

ASTHMA IS A SERIOUS HEALTH CHALLENGE

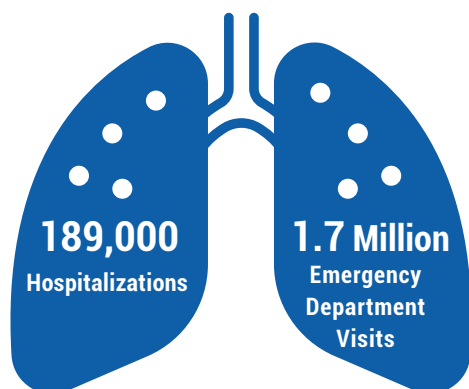
EXHALE

Strategies to help people with asthma
breathe easier.

In
2016



1 in 13
People
Have Asthma



EXHALE can help control asthma

For the most recent data
on asthma, visit
http://bit.ly/national_asthma_data

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breathe easier.



Want to learn more?

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

[@CDCasthma](https://twitter.com/CDCasthma)



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

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



Asthma costs Americans more than \$82 billion in medical costs, missed school and work days, and early deaths.

Public health professionals can use EXHALE strategies to improve the health of people with asthma.



EXHALE can help both children and adults with asthma.

EXHALE

is a set of six strategies that each contribute to better asthma control:

E

Education

on asthma self-management

X

Extinguishing

smoking and exposure to secondhand smoke

H

Home

visits for trigger reduction and asthma self-management education

A

Achievement

of guidelines-based medical management

L

Linkages

and coordination of care across settings

E

Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor or occupational sources

Each of the EXHALE strategies is proven to reduce asthma-related hospitalizations, emergency department visits, and healthcare costs. Using the EXHALE strategies together in a community can achieve the greatest impact.

Visit

<https://www.cdc.gov/asthma/exhale/> to learn how EXHALE can be used by:

Public health professionals

Healthcare organizations

People with asthma and their families

Schools and others

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