Home is Where the Asthma is: How Indoor Environments Impact Respiratory Health

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What is asthma?

- A chronic inflammatory disease of the lungs
- Caused by both genetics and the environment
- Incurable
- Effectively managed with proper medical care and control of triggers

Common Symptoms
- Shortness of breath
- Wheezing
- Tightness in the chest
- Cough that lasts more than a week
- Waking at night with asthma symptoms
How is asthma related to housing?

- Dust mites
- Animal dander
- Cockroaches
- Mold
- Cleaners & Pesticides
- Tobacco smoke
Asthma and Social Determinants

- Unemployment
- Poverty
- Lack of quality health care
- Old and substandard housing
- Exposure to environmental hazards and pollutants
How common is asthma in Los Angeles County?

**Children**

About 1 in 11 children (9%) in LA County currently have asthma (212,000).\(^1\) In California, 7% of children have asthma, and 9.5% of children in the U.S. have asthma.\(^2,3\)

**Adults**

About 1 in 14 adults (6%) in LA County have asthma. In both California and the U.S., 8% of adults have asthma.\(^2,3\)

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1. LA County Health Survey, 2011
2. California Breathing, 2010
3. Centers for Disease Control and Prevention, 2011

*Note: The most current adult LA County asthma prevalence data is from 2007.*
How does asthma differ by sex and race/ethnicity among children?

Source: LA County Health Survey.

Prevalence of Child Asthma in LA County by Sex, 2005-2011

- Female 2005: 6%, 2007: 8%, 2011: 10%
- Male 2005: 10%, 2007: 12%, 2011: 10%

Prevalence of Child Asthma in LA County by Race/Ethnicity, 2005-2011

- Latino 2002: 5%, 2005: 7%, 2011: 10%
- Asian/PI 2002: 2%, 2005: 3%, 2011: 5%
- White 2002: 10%, 2005: 15%, 2011: 20%
- Black 2002: 15%, 2005: 20%, 2011: 30%
How does asthma differ by sex and race/ethnicity among adults?

**Prevalence of Adult Asthma in LA County by Sex, 2002-2005**

- **Female**: 8% (2002) vs. 6% (2005)
- **Male**: 4% (2002) vs. 5% (2005)

**Source**: LA County Health Survey.

**Prevalence of Adult Asthma in LA County by Race/Ethnicity, 2002-2005**

- **Latino**: 2% (2002) vs. 4% (2005)
- **Asian/PI**: 2% (2002) vs. 4% (2005)
- **White**: 6% (2002) vs. 8% (2005)
- **Black**: 10% (2002) vs. 12% (2005)

**Source**: LA County Health Survey.

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1. Asthma and Allergy Foundation of America (AAFA), 2013
2. U.S. Environmental Protection Agency (EPA), 2013
Have asthma rates in Los Angeles County changed over time?

**Prevalence of Current Child Asthma in LA County, 2005-2011**

- 2005: 8.8%
- 2007: 7.9%
- 2011: 9.0%

**Prevalence of Current Adult Asthma in LA County, 2002-2007**

- 2002: 6.1%
- 2005: 6.5%
- 2007: 6.5%

Source: LA County Health Survey.

*Note: Adult asthma prevalence data for 2007 is from California Breathing.*
How do asthma rates differ around Los Angeles County?

Prevalence of Child Asthma in LA County by Service Planning Area, 2005-2011

Antelope Valley: 12.2%, 11.5%
San Fernando: 9.1%, 9.9%
San Gabriel: 7.8%, 11.5%
Metro: 4.3%, 4.8%
West: 9.4%
South: 9.9%
East: 11.5%
South Bay: 15%

Source: LA County Health Survey.
A Closer Look at South Los Angeles

South LA (SPA 6) Highlights

- Asthma prevalence is one of the highest in the County (9.4%)
- African Americans make up 26% of the population in South LA, compared to 8% in the County overall
- Nearly 3 in 10 families (28%) live below the federal poverty level
- 26% (271,000 families) do not have health insurance

Number of Unique Patient Visits and Diagnoses by Housing-Related Conditions, St. John's Well Child & Family Center, Los Angeles, CA, 2012

- Upper Respiratory
- Asthma
- Allergic Rhinitis
- COPD
- Insect Infestations
- Allergy
- Lead

Source: St. John's Well Child & Family Center Medical Records System.
1. Los Angeles County Health Survey, 2011
About the Asthma Coalition

WHO WE ARE
The Coalition is a broad-based coalition of experts from over 60 community-based organizations, advocacy groups, universities, government entities, school districts, health plans, hospitals, and clinics in Los Angeles County.

VISION
Los Angeles County residents will live, work and learn in healthy environments where the effects of asthma are prevented or minimized and people with asthma will enjoy a high quality of life.

MISSION
The Asthma Coalition of Los Angeles County acts as a collective, powerful voice for policy and systems change to prevent, minimize and manage the burden of asthma.
The Goals of the Asthma Coalition

- Increase access to and improve quality of health care
- Improve asthma management in schools
- Improve outdoor air quality
- Improve indoor air quality in homes
Five Steering Committee members were present at the April 2013 general meeting to receive certificates of appreciation for their involvement and contributions to the Coalition. Members shown above (from left): Katie Balderas, Carrie Tayour, Francisco Covarrubias, Jessica Tovar, Yolanda Cuevas.
Asthma Coalition Activities

- Sign on and write letters of support for policies
- Participate in community health fairs and events
- Educate legislators and staff about asthma issues
- Discuss and develop policy solutions to asthma
- Seek funding to implement asthma-focused projects

Asthma Coalition representatives speak during a press conference at the 2013 World Asthma Day event in South Los Angeles.
Asthma Care & Education Resources

- **Long Beach Alliance for Children with Asthma (LBACA)**
  - Free asthma classes
  - Training for clinicians
  - Home visits by CHWs
  - Contact Information: [http://lbaca.org/](http://lbaca.org/) (562) 933-5650

- **St. John’s Well Child & Family Center (SJWCFC)**
  - Primary care & preventive services
  - Pediatric asthma disease management
  - Health education & home visits
  - Contact Information: [http://www.wellchild.org/](http://www.wellchild.org/) (323) 541-1411

- **LAC+USC Breathmobile**
  - Mobile pediatric asthma clinic
  - No-cost specialty care
  - Asthma education

- **Queenscare**
  - Healthcare for low-income and uninsured individuals and families
  - Pediatric asthma disease management program
### Indoor Air Quality Resources

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<tr>
<th>Agency/Entity</th>
<th>Information/Services</th>
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| Environmental Protection Agency (EPA) | • Basic asthma information  
• Asthma triggers & IPM  
• Asthma Community Network |
| Los Angeles Unified School District (LAUSD) | • IPM policy  
• Information & resources  
• Training presentation |
| U.S. Department of Housing and Urban Development (HUD) | • Information & resources  
• Brochures  
• Tips and how-to instructions |

More Information:
- [http://www.epa.gov/asthma](http://www.epa.gov/asthma)
- [http://mo.laschools.org](http://mo.laschools.org)
What can I do?

**Participate in the ACLAC**
- Attend general quarterly meetings
- Get on the Coalition distribution list
- Join the Steering Committee
- Join a Workgroup

**Support the ACLAC’s Policy Efforts**
- Have your organization sign on to campaigns
- Have your organization send letters of support
- Attend meetings with decision makers

**Send Information to be Shared**
- Send to the ACLAC Coordinator
- Have information distributed to all members
Thank You

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www.asthmacoalitionla.org  
Find us on Facebook!  
www.facebook.com/AsthmaCoalitionLA

[Image of a group of people]