

NEW HAMPSHIRE ASTHMA CONTROL PROGRAM

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

The **New Hampshire Asthma Control Program** (NHACP) has been part of CDC's National Asthma Control Program since 2001. They work alongside partners to reduce asthma disparities by improving the quality of asthma care, improving asthma management in schools, and fostering policies to help reduce exposure to asthma triggers in outdoor, indoor, and workplace environments.

NEW HAMPSHIRE'S ASTHMA BURDEN:

- New Hampshire has some of the highest prevalence rates in the United States.
- About 12.1% of adults in NH have asthma, well above the national adult asthma prevalence of 8%.
- About 7.5% of children in NH have asthma, above the national childhood asthma prevalence of 6.5%.

KEY OUTCOMES FROM THE NEW HAMPSHIRE ASTHMA CONTROL PROGRAM:

Mobile Integrated Healthcare (MIH) Brings Care to Patients' Homes

Since 2021, McGregor Memorial EMS has delivered in-home asthma care across New Hampshire's Seacoast region. The MIH program utilizes paramedics, EMTs, and nurses to provide urgent and preventive care for asthma and other chronic diseases. Impressively, 100% of referrals are seen within 48 hours (nearly 80% within 24). This approach has:

- Reduced avoidable ER visits and hospital admissions
- Increased primary care capacity
- Empowered patients to self-manage asthma more effectively through home education and environmental assessments.

Tackling Rural Healthcare Gaps

NHACP and Littleton Regional Hospital have partnered with EMS agencies to extend specialized asthma services to remote communities in northern New Hampshire. This innovative model, now sparking replication interest (e.g., Laconia Fire Department), ensures rural patients receive expert asthma care where traditional access is limited—closing critical health equity gaps.



Innovative Resources for Environmental Health

NHACP's partnership with the Environmental Public Health Tracking Program has produced tools that make asthma management more accessible statewide:

- A **new infographic** translates complex asthma data into clear visuals for clinicians and families.
- An **interactive training series** covers asthma, lead poisoning prevention, and water contamination. These resources help communities understand environmental triggers and adopt effective prevention strategies.

WHY FEDERAL FUNDING MATTERS:

NHACP is funded solely by the NACP. Without this funding, the NHACP would cease entirely, with devastating consequences for New Hampshire's unique population.

New Hampshire faces distinct challenges: approximately 47% of the population and 84% of the landmass is rural, creating significant healthcare access barriers. This topography results in difficult driving conditions and long distances between healthcare facilities, particularly during harsh winter months.

Without funding, the critical MIH home visiting program would end leaving patients living in rural communities without vital asthma education and care. These rural healthcare deserts would become even more pronounced as the coordinated system connecting emergency services, the Asthma Control Program, and

PATIENT SUCCESS STORIES

EB, an 18-year-old with severe persistent asthma, had struggled for years with uncontrolled asthma. At the time EB enrolled in the program, her recent history included 3 emergency room visits and an asthma-related hospitalization. The care team quickly discovered multiple asthma triggers in the home, including family members who smoked indoors and several pets that slept in EB's bedroom. The asthma team built trust over time through home visits and education. EB's asthma control dramatically improved. EB avoided any asthma-related emergency room visits or hospitalizations for more than a year, a powerful testament to the impact of sustained, personalized asthma management.

RC began experiencing frequent asthma flare-ups that left him breathless and anxious. A concerned family member referred him to the **MIH** program. When the MIH team visited RC at home, they discovered RC was not using his inhaler correctly and there was visible mold in his living space—both serious contributors to his worsening asthma. A bilingual paramedic on the team provided hands-on education in RC's preferred language, demonstrating proper inhaler technique and helping him develop a clear asthma action plan. The team also coordinated with the NHACP and local health inspectors to address the mold issue. Through this wraparound, culturally responsive care, RC gained the tools and confidence to manage his asthma effectively, resulting in much better symptom control and a safer, healthier home environment.



municipal health departments collapses. Emergency departments would see increased preventable asthma attacks and hospitalizations, particularly affecting vulnerable populations with limited transportation options in remote areas.

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 New Hampshire faces climate-related challenges like rising temperatures and air pollution.

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