



## Asthma Burden Facts

- Asthma is a serious chronic condition that affects thousands of children and adults in Montana.
- Many persons with asthma do not receive asthma self-management education.
- Thus, even though asthma can be controlled many Montanans with asthma experience frequent day and night symptoms, activity limitations, and poor quality of life.
- Montanans are also spending millions each year on asthma-related emergency department and hospital visits, which could be prevented with proper asthma control.

### Contact

asthmainfo@mt.gov

1-844-MTHLT4U

1-844-684-5848

## The Problem

Asthma is a common chronic condition that impacts the lungs. People with asthma experience wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be properly controlled by eliminating triggers, visiting the doctor for regular asthma checkups, and taking prescribed medication. However, more than half of Montanan adults (65%) report symptoms that indicate their asthma is not well controlled.

- In Montana, 10% of adults and 7% of children report currently having asthma.
- About 30% of adults with asthma report missing at least one day of work in the last year due to their asthma.
- Half of adults report having some form of activity limitation due to their asthma.
- Over half (55%) of adults with asthma have experienced an episode of asthma or an attack in the past year, and 42% had an episode or an attack in the past three months.
- Only 62% of Montanan adults know the symptoms of an asthma attack, 75% know how to respond to an asthma attack, and just under a quarter (24%) have an asthma action plan for treatment decisions.
- Nearly one in five (19%) of adults with asthma report not being able to fill an asthma prescription due to cost.

## The Cost of Uncontrolled Asthma

Asthma-related hospitalizations cost about \$3.7 million in Montana in 2018.

- On average, there are 459 hospitalizations for asthma in Montana each year.
- A typical charge for an asthma-related hospital stay in 2018 was \$13,024.

The estimated total charges for asthma-related emergency department visits were \$3.5 million in 2018.

- In 2018, there were 2,318 emergency department visits for asthma.
- A typical charge for an asthma-related emergency department visit was \$1,822.

Furthermore, there were 54,824 asthma claims in 2018 for 10,013 distinct Medicaid recipients (primary and secondary diagnosis).

## Montana Asthma Program

For more information and resources, visit the Montana Asthma Program website at <https://dphhs.mt.gov/asthma>



## Key Services

- Asthma interventions are key to helping control asthma.
- The MACP provides several resources to help Montanans with asthma, these include:
  - The Montana Asthma Home Visiting Program at:  
<https://dphhs.mt.gov/Asthma/astmahomevisiting>
  - Continuing education for healthcare providers at:  
<https://dphhs.mt.gov/Asthma/continuingeducation>
  - Free online trainings for professional development  
<https://dphhs.mt.gov/Asthma/onlineasthmatrainings>

## Contact

asthmainfo@mt.gov

1-844-MTHLT4U

1-844-684-5848

## Program Activities

- The Montana Asthma Control Program (MACP) offers quality improvement assistance to health care facilities to promote evidence-based care for Montanans with asthma
- The MACP provides several educational opportunities for prospective certified asthma educators (AE-C) each year. Hundreds of Montana healthcare providers have received continuing education through MACP's Big Sky Pulmonary Conference, asthma educator review courses, and webinars.
- The MACP is the primary source for asthma data in Montana. Reports are developed three times per year and provided to more than 5,000 health care providers and asthma stakeholders around the state.
- 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 after completing the program and received tools, such as an asthma action plan, to promote continued asthma control. There are currently 10 sites funded to provide this service across 22 Montana counties
- The Montana School Health website at [www.schoolhealth.mt.gov](http://www.schoolhealth.mt.gov) offers 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 for asthma management.
- 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.

## Sources

1. Asthma Call Back Survey 2013-2017
2. Behavioral Risk Factor Surveillance System, 2019
3. Montana Asthma Home Visiting Program data, 2020
4. Hospital Discharge Data, 2008-2018
5. Emergency Department Discharge Data, 2010-2018
6. Montana Medicaid Claims, 2018.