving the quality of asthma care, improving asthma management in schools, and fostering policies to help reduce exposure to asthma triggers in outdoor, indoor, and workplace environments.

Strategies in Action

- NMACP has partnered with Nor-Lea General Hospital since 2013 to provide an Asthma Self-Management Education (ASME) referral program in counties with persistently high rates of asthma. ASME participants reported a substantial increase in asthma knowledge, have reduced their ED visits by 83% during 2013–2017, and significantly improved their Asthma Control Test scores. Across New Mexico, rates for ED visits among children with asthma have dropped 36% since 2015. The largest reduction in ED use (46%) has been in the Southeast, where the burden of asthma is highest. NMACP is working with other healthcare facilities to expand this program.
- Starting in 2020, NMACP used syndromic surveillance data to identify children with recent asthma-related ED visits. The program contacted hundreds of children and their guardians to link them to the NM Department of Health's Children's Medical Services (CMS), a program that provides coordinated care resources to NM children. CMS regional teams of social workers and care coordinators help families enroll in a coordinated care system and/or receive services through regional asthma clinics, with the intent of controlling their asthma symptoms and reducing asthma-related ED visits. NMACP extended this program in 2022 and continuously evaluates its efficacy.
- NMACP provided Asthma Specialty Track Trainings to 40 community health workers and other home visitors from 2018 through 2021. These trainings, which include asthma management, addressing environmental triggers, and supporting children with asthma at home and in schools, were originally offered in-person only. Changing the trainings to a virtual delivery model resulted in higher attendance numbers and more geographic diversity. Future trainings will be delivered virtually. Participants demonstrated increased knowledge and confidence in providing asthma care to their clients living in communities across all NM public health regions.

NM

Asthma by the Numbers:

2020

**162,657 Adults
with asthma**

**32,327 Children
with asthma**



In 2020, a total of 162,657 New Mexico adults (more than 10% of the adult population) had asthma, and 32,327 New Mexico children (7.2%) ages 0–17 years had it.

2019

6,126 ER visits



In 2019, New Mexico saw 6,126 asthma-related emergency department (ED) visits.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

cdc.gov/asthma

National Asthma Control Program: 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

CDC's National Asthma Control Program (NACP) and its partners help people with asthma achieve better health and improved quality of life. NACP developed EXHALE, a set of six public health strategies that each contribute to better asthma control.

Each EXHALE strategy has been proven to reduce asthma-related hospitalizations, emergency department visits, and healthcare costs. Using the EXHALE strategies together in a community can have the greatest impact.