

October 25, 2024

Asthma & Allergy Foundatin
of America-Michigan
Chapter

ASTHMA

RESOURCES

An Update for Asthma Educators

Kathleen Slonager, RN, AE-C, CCH

Executive Director

AAFA-MI

DISCLOSURES

No financial or other disclosures to declare

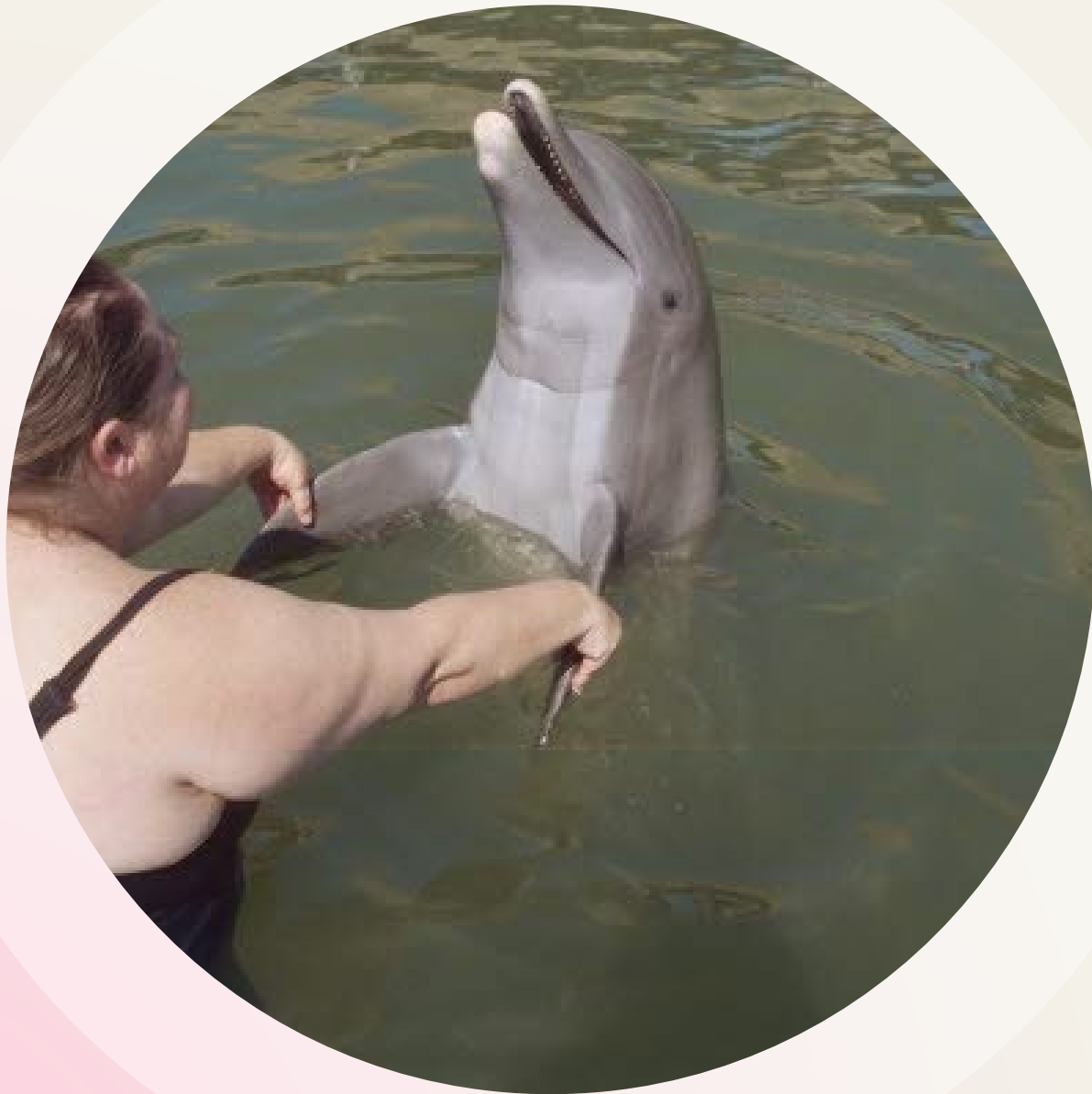
- Owner/Practitioner: Transformational Health PC (homeopathic holistic healthcare)
- Executive Director: Asthma & Allergy Foundation of American— Michigan Chapter
- Past President: Homeopathic Nurses Association
- Consultant: Michigan Department of Health & Human Services
- Consultant: Energy Foundation (a nonprofit org funds NPO's to build the new energy economy)
- Consultant: Integrated Health Policy Consortium, Environment & Health Committee
- Consultant: Global Halotherapy Solutions

MORE ABOUT ME

I have over 30 years of experience in asthma profession

- Registered Nurse
- Certified Asthma Educator
- Board-certified Homeopath

- 20 years as AAFA-MI's Executive Director
- 20 years MDHHS Asthma Initiative
- 10 years in disease management/health promotions



OVERVIEW

Resources and Tools

- | |
|---------------------------|
| • Change |
| • Conflicting |
| • Challenging |
| ◦ Need Trusted Sources |
| ◦ Evidence based/informed |
| ◦ Validated |

MDHHS - Asthma

Michigan Asthma News Weekly newsletter

<https://public.govdelivery.com/accounts/MIDHHS/subscriber/new>

or contact Tisa Vorce vorcet@michigan.gov

CLINICAL

GUIDELINES

PROFESSIONAL EDUCATION



[GetAsthmaHelp.org](https://www.getasthmahelp.org) : Health Professional tab

- guidelines
- diagnosis & management tools



Global Initiative for Asthma GINA :

www.ginasthma.org/2024report



Inspiring Advances In Lung Care INHALE:

<https://inhalecqi.org/resources>

- guidelines
- diagnosis & management tools



Michigan Environmental Public Health

Tracking MITracking :

<https://mitracking.state.mi.us/>



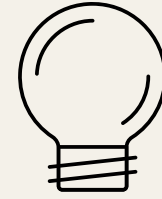
NIH/NHLBI : [https://www.nhlbi.nih.gov/health](https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates)

[topics/asthma-management-guidelines-2020-updates](https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates)

PATIENT PUBLIC CARE-GIVER

EDUCATION TOOLS

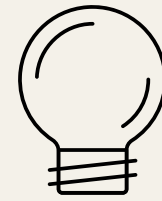
- Go-To sites to explore
- Content rich
- Frequent Updates



Asthma & Allergy Foundation of America

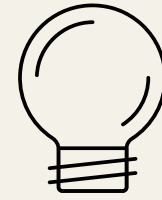
AAFA:site wide

<https://aafa.org/asthma/>

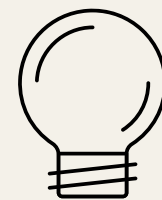


Asthma & Allergy Network AAN: site wide

<https://allergyasthmanetwork.org/what-is-asthma/>

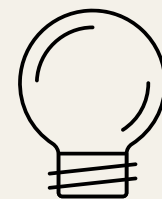


[GetAsthmaHelp.org](https://getasthmahelp.org) :site wide



Inspiring Advances In Lung Care INHALE: site wide

<https://inhalecqi.org/resources/?categories=for-patients>



Michigan Dept of Health & Human Services: Tobacco/Smoking QuitLink :

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/tobacco/how-to-quit-tobacco> (also getasthmahelp.org)

**PATIENT
PUBLIC
CARE GIVER
COMPLEMENTARY**

Michigan 211 or call 211:help line
<https://directory.mi211.org/?region=UWSE>



**Asthma & Complimentary Health
Approaches: National Center for
Complimentary & Integrative Health NIH**
[https://www.nccih.nih.gov/health/asthma
and-complementary-health-approaches-
what-you-need-to-know](https://www.nccih.nih.gov/health/asthma-and-complementary-health-approaches-what-you-need-to-know)



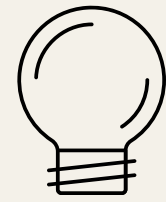
Asthma Diet - What You Need to Know
[Lindsey DeSoto, RD, LD](#)
Medically reviewed by [Daniel More, MD](#)
[https://www.verywellhealth.com/asthma-diet-
5212773](https://www.verywellhealth.com/asthma-diet-5212773)



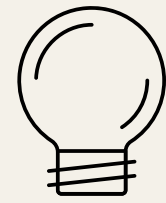
**Breathing Exercises for Severe Asthma: by
Stephanie Watson reviewed Adithya
Cattamanchi, M.D., Pulmonology**
[https://www.healthline.com/health/get-serious-
about-severe-asthma/breathing-exercises-
severe-asthma](https://www.healthline.com/health/get-serious-about-severe-asthma/breathing-exercises-severe-asthma)

SCHOOLS

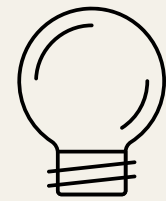
EDUCATION
TOOLS



American Lung Association - Open Airways for Schools: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/open-airways-for-schools>:

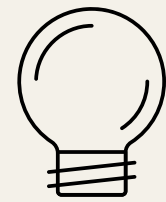


[GetAsthmaHelp.org](https://www.getasthmahelp.org) : Schools tab



Michigan Department of Education - School Health Services scroll down to “Asthma Toolkit”

<https://www.michigan.gov/mde/services/health-safety/school-health-services>



The School-Based Allergy, Asthma and Anaphylaxis Management Program SAMPRO

<https://www.aaaai.org/tools-for-the-public/school-tools/sampro>

HOW THE ENVIRONMENT IMPACTS OUR HEALTH

People are exposed to risk factors in their homes, work places and communities through:



AIR POLLUTION
including indoors and outdoors

INADEQUATE WATER, SANITATION
and hygiene

CHEMICALS
and biological agents

RADIATION
ultraviolet and ionizing

COMMUNITY NOISE

OCCUPATIONAL RISKS

AGRICULTURAL PRACTICES
including pesticide-use, waste-water reuse

BUILT ENVIRONMENTS
including housing and roads

CLIMATE CHANGE

INCLUDE

Environmental Issues & Climate Change

ENVIRONMENT

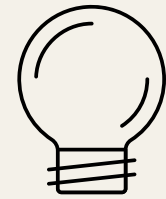
CLIMATE

EVIDENCE

EDUCATION

“Health is the face of the climate crisis...and climate crisis is the biggest public health threat.”

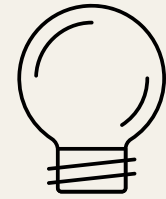
Dr. Lisa Del Buono



Air Quality Alerts:

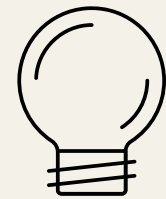
[AirNow.gov](https://www.airnow.gov) (nation-wide)

[Just Air \(Michigan\) https://www.justair.co/](https://www.justair.co/)



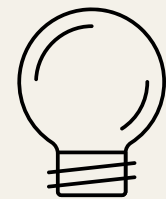
Medical Society Consortium on Climate & Health:

<https://medsocietiesforclimatehealth.org/>



Michigan Clinicians for Climate Action:

<https://www.michigancca.com/>



National Environmental Education Foundation Asthma & Allergies

<https://www.neefusa.org/explore/health-and-environment>

ENVIRONMENT

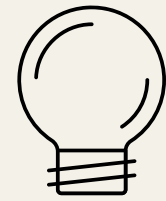
CLIMATE

INFLATION REDUCTION ACT (IRA) RESOURCES

“This clean energy transition will result in a multitude of public health benefits such as improved respiratory health outcomes, decreased mortality rates, and reduced hospital visits caused by heart attacks and other problems,” said Kathleen

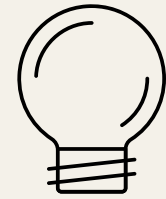
Slonager

MLive January 2022



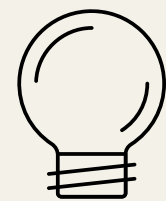
Environmental Defense Fund -8 Ways the IRA can Save You Money

https://vitalsigns.edf.org/story/8-ways-inflation-reduction-act-can-save-you-money?ub_tg=750



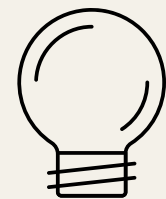
Michigan State University - How the IRA Can Save You Money on Home Energy Costs:

<https://www.canr.msu.edu/resources/how-the-inflation-reduction-act-can-save-you-money-on-home-energy-costs>



Rewiring America:

<https://www.rewiringamerica.org/>



AAFA-MI:

Available to present “Climate Change and Health: Addressing Asthma & Allergies”

Overview of the IRA:

In 2022, President Biden signed the Inflation Reduction Act (IRA) into law, which includes significant provisions aimed at combating climate change and improving access to healthcare, particularly impacting asthma patients.

IMPACT ON CLIMATE CHANGE:

The IRA allocates \$369 billion towards reducing greenhouse gas emissions by 40% from 2005 levels by 2030. Climate change exacerbates air pollution, a significant trigger for asthma and allergies. This law includes:

- Incentives for cleaner energy choices and tax credits for energy-efficient homes and electric vehicles.
- A \$3 billion environmental justice block grant program to address air pollution disparities affecting communities, particularly Black, Hispanic, and Indigenous populations who are disproportionately impacted by asthma.



Other IRA Benefits:

Electric Stove Rebate:

- Up to \$14,000 per household for landlords or homeowners switching to electric appliances, including stoves, to reduce indoor air pollution and improve respiratory health.

Heat Pump Rebate:

- Up to 30% tax credit on heat pumps, promoting cleaner heating and cooling options that improve indoor air quality and reduce allergens.

Electric Vehicle (EV) Incentives:

- Up to \$7,500 tax credit for new electric vehicles, and up to \$4,000 tax credit for used EV's, making commuting cleaner and reducing outdoor air pollutants that can aggravate asthma symptoms.

Energy Efficiency Rebates:

- Up to \$3,200 annually for energy efficiency upgrades, such as insulation and windows, which can help maintain indoor air quality and reduce energy consumption.

Home Energy Efficiency Improvements:

- Rebates for installing efficient electric HVAC systems, which can improve indoor air quality and reduce asthma triggers.

The Savings Calculator provided by Rewiring America under the Inflation Reduction Act (IRA) offers a user-friendly tool for estimating potential savings when transitioning to electric appliances and vehicles.

STATE PROGRAMS:

- **Michigan Saves:** This program offers low-interest loans for energy efficiency improvements and renewable energy projects. It helps homeowners and businesses finance upgrades such as insulation, heating and cooling systems, and renewable energy installations.
- **Pure Michigan Energy Efficiency Program:** This program provides rebates and incentives for energy-efficient home improvements. It targets upgrades such as high-efficiency appliances, insulation, and windows.
- **Michigan Home Heating Credit:** This credit helps low-income households with heating costs. Eligibility is based on income and household size, and it provides a one-time credit to help cover heating expenses during the winter months.
- **Michigan Solar For All:** This program supports the installation of solar energy systems through incentives and rebates. It's aimed at reducing the upfront costs for solar panel installations in residential and commercial properties.
- **Energy Efficiency Programs by Utility Providers:** Many utility companies in Michigan, such as DTE Energy and Consumers Energy, offer their own energy efficiency programs. These may include rebates on energy-efficient appliances, home energy audits, and

Michigan Saves:
230 N. Washington Square, Suite 300
Lansing, MI 48933
517.484.6474
info@michigansaves.org

Pure Michigan Energy:
<https://www.energy.gov/scep/home-energy-rebates-programs>
EGLE-EnergyServices@Michigan.gov

Michigan Home Heating Credit:
<https://www.michigan.gov/treasury>
517.636.4486

Michigan Solar For All:
<https://www.michigan.gov/egle/about/organization/climate-and-energy/mi-healthy-climate-plan/funding/ggrf/mi-solar>
800.662.9278

HEALTHCARE ACCESS IMPROVEMENTS:

The IRA enhances healthcare access through measures that benefit asthma patients:

- Medicare Prescription Drug Cost Cap:** Starting in 2025, Medicare patients will not pay more than \$2,000 annually out-of-pocket for prescription drugs, including asthma medications.
- Medicare Drug Price Negotiation:** Beginning in 2026, the HHS will negotiate drug prices, potentially lowering costs for high-cost medications used to treat asthma.
- Enhanced ACA Marketplace Subsidies:** Extended APTCs reduce premiums for ACA Marketplace insurance, making coverage more affordable for middle-income asthma patients.



AAFA-MI'S RESPONSE:

The Asthma and Allergy Foundation of America- Michigan Chapter (AAFA-MI) has advocated for these changes to address healthcare disparities and reduce the financial burden on



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Michigan Chapter

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Comments? Questions?