

Providing free, direct in-depth asthma care to vulnerable Sacramento populations

Breathe California of Sacramento-Emigrant Trails provides vulnerable populations with access to a highly qualified **Asthma Collaborative** of doctors, respiratory therapists, registered nurses, and pharmacists. For families with undiagnosed asthmatic children, our **Mobile Asthma Screenings** provide important diagnostic tools and information in a setting that is comfortable and accessible to them. For families with diagnosed and undiagnosed asthmatic children, the **Parent Asthma Classes** provide in-depth education to help parents effectively monitor and prevent asthma symptoms in children and adults through effective trigger management, self-care plans, asthma attack action plans, and other strategies.



Breathe California is the only organization in the Sacramento Region providing asthma outreach and education in under-resourced neighborhoods. The neighborhoods we serve are racially and ethnically diverse, experience high rates of poverty, low educational attainment, limited English proficiency, high unemployment, and lack of health insurance. Survey results and discussions with participants indicate that each class benefits families in multiple ways, **one of the most important being a reduction in the number of emergency room visits and hospitalizations due to asthma.**

One of Breathe California's most popular asthma resources is the **Asthma Book**. Created by our Asthma Collaborative, the tool kit is in its 6th revision and is currently available in English, Spanish, Vietnamese, Hindi, Russian, and Chinese. **More than 35,000 copies have been distributed around the world** to Bangladesh, Bosnia, Canada, Indonesia, New Guinea, Philippines, Poland, Russia, Ukraine, Australia, India, Kyrgyzstan, Nepal, Nigeria, Pakistan, Romania, Serbia, the United Kingdom and the United States.

