Summary of Community Preventive Services Task Force Recommendation*

The Community Preventive Services Task Force (CPSTF) recommends school-based asthma self-management interventions to reduce hospitalizations and emergency room visits among children and adolescents with asthma.

Major Findings*

The CPSTF recommendation is based on evidence from 30 studies identified in a systematic review published in 2019.1 A meta-analysis of 19 of the studies reported the following intervention effects:

• Reductions in asthma-related emergency department visits, asthma-related hospitalizations, and unplanned visits to a medical provider
• Increases in self-reported asthma-related quality of life
• Mixed outcomes for all causes of school absences

When these interventions are implemented in schools in low-income or minority communities, they are likely to promote health equity.

What are School-Based Self-Management Interventions for Asthma Control?*

School-based self-management interventions for asthma control provide education or counseling to help students with asthma learn to recognize and manage asthma symptoms, use medications and inhalers properly, and/or avoid asthma triggers.

Interventions may provide instruction on monitoring asthma signs and symptoms, stress management, and implementing an asthma action plan. These interventions may be facilitated by trained nurses, teachers, health educators, or peers. They may be delivered to students in group or individual sessions at school, during or outside of regular school hours.

Facts about Asthma

• Asthma is the most common chronic lung disease among children in the United States, affecting one out of every twelve children.2
• Students with asthma may experience limitations in daily activities, missed school days, hospitalizations, or urgent primary care and emergency department visits.1
• The burden of childhood asthma in the United States is higher in urban settings and low-income and minority communities.3,4

Learn More

*Read a complete summary of the systematic review and CPSTF finding and access a list of suggested guidelines and toolkits


References:


Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.