



BURDEN HIGHLIGHTS

- Asthma is a serious chronic condition that affects thousands of children and adults in Montana.
- Even though asthma can be controlled many people with asthma in Montana live with frequent symptoms, activity limitations and poor quality of life.
- Many asthma patients in Montana do not receive evidence-based healthcare or education to learn how to self-manage their disease.
- Many children in Montana go to schools or childcare facilities that are not equipped to manage asthma.

THE PROBLEM

Asthma is a serious chronic condition that affects thousands of children and adults. If properly treated and controlled through self-management, asthma should not limit a person's daily activities or cause troublesome symptoms. However, over half (71%) of adults with current asthma in Montana report symptoms indicating that their asthma is not well or very poorly controlled.¹

- An estimated 93,836 people in Montana have current asthma.²
- About 30% of adults and 39% of children with asthma report missing at least 1 day of work or school in the last year, respectively, due to their asthma.¹
- About 52% of adults and 50% of children with asthma report limiting their activities at least a little bit because of asthma.¹
- Not all adults with asthma report knowing the signs and symptoms of an asthma attack (61%), having been taught how to respond to an attack (72%), or having an asthma action plan to help make treatment decisions (25%).¹
- Almost 3 in 10 adults with asthma report they are unable to fill an asthma medication prescription due to cost.¹
- Of a sample of children with uncontrolled asthma, only 26% were determined to have good inhaler technique.³

THE COST OF UNCONTROLLED ASTHMA

Asthma is an ambulatory condition that, if well-controlled, should not be treated in the emergency room or inpatient setting. Asthma hospitalizations cost about \$3.4 million in Montana in 2017.⁴

- A typical charge for a hospital stay for asthma in 2017 was \$12,377.⁴
- On average, there are 477 hospital stays for asthma in Montana per year.⁴
- In 2017, there were 2,186 emergency department visits for asthma.⁵
- The estimated total charge for emergency room visits for asthma in Montana in 2017 was about \$3.7million.⁵
- A typical charge for an asthma emergency department visit in 2017 was approximately \$1,685.⁵
- In 2017, there were over 56,152 distinct claims for asthma for over 18,218 different Medicaid recipients (primary and secondary diagnosis).⁶

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RESOURCES

Visit our website for more information: <http://dphhs.mt.gov/asthma>

Data Sources

1. Asthma Call Back Survey 2011-2013, 2012-2016. 2. Behavioral Risk Factor Surveillance System, 2017. 3. Montana Asthma Home Visiting Program data, 2017 4. Hospital Discharge Data, 2008-2017. 5. Emergency Department Discharge Data, 2010-2017. 6. Montana Medicaid Claims, 2017.



Montana Asthma Program Factsheet

KEY MESSAGES

- Asthma is a critical problem and evidence-based guidelines exist to assist in the management of asthma.
- Asthma interventions are a “win-win” for Montana.
- The Montana Asthma Control Program has resources that can help people with asthma.

PROGRAM ACTIVITIES

- The Montana Asthma Control Program (MACP) offers quality improvement assistance to health care facilities (hospitals and primary care offices) in order to promote guidelines-based care for asthma. The MACP can provide educational presentations, trainings, and technical support for interested facilities.
- The Montana Asthma Home Visiting Program (MAP) trains public health nurses and respiratory therapists to empower people with uncontrolled asthma and their families with the knowledge and tools they need to manage the disease. Nearly all participants had well-controlled asthma by the end of the program and had tools like having an asthma action plan and proper inhaler technique to help them maintain their level of asthma control. There are currently 11 sites funded to provide this service in 22 counties.
- Visit the Montana School Health website at www.schoolhealth.mt.gov for free trainings to school nurses, coaches, and childcare providers on how to manage asthma in their communities. To date, nearly 350 school staff, coaches, and childcare staff have participated in the online training on asthma management. Contact the MACP to learn more about how a school nurse or certified asthma educator can apply for a grant to provide asthma education in schools, nearly 50 nurses have participated so far.
- In an effort to increase the number of certified asthma educators (AE-C) in Montana, the MACP holds several educational opportunities each year. Hundreds of Montana healthcare providers have received continuing education through our Big Sky Pulmonary Conference, asthma educator review courses, and webinars.
- Partners are a key part of the MACP's success. The Montana Asthma Advisory Group currently has over 50 members representing 40+ organizations and agencies statewide.
- The MACP is the primary source for asthma data in Montana. A summary report is developed three times per year on an asthma-related topic and provided to more than 5,000 health care providers and asthma stakeholders around the state. The MACP has a strategic evaluation plan that will facilitate the systematic evaluation of all major program components from 2014 through 2019.

All of these activities are carried out with the support of the CDC's National Asthma Control Program.

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