

SIM CAB Listening Session Review Questions

Key Findings Key Messages & Next Steps for CAB discussion.

1. **Event Name:** Asthma Forum
 - a. **Location:** Middlesex Community College
 - b. **Date:** December 2, 2017

2. **Goals of the Event:** To talk with the community about teen asthma – causes, symptoms, and treatment.
 - a. The information collected will be used to develop reports and data to be shared with providers and to ultimately improve systems of care. A major provider of asthma care is a partner in this event so will be partnering on the project, which can lead to further collaborations.
 - b. Consumers are empowered when they get together to offer their experiences and recommendations.
 - c. Information on resources regarding care will help consumers to be better educated on asthma and that should empower them as knowledge is power.

Key Findings:

3. Based on the Key Findings, what Recommendations do you have?

Please connect your recommendations with 2017 CAB Plan Focus Area 1,2,3:

1) **INFLUENCE SYSTEMS CHANGE:**

- Allergens in the air and water can trigger asthma attacks.
 - Promote better air filtration systems in schools to help kids with asthma.
 - Ensure that chlorine water in public water is monitored to help prevent asthma issues.
 - Address the issue that Connecticut has the oldest housing stock in the country, and improve air filtration of all public buildings.
- Consider addressing the root causes of asthma with functional medicine - by looking at what we eat and looking at our environment rather than only relying on traditional pharmaceuticals.
- Address climate change to address people's seasonal allergies.

2) **PROMOTE PROVIDER-CONSUMER PARTNERSHIPS:**

- Improve provider-consumer relationships to reduce cost of healthcare and effectively address asthma.
- Educate people about problems with overtreatment in medical care. Encourage them to talk with their doctors to improve trust and build a relationship.

3) **ENGAGE AND EMPOWER CONSUMERS:**

- Decrease overuse of ERs by promoting preventive care and teaching proper breathing exercises

- Help kids understand that having asthma doesn't stop you from achieving athletic or academic goals – put up inspiring posters of American heroes who have asthma.
- Make it easier for kids to access help rather than feel stigma from having asthma.
- Improve home environments with air filters and regular dusting/cleaning to prevent mold.

4. Do you have any Recommendations that Connect with the CAB Health Equity Priority?

Health equity involves the promotion of equal opportunities for all people to be healthy and to seek the highest level of health possible.

- Educate doctors about healthcare access disparities – so they understand why people skip medical appointments.
- Engage providers to help address transportation barriers or childcare issues or work schedules by offering phone appointments or video conferencing.

Key Messages:

- Eat healthy, nutritious meals.
- Get regular exercise.
- Make sure you get daily adequate rest and sleep.
- Breathing exercises and mindfulness are helpful holistic ways to address asthma.

5. Activities and Next Steps:

a. Next Steps to Implement?

b. Do we need additional information? If so what and how to obtain it?

c. Resources Required?

d. Next Deadline?