



In response to the soaring rates of emergency medical care utilization in Long Beach, California, two-thirds higher than the national average, the Long Beach, California City Health Officials sought out to ease the burden of asthma among its at-risk residents. Their research led them to discover the American Lung Association's Breathe Well, Live Well curriculum.

Tailoring Breathe Well, Live Well to Fit the Needs of Long Beach

Concerned it may be difficult to reach at-risk residents using an in-person group education model, the Long Beach public health officials adapted the Breathe Well, Live Well (BWLW) program to be delivered directly in the homes of residents with asthma. The outreach initiative became known as the Community Asthma and Air Quality Resource Education (CAARE) Program. Participants completed an intensive one-on-one education with an American Lung Association-trained Community Health Worker in four home visits that included environmental assessment and asthma education using the BWLW curriculum.

[Watch the case study video](#)



About the CAARE Program Participants

From 2008 to 2013, the City of Long Beach had 898 residents complete its adapted CAARE Program. Serving a predominately Hispanic/Latino community, program facilitators relied heavily on BWLW's Spanish language materials.

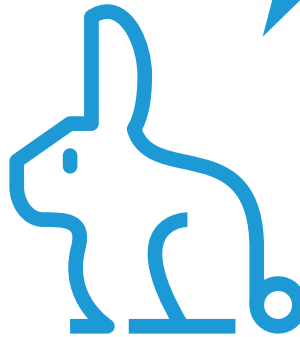
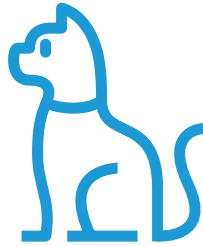
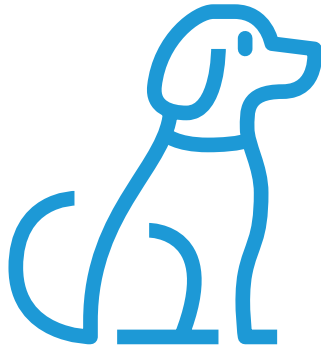
Program participants ranged in age from 17 to 93-years-old. On average, most participants had been living with asthma for 19 years. The majority of participants were women (72%) and most were recruited to take part in the program through door-to-door outreach efforts conducted by the city's highly trained team of community health workers.

Breathe Well, Live Well Helps Long Beach Residents Breathe Better

By learning to better understand their disease, avoid common triggers and develop an asthma action plan, CAARE Program participants enjoy a 61 percent decrease in overall reliance on emergency health care providers for asthma symptoms. CAARE program, participants also reported a significant increase to access to asthma care, decrease in emergency services care utilization, and better asthma management practices as a part of their three-month follow-up assessment.



Topic: Allergic to the Family Pet



“My pet is like family.
I cannot get rid of family.”

Approaches to Problem Solving

1. Re-homing the pet is the best option, but many families cannot bear the thought of losing their pet.
2. Work together with the client to identify a list of possible solutions that keeps the pet out of the client's bedroom and off the furniture to limit his or her exposure to the pet.
3. Remind the client to wash their hands after petting, feeding, or before preparing or eating food.



Topic: Exposure to Pests

What kinds of things has the client tried to prevent pests?

- ✓ Reducing clutter.
- ✓ Sealing areas where pests enter the building (weatherization).
- ✓ Removing trash and overgrown vegetation.
- ✓ Maintaining clean dining and food storage areas.
- ✓ Installing pest barriers.
- ✓ Removing standing water.

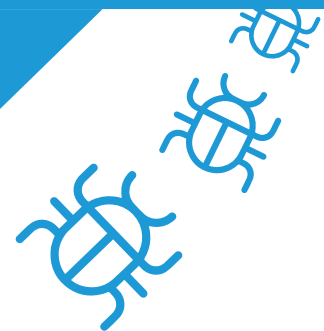
What kinds of things has the client tried to control pests?

- ✓ Pest trapping.
- ✓ Heat/cold treatment.
- ✓ Physical removal.
- ✓ Pesticide application.

Your client rents their home and is not able to make any structural changes.



Your client lives in multiunit housing and is not able to control pests.



Approaches to Problem Solving

Pests, such as cockroaches or rodents can take up residence in anyone's home. There are some simple solutions to prevent and control pests.

Removing the source that is attracting the pest, such as food, water and shelter where they can create nests. If you identify that pests are an issue for your client, there are some recommended strategies to prevent and control pests. Some of these strategies are easy to implement and others may require money or expertise.

If your client lives in multiunit dwelling like an apartment, controlling pests can be difficult. Work with them to identify some simple, low-cost pest prevention and control activities to try first. Advise them to discuss this with their landlord. Help them seek support in the community from their local health department.



Topic: Exposure to Mold and Moisture

What kinds of activities has the client engaged in to prevent mold?

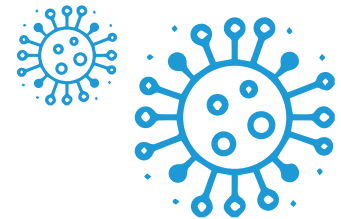
- ✓ Fix plumbing leaks as soon as you discover it.
- ✓ Open a window or run fans in bathrooms or kitchens to increase ventilation and clean more frequently to prevent mold.
- ✓ Use a dehumidifier to help control the moisture.

What kinds of activities has the client engaged in to clean up mold?

- ✓ Scrub mold from hard surfaces with detergent and water, and let it dry completely.
- ✓ Throw away ceiling tiles or carpet if mold cannot be removed from these items.
- ✓ Do not paint or caulk over surfaces with mold.

“My neighbor has a leaky faucet and it drips into my apartment.”

“I rent my home and I cannot make any structural changes to this space.”



Approaches to Problem Solving

The key to controlling mold in a person’s home, is to eliminate the sources of moisture. Common reasons for moisture build-up in a person’s home include: a leaky faucet, water that seeps through the foundation of a person’s home, showers and cooking.

If your client lives in multiunit dwelling like an apartment, controlling mold and moisture can be difficult. Work with them to identify some simple, low-cost activities to try first. Advise them to discuss this with their landlord. Help them seek support in the community from their local health department.



Topic: Stress

“My family stresses me out!”

“I struggle with paying bills to asthma care and medicine”

“My job makes me really stress. Sometimes I can’t catch my breath.”

“I struggle with caring for sick family members.”

Approaches to Problem Solving

1. Practice Breathing exercises together. The American Lung Association has several resources to help. [Lung.org/breathing-exercises](https://www.lung.org/breathing-exercises)
2. Discuss and refer to behavioral healthcare practitioners.
3. Discuss and refer to the American Lung Association Online Support Communities.



Topic: Uninterested in Activity or Exercise

“I get out-of-breath when I exercise.”



“I avoid taking the stairs because it makes me short of breath.”



Approaches to Problem Solving

Explain to the client that exercise helps keep his or her lungs healthy and strong, and that by taking his or her medication correctly they can be more active.

Once the client understands how to use their medication correctly, suggest small activities that the client can do to build their confidence in participating in activities or exercise.



Topic: Financial Issues

“My insurance doesn’t cover this medication.”

“I can’t afford my asthma medicines.”

“My insurance doesn’t cover that test.”

Approaches to Problem Solving

1. Discuss and refer to Prescription Assistance Programs. The American Lung Association Lung HelpLine can help identify certain programs. Contact the Lung HelpLine at 1-800-586-4872.
2. The client’s health insurance provider can help them understand the coverage of treatments and prescriptions. Healthcare practitioners sometimes have staff in their offices dedicated to helping the patient get the coverage they need.