



How to Reduce Asthma Triggers from Indoor, Outdoor and Occupational Sources

Evidence-based practices from the CDC can help improve the lives of people with asthma.



Home weatherization programs

Types of home weatherization

- Improve insulation
- Clear ventilation
- Control moisture

The cost of weatherizing a home is comparable to one hospitalization for asthma. For best outcomes, combine weatherization with home visit interventions.



Home Improvement incentives

- Loans
- Grants
- Tax credits



Smoke-free policies in all indoor spaces

- Results in reduced ER visits and hospitalizations
- Does not harm business activities (such as restaurants or bars) or tourism



Clean diesel technology for school buses

- Switching to clean diesel can prevent approximately 14 million missed school days in the United States
- School districts adopting clean diesel have seen improved lung function in children, decreased hospitalizations by 23%, reduced missed school days by 8%



Eliminate or reduce exposure to asthma triggers at the workplace

- 1 in 6 cases of adult onset-asthma are due to occupation
- More than 1 in 5 adults experience work-related asthma
- Work-related asthma costs at least \$1.6 billion annually