

# Demographics

Between September 2004-September 2006:

- 85 children completed the program
- Language:
  - 62.3% English only
  - 29.2% English and another language
    - Spanish, Creole, Yiddish, Hebrew, Hindi
  - 8.5% Spanish only
- Age: 37.6% 5 and under; 24.7% 6-10; 37.6% 11-18
- 38.8% female



# Evaluation Surveys

---

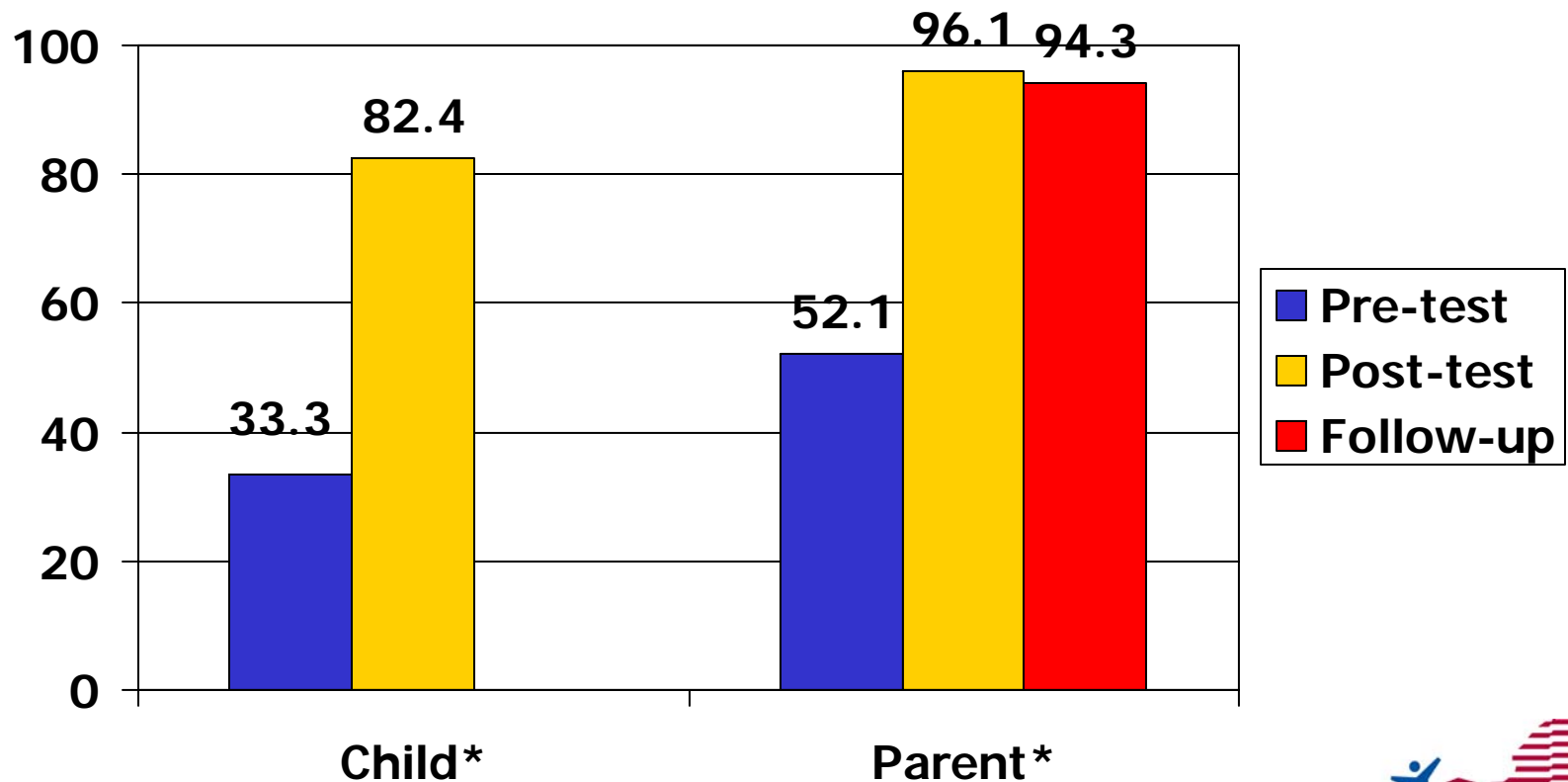
Between Sept 2004 and Sept 2006:

- 75 parents and 33 children completed both the pre-test and the post-test.

Long-term Follow-up (summer 2007)

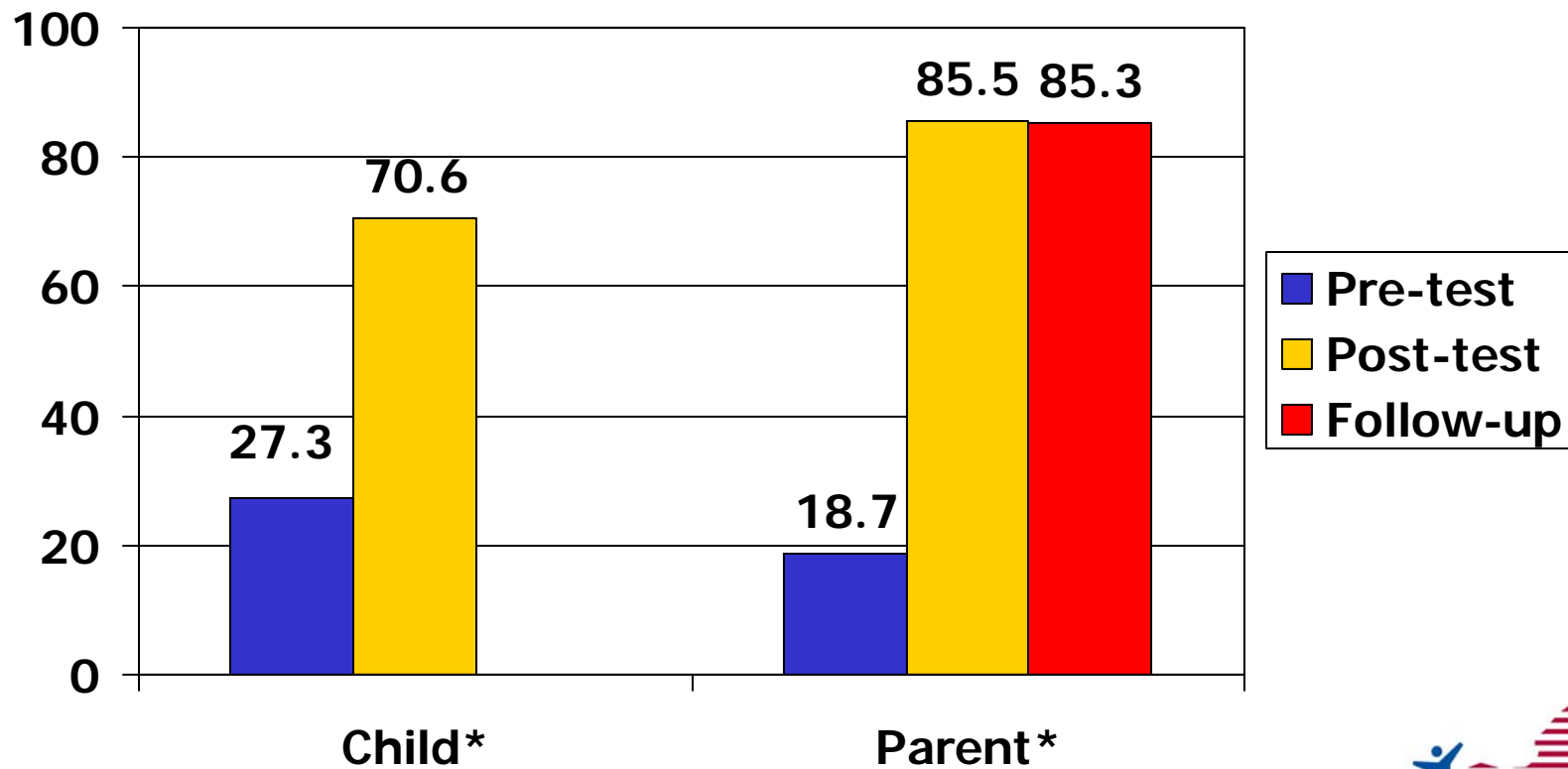
- 51 parents were contacted for follow-up data; 36 returned a completed survey (71% response rate)
  - 9 one year later; 27 two years later

# I know how to calm myself/my child down when an asthma attack is starting. (% Yes)



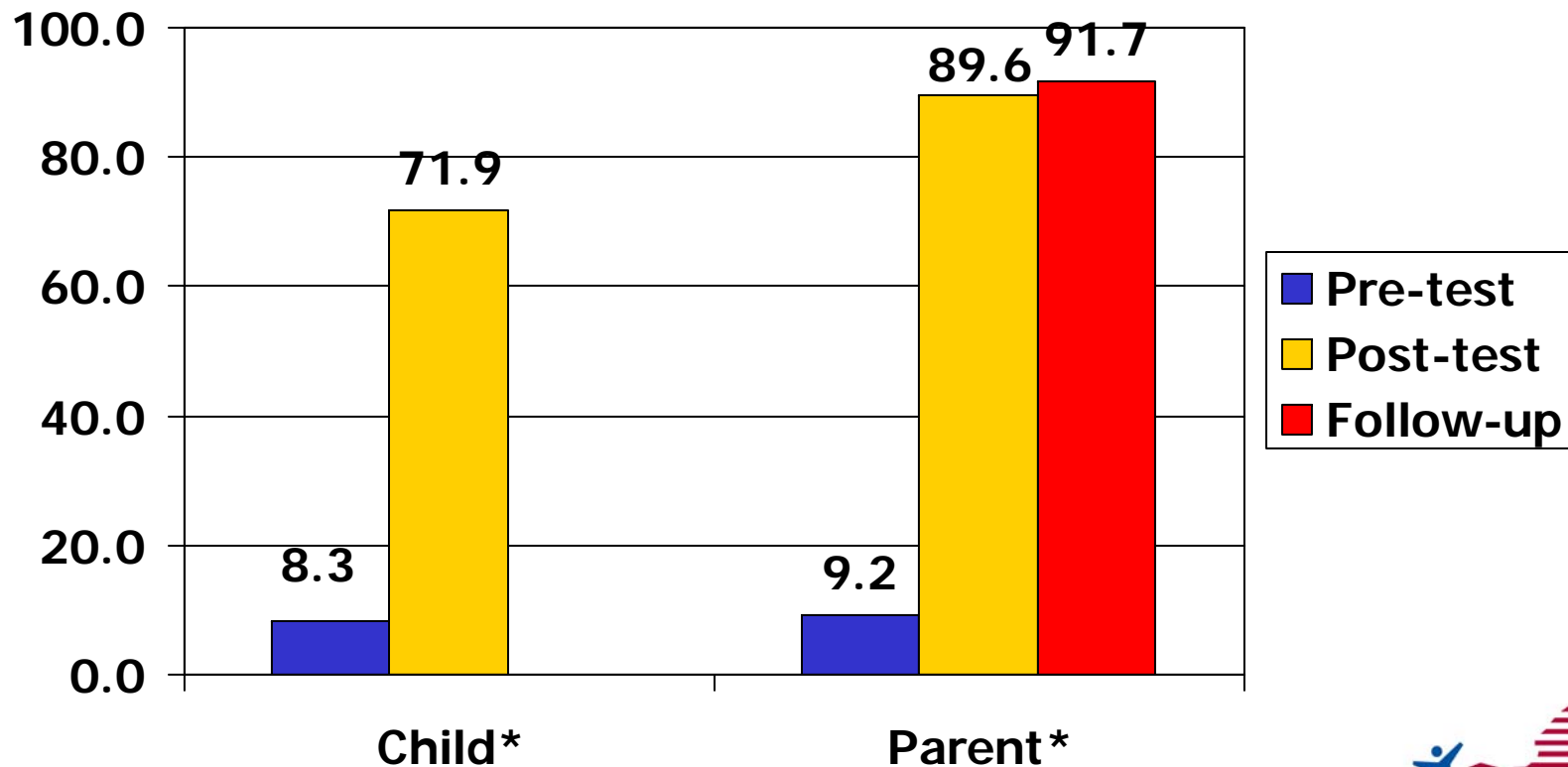
\*a two-tailed paired sample t-test was conducted ( $p < .05$ )

# I know what triggers my/my child's asthma. (% Yes)



\*a two-tailed paired sample t-test was conducted ( $p \leq .01$ )

There are box spring, mattress and pillow covers on my/my child's bed. (% Yes)



\*a two-tailed paired sample t-test was conducted ( $p < .001$ )



# Better Control Over Asthma

---

In the past two weeks...

- 90.3% reported sleeping through the night every night compared with 52.6% before the program. (69.4% at follow-up)
- 83.9% reported no activity limitations compared with 65.8% before the program. (88.9% at follow-up)
- 0% reported at least one emergency room or emergency doctor visit compared with 15.8% before the program. (2.7% at follow-up)

# Increased Use of Asthma Action Plan

- **Pre-test:** 5.6% of children and 15.1% of parents understood how to use the asthma action plan.
- **Post-test:** 58.6% of children and 95.9% of parents knew how to use it.
- **Long-term follow-up:** 82.9% were still using the asthma action plan
  - 79.4% have reviewed in last year
  - 51.5% have updated it with a health care provider in the last year



# Fewer emergency doctor and hospital visits

---

At the long-term follow-up:

- 94.4% said their child has gone to the **doctor** for an emergency or urgent asthma care visit less often or not at all.
- 97.2% said their child has gone to a **hospital emergency room** for asthma care less often or not at all.

# Parent Comments



- “My child was in and out of ER and Doctor's office because of his asthma, but since I learned more about asthma through the Steps to Better Breathing Program we have learned to avoid certain things that can trigger an attack. Thank you.”
- “We are now aware of the triggers and can prevent attacks from occurring.”
- “This program is the best thing there is”