

MAINE ASTHMA PROGRAM (MAP)

PROTECTING HEALTH, SAVING COSTS: WHY MAINE NEEDS THE NATIONAL ASTHMA CONTROL PROGRAM

The Maine Asthma Program (MAP) has been part of CDC's National Asthma Control Program since 2000. They work alongside partners to improve the quality of asthma care, improve asthma management in schools, and foster policies to help reduce exposure to asthma triggers in outdoor, indoor, and workplace environments.

MAINE'S ASTHMA BURDEN:

- Adult asthma prevalence in Maine is **12.5%**, significantly higher than the national average of 8%.
- Child asthma prevalence is also elevated at **7.2%**, above the U.S. rate of 6.5%.
- Contributing factors include exposure to airborne pollutants from wildfire smoke, high summertime ozone levels, and aging housing infrastructure.

KEY OUTCOMES FROM THE MAINE ASTHMA PROGRAM:

MAP is a CDC-funded initiative that supports evidence-based education, home-based services, and cross-sector partnerships to improve asthma control and reduce health care costs statewide.

Asthma Self-Management Education Program (ASMEP):

- Developed by a certified asthma educator, ASMEP is delivered in clinics and homes by asthma educators, public health nurses, and community health workers.
- Participants experienced **69% fewer missed school days, a 60% reduction in hospitalizations**, and a significant increase in asthma control (from 30% to 79%).
- **ROI estimates show \$3.09 saved for every \$1 invested** over a 12-month period.

Maine In-Home Asthma Education Program (HAEP):

- Targeted adults and children with poorly controlled asthma through personalized, in-home education and environmental assessment.
- The percentage of participants with well-controlled asthma rose from **34% to nearly 68%**.
- Participants also reported improved medication adherence, fewer emergency visits, and improved quality of life.
- Cost-benefit analysis showed annualized savings of **\$314,279** among 78 participants and **a positive ROI of \$3.09 per \$1 invested**.



Childcare and Housing Resources:

- MAP distributed an asthma education toolkit to **1,600 licensed childcare providers** to promote asthma-friendly practices.
- Collaborated with the Maine Indoor Air Quality Council to release mold and moisture guidance for rental properties.

Community Partnerships and Linkages:

- MAP collaborates with MaineHealth, public health nurses, and local agencies to connect patients to energy assistance and lead abatement resources.
- These partnerships expand the reach of asthma services into rural and underserved areas.

WHY FEDERAL FUNDING MATTERS:

The NACP is the **only source of funding** for the Maine Asthma Program. Without it, the program would be eliminated, resulting in:

- Termination of clinic and home-based asthma education services.
- Loss of evidence-based programs that have demonstrated improved asthma control and reduced emergency visits.
- Elimination of partnerships that connect patients with housing, energy, and environmental services.
- Missed opportunities to address asthma disparities and reduce avoidable health care costs.

Maine's asthma control strategy has demonstrated success in improving quality of life and delivering measurable cost savings. Continued federal investment is essential to sustain and grow these efforts.

THE RISKS OF DEFUNDING:

- Increases in hospitalizations and emergency visits.
- More missed school days, higher healthcare costs, and poorer asthma control.
- Worsened health outcomes, especially as Maine faces climate-related challenges like rising temperatures and air pollution.

THE NATIONAL ASTHMA CONTROL PROGRAM is essential to Maine's ability to manage asthma, improve quality of life, and save healthcare costs. Restoring and protecting NACP funding ensures people with asthma in Maine—especially the most vulnerable—continue to receive the education, support, and services they need to breathe easier.