

# Asthma Home Visiting Program



## PROGRAM DESCRIPTION

This program is offered only in Salt Lake and Utah Counties. In this free program, two health educators from Salt Lake or Utah County Health Department will come to the participant's home for 3 in-home visits lasting between 60-90 minutes. Participants will also receive two follow up calls 6 and 12 months after completing the program. Priority is given to those that have severe or uncontrolled asthma.

## PROGRAM BENEFITS

Each in-home visit provides asthma education specific to you and your home.

- Visit one: Participants will learn more about how to manage asthma. Topics include: asthma symptoms, triggers, medications, inhaler technique, and asthma action plans. Participants will make a plan to improve asthma control.
- Visit two: Participants will walk through the home to identify asthma triggers, then make a plan to reduce these triggers.
- Visit three: Participants will review progress on controlling their asthma and reducing triggers.

## WHAT IS PROVIDED TO PARTICIPANTS

- One-on-one asthma self-management education.
- An in-home assessment to help reduce asthma triggers.
- Eligible participants may be referred to local housing agencies for assistance with remediating asthma issues in the home.
- Participants may also receive a pillow and/or mattress cover to reduce dust mite exposure.

## RESOURCES

Visit [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[asthma@utah.gov](mailto:asthma@utah.gov)

## WHY IS THIS IMPORTANT?

- About 64% of those with asthma in Utah reported at least one trigger in their home<sup>1</sup>.
- About 36% of those who reported 3 or more triggers in their home also reported missing at least one school day in the past year due to asthma<sup>1</sup>.
- The asthma-related emergency department rate in Utah (2013) was 23.3 per 10,000 encounters<sup>2</sup>.

## SOURCES

1. Utah BRFSS Asthma Call-back Survey, 2009-2014 combined
2. Utah Emergency Department Encounter Database, 2013. Age-adjusted rate

## INFORMATION

[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

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Page 10