



Easy Breathing[®]

Asthma

- Most common chronic disease of children and the leading cause of school absenteeism
- Estimated costs associated with asthma in 2006 in the US: ~19 billion dollars
- National guidelines for asthma management are used by less than 20% of US physicians

Easy Breathing[®]

- An asthma management program based at Connecticut Children's Medical Center that translates the national asthma guidelines into **a usable format for physicians**
- Began in **Hartford** in 1998 with funding from a private grant
- Expanded to 20 private practices in 2000 in a grant from the Agency for Health Care Research and Quality
- Expanded to 5 more communities in CT in 2002 (**Bridgeport, E. Hartford/Manchester, New Britain, New Haven and Waterbury**) with funding from the **Tobacco and Health Trust Fund** to the Department of Public Health

Easy Breathing[®] Statewide Initiative

- In 2007 *Easy Breathing* expanded Statewide with funds from the **Department of Social Services** and the **Tobacco and Health Trust Fund**
- As of June 30, 2009, more than **86,000 children** in **57** towns in CT have been enrolled in *Easy Breathing*[®] of whom more than 22, 000 have asthma

Adult Easy Breathing[®]

- The *Adult Easy Breathing*[®] Program began in 2007, in 3 communities: **New Haven, Norwalk and Bridgeport**
- As of June 30, 2009, more than 2,500 adults have been enrolled in *Easy Breathing*[®] of whom 580 have asthma and 113 were identified with COPD.
- Of the 580 individuals with asthma, 323 had persistent asthma. 81% of individuals with asthma have a written asthma treatment plan and 88% of those treatment plans adhere to the NAEPP guidelines for anti-inflammatory therapy use.

Easy Breathing[®] Reduces Medical Services Utilization and is Cost Effective

- Children with asthma who are enrolled in *Easy Breathing* experience a
 - 50% decrease in hospitalizations
 - 27% decrease in Emergency Department visits
 - 19% decrease in outpatient visits
 - 0.209 decrease in hospital days
- Reductions in medical services utilization have been sustained for 10 years and the program is transferable to other communities and groups.
- For every dollar spent on the program, *Easy Breathing* saves Medicaid (Return on Investment) **\$3.58 per child with asthma per year.**

Federally Qualified Health Centers (FQHC) Currently Participating in *Easy Breathing*®

- **Community Health Services- Hartford**
- **East Hartford Community Healthcare- East Hartford**
- **Norwalk Community Health Center- Norwalk**
- **Optimus Health Care, Inc.**
(Children's Health Center, Washington Blvd)- Stamford
- **StayWell Health Care, Inc.**
(StayWell Health Center, Phoenix Ave.)- Waterbury
(StayWell Health Center, South Main St.)- Waterbury
(StayWell Health Center, Driggs SBHC)- Waterbury
- **United Community & Family Services, Inc.**
(UCFS Health Center/The Meadows)- Norwich