

**Asthma Minority Outreach Project:
Empowering Our Community
Montgomery County**

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Please note: The views and opinions expressed in this presentation are those of the author(s) and do not necessarily represent official policy or position of the Ohio Department of Health.

Asthma Minority Outreach Facilitators



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Our Goals

- Provide grant guidance and program technical assistance.
- Provide asthma education and highlighting EXHALE strategies, influencing, and inspiring others through the story to increase awareness and learn to control asthma triggers.
- Build capacity to recognize asthma triggers in the home and to provide asthma education, linkages, and resources.
- Identify community success and weakness.
- Identify provider increase in knowledge.
- Raise awareness and shared information regarding asthma causes, triggers and management.
- Attend listening sessions
- Provide detail summary of events



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Asthma Outreach Workplan Objectives

- Empower residents, caregivers, and kids to better manage their asthma.
- Building capacity across sectors and within OHIZ to implement EXHALE strategies.
- Engage residents to identify community assets and challenges to mitigate barriers good health outcomes for children with asthma



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Introduction to the Trainings

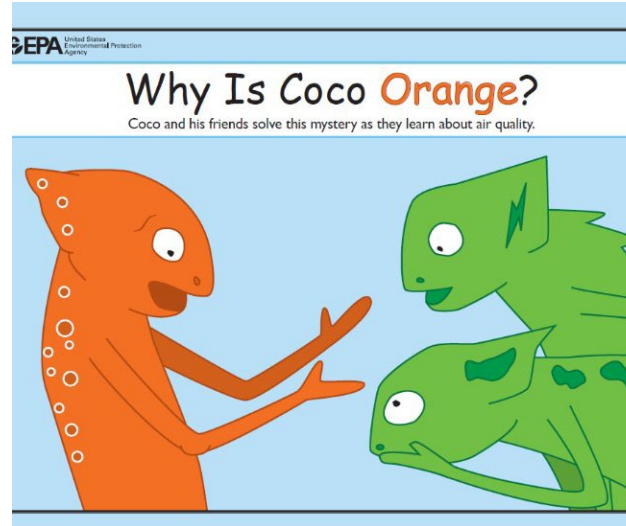
- Collaboration between Public Health – Dayton & Montgomery County, Local Office of Minority Health, and Chronic Disease Prevention.
- Focused on educating healthcare professionals, asthma patients, and their support network.
- Goal was to enhance understanding and management of asthma.
- Partnering organizations:
 - American Lung Association
 - Dayton Children Hospital Asthma



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Community Storytime

- Fourteen children of color attended and completed surveys (ages 4-15).
- Many of the children inquired about how to access and monitor air quality information.
- They shared stories about their experiences with asthma, challenges with medication use to prevent asthma attacks.
- Incentives were large bags filled with asthma reinforcement tools and activities.
- Snacks were served to help ensure comfort and focus during training.



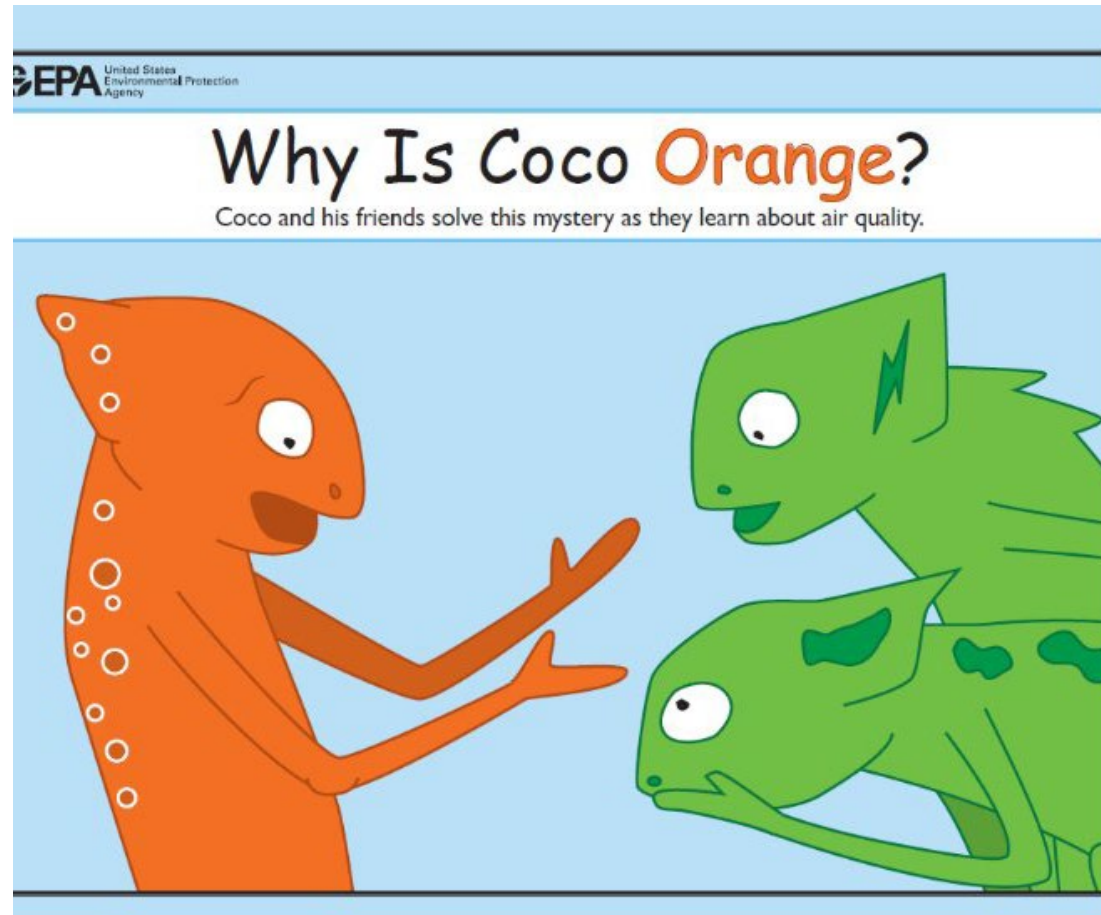
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Valuable Resource Provided

Why Is Coco Orange Storybook

- Educates children about asthma engaging and age-appropriate.
- Helps children understand how environmental factors can affect asthma.
- Colorful illustrations and simple language.
- Interactive elements to keep children engaged.
- Good for use in schools, ECE centers, and at home.
- Supports discussions around environmental health and asthma triggers.
- Translated in Spanish.



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Community Discussion

- Targeted recruitment – 14 virtual participants.
- Valuable community insights – discussions related to social determinants of health (SODH).
- Enhanced conversations – healthcare practices and policies.
- Participant feedback - surveys given for future areas of improvement.



Asthma Listening Sessions



PHDMC invite families and caregivers from communities of color, who are facing the highest burden of asthma, to share their experiences. This is an opportunity to voice the challenges you encounter & help us understand the impact of asthma in your community.

Community Discussion - Highlighting EXHALE strategies

EXHALE CDC National Asthma Control Program

Education on asthma self-management.

X-tinguishing – smoking and exposure to secondhand smoke.

Home visits for triggers 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



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Valuable Resource Provided

Asthma Listening Sessions – Groundwork

- Interactive sessions with open discussions and Q&A.
- Provided a platform for sharing personal experiences and challenges related to asthma.
- Gathered reactions from asthma patients, caregivers, and healthcare providers.
- Identified gaps in current asthma care and resources.
- Valuable discussions for community engagement and understanding of diverse asthma needs.
- Helped inform future asthma training and resource development.



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Asthma Basic Training

Provided by
American Lung Association

Content Covered

- Asthma Fundamentals
- Trigger Management
- Asthma Action Plans
- Emergency Response
- Continuing Education Credit -1 hour per participant

Resources Provided

- Asthma Basics Toolkit from the American Lung Association



Asthma Basic Training is excellent for healthcare professionals, individuals with asthma, parents, and anyone wanting to learn about asthma. It covers recognizing and managing triggers, the importance of an asthma action plan, and how to respond to breathing emergencies.



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Asthma Basic Training

Valuable Resources Provided

Training for healthcare professionals included:

- comprehensive overview of asthma
- triggers
- symptoms
- management strategies

Materials given during training included:

- action plans to assist with identification and management of asthma symptoms
- medication advancement
- inhaler techniques



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American Lung Association - Asthma Basics Toolkit

- Explains how asthma affects the airways.
- How to recognize early warning signs that an asthma attack might be coming.
- Asthma triggers – pollen, pet dander, smoke, strong odor, stress or exercise.
- Personalized an action plan developed by a doctor.
- How to recognize emergencies if someone is having a severe asthma attack.



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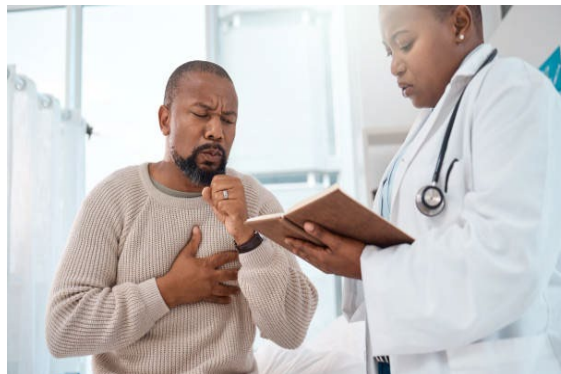
Key Achievements

- **Why Is Coco Orange**
 - 14 in-person attendees
- Increased awareness
- 14 surveys were completed
- Over 50 Coco books were distributed to ECE centers
- Visual and interactive learning
- Encouraged healthy habits



Asthma Listening Sessions

- 14 attendees – completed surveys
- Increased community engagement
- Data collection and analysis
- Identified barriers



Asthma Basic Training

- 27 attendees
- Asthma Basic toolkits were emailed to over 100 ECE center administrators
- Community collaboration
- Increased awareness of triggers and action plans
- Support for caregivers





Key Learning Outcomes

What Participants Learned from the different trainings

- Understanding symptoms, risk factors, and triggers.
- Identifying and controlling environments and lifestyle triggers.
- Developing personalized management plans.
- Recognizing and responding to breathing emergencies.



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Target Audience

- Healthcare professional
- School nurses
- Community Healthcare Workers
- Individuals with asthma
- Youth organizations, friends, family and coworkers interested in learning about asthma management



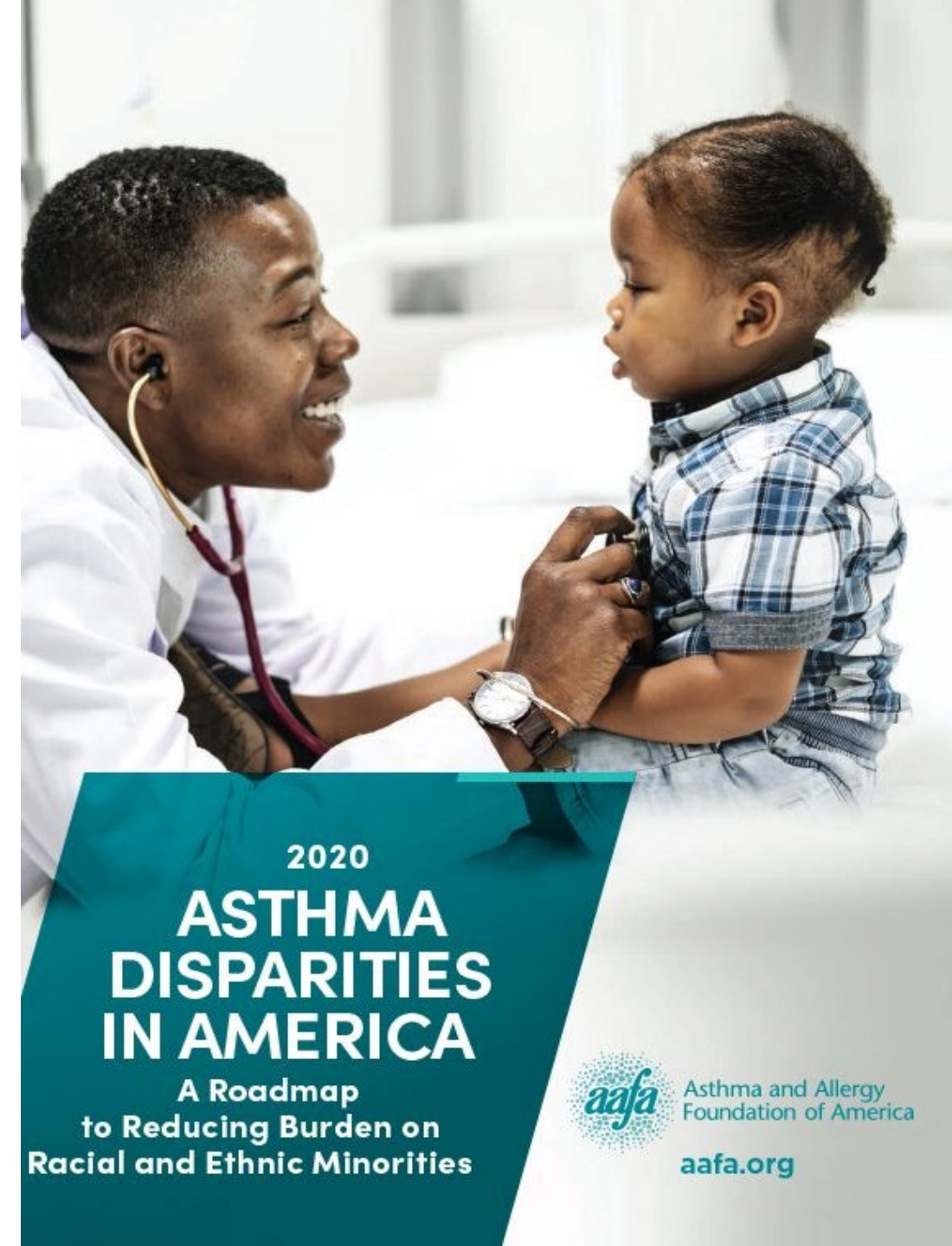
Ensuring Engagement

- Sessions were open to 25 participants per training.
- Encouraged active participation and discussion.
- Focused on practical skills and real-life application.
- Free asthma resources available to participants



Asthma Hospital Data – Asthma National Data

- Per the CDC, in 2019, asthma accounted for 4.9 million doctors' office visits (CDC).
- The asthma hospitalization rate in the United States was 2.9 per 10,000 people, which is a decrease from 13.0 per 10,000 in 2001 (aafa.org).
- In 2020, asthma accounted for 94,560 discharges from hospital inpatient care and 986,453 emergency department visits (aafa.org).
- Over 27 million people in the United States have asthma, which is about 1 in 12 people. This includes more than 22 million adults and 4.5 million children (aafa.org).



Influencing Policy and Advocacy

- Education on asthma – children, families, communities.
- Reducing misconceptions - stay informed.
- Community mobilization – cleaner air.
- Focus on prevention – trainings and preventative measures.
- Creating support systems – trainings, sharing experiences.
- Community engagement – involving the community – sustained engagement and health improvements.



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Conclusion and Next Steps....



- The sessions were a major step forward in community asthma education.
- Encouraging further involvement and continuing learning.
- Plans for future training sessions and outreach efforts.

Thank You for Your Participation

Public Health – Dayton & Montgomery County invite you to stay connected and participate in future events

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QUESTIONS?



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Thank You



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