

What Is Asthma?

The CDC defines asthma as a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack.

Our Partners



GET INVOLVED

To learn how to get your organization involved, please contact:

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Chronic Disease Prevention Program

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<https://www.livewellallegheny.com/asthma-control-program>

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Asthma Control Program

Creating awareness and education to reduce asthma-related events



Allegheny County Asthma Control Program

A Centers for Disease Control (CDC) and Prevention four-year funded grant program to enhance education for children ages 17 and under who suffer from uncontrolled asthma. Educational and community outreach events are delivered in-person and virtually at schools, clinics and community-based settings. In home assessments are conducted to help improve asthma related triggers.

The program is based on the CDC EXHALE strategy. EXHALE is a CDC evidenced-based strategy that outlines goals for improved asthma outcomes.



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



Our Mission

Our mission is to improve asthma outcomes for children using an evidence-based approach to lower asthma emergency department visits, hospitalization, increase asthma self-management skills, and impact asthma policy.



What We Offer

Improving Indoor Home Air Quality

Asthma events can be provoked by contaminants in the air. **Women for a Healthy Environment** will manage in-home visits to assess air quality will be provided to qualifying families in order to improve health outcomes.



Community Outreach

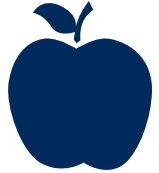
The **American Lung Association** will launch an Asthma Policy Education and Outreach grass roots campaign, focusing on smoke-free communities and smoke-free policies. **Women for a Healthy Environment** will develop community-based programming through partnerships to provide family support centers, libraries, health clinics, schools, and early learning centers. **Breathe Pennsylvania (BPA)** offers screening for tobacco use, connecting to resources and offering smoking cessation classes. BPA also offers in-home assessment and in-home asthma self-management education.



Asthma is a disease that affects the lungs, and when triggered, causes wheezing, coughing, and difficulty breathing.

Classroom Asthma Self-Management Education (ASME)

The **American Lung Association**, in partnership with **Breathe Pennsylvania** and the Allegheny County Health Department will identify schools in Allegheny County to participate in evidence-based programs that incorporate fun and interactive learning styles. Children will learn about asthma self-management education with a special focus on the hazard of second-hand smoke.



School ASME Programs

School Asthma Initiative | Ages K-8

Open Airways | Ages 8-11

Kickin' Asthma | Ages 11-16



Live Well Allegheny



10% of school-age children live with asthma in Allegheny County