Environmental Policies or Best Practices to Reduce Asthma Triggers

Information for Public Health Professionals

Environmental policies or best practices to reduce asthma triggers from indoor, outdoor, or occupational sources among people with asthma are a part of EXHALE, a set of six strategies used by CDC's National Asthma Control Program and its partners to help Americans with asthma.

Environmental policies or best practices to reduce asthma triggers can:

- Reduce asthma-related emergency department visits and hospitalizations; and
- Decrease missed school days; and
- Reduce healthcare costs.

Environmental policies or best practices to reduce asthma triggers can improve conditions where people with asthma live, learn, work, and play.

Examples of environmental policies or best practices proven to help people with asthma include:

- Home weatherization assistance programs that provide loans or grants to low-income residents to repair or improve their homes, which can reduce asthma triggers such as mold and pests;
- Comprehensive smokefree policies that prohibit smoking in all indoor spaces of workplaces, restaurants, and bars;
- Modifying older diesel engines of school buses to run more cleanly to reduce air pollution; and
- Eliminating, when possible, or reducing exposure to asthma triggers in the workplace.

Learn more about how environmental policies or best practices to reduce asthma triggers can help children and adults with asthma:

https://www.cdc.gov/asthma/exhale/

EXHALE

This strategy is represented by the last "E" in EXHALE. The six strategies in EXHALE can have the greatest impact when used together in every community.

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

CDC
Centers for Disease Control and Prevention
National Center for Environmental Health