



American  
**College**  
of Allergy, Asthma  
& Immunology

# USAsthma SUMMIT 2024

# The State of Asthma in the United States

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# Current State of Asthma in the US

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# Current Concerns and Challenges

- Despite advancements in diagnosis and treatment, asthma can be life threatening.
- Even when asthma is not life threatening, it can have a profound effect on patients' daily life.
- Environmental challenges are likely to increase in the near future and make life more difficult for people with allergies and asthma.
  - Climate change
  - Pollution
  - Urban crowding
  - Wildfires
  - Indoor air quality

## Current Concerns and Challenges continued

- As our population becomes more diverse, we need to understand how these conditions play out in patients of varying backgrounds.
- COVID-19, RSV and future/emerging viruses create added uncertainty for people with asthma, can contribute to prolonged/persistent symptoms, and can make asthma management more complex
- The economic realities of healthcare put pressure on our ability to provide care to all who need it.
- Recommended care based on national guidelines is not always covered by state health insurance programs.

# Asthma



**25**  
**MILLION**

Americans diagnosed



**1** in **11**

U.S. school-aged children



**81.9**  
**BILLION**

annual healthcare costs



**3,517**

**DEATHS** annually

Black Americans are 3X more likely to die than other groups

**13.8**  
**MILLION**

missed school days per year



#1 reason kids miss school

**10.9**

**MILLION**

missed work days per year



**3** in **5**

limit physical activity

**70%**

**MISUSE**

inhalers



**\$3,266**

**YEARLY** per-person asthma medical costs

# Recent Innovations and Developments

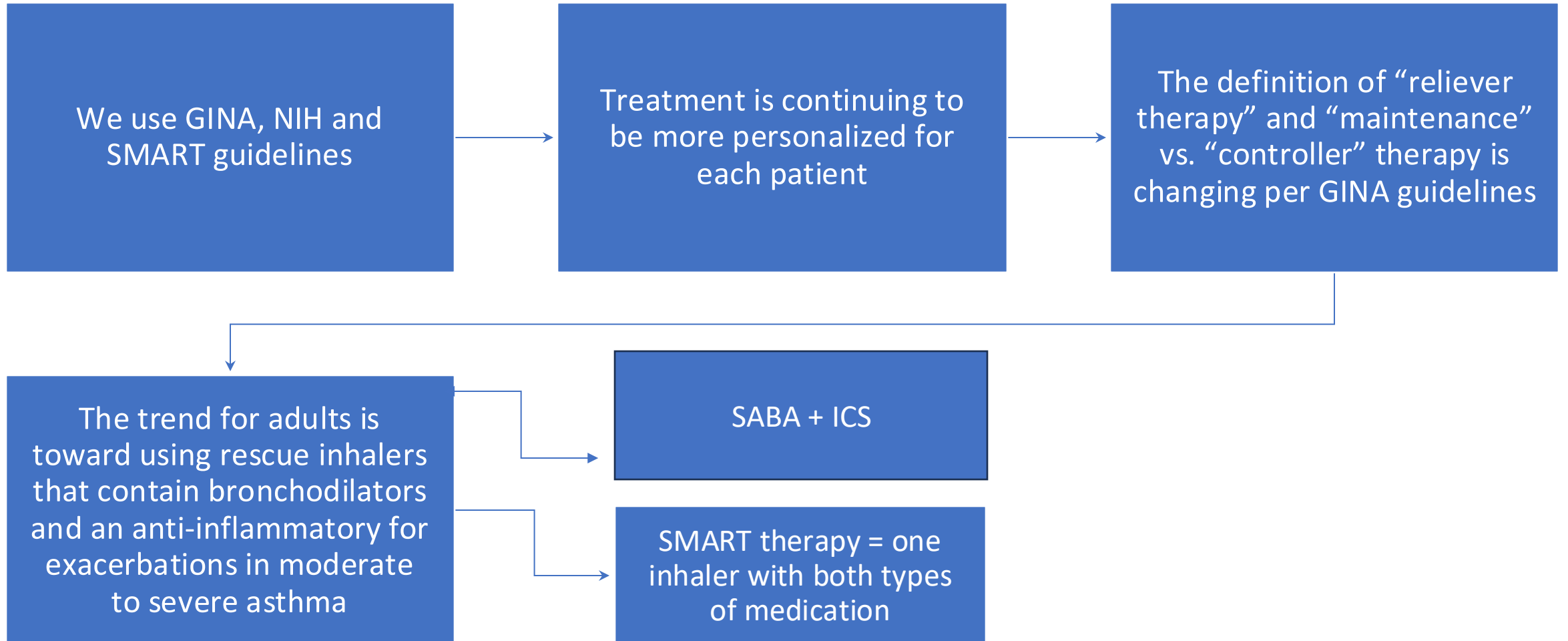
- Understanding of asthma as a spectrum vs. single disease
- Identifying allergy and asthma phenotypes, allowing work on precision medicine treatments for the future
- Treatment Innovations
  - Novel targeted asthma therapies approved
  - Development of biologics for asthma and related allergic conditions

## Recent Innovations and Developments cont'd.

- Increased recognition of racial/ethnic/genetic and environmental differences in disease states among patients
- Continued research and treatments developed based on understanding the role of TH2 cells and eosinophils in the immune response.

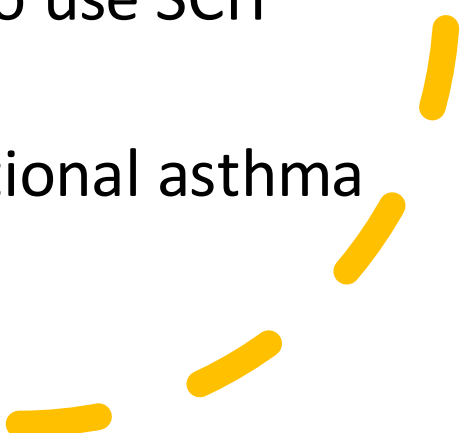


# Asthma Guidelines





# GINA Guidelines Update for 2024

- Reminder to elicit the patient's goals for treating and managing their asthma – which may be different from medical goals.
  - Asthma is often inappropriately treated as one acute episode after another, with nothing in between. Not the best approach to prevent morbidity and mortality.
  - Tweaks to medication recommended for various scenarios
  - Updates on when it's appropriate to use SCIT and SLIT
  - New section on preventing occupational asthma
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# POLL QUESTION

How should asthma treatment be managed, according to expert advice?

- A) By stepping up or stepping down treatment as needed
- B) By keeping treatment consistent regardless of symptoms
- C) By avoiding changes to medication once a plan is set



# What's New in Asthma Guidelines cont'd

Expert advice continues to rely on stepping up or stepping down treatment as needed.

Important: Assess the patient regularly, and adjust medication as needed.



# Consensus Statement re: Asthma Remission on Treatment

- Last fall, a new working definition for clinical remission on treatment in asthma was published in *Annals of Allergy, Asthma & Immunology*.
  - ACAA
  - AAAAI
  - ATS
  - Endorsed by European Forum for Research and Education in Allergy and Airway Diseases (EUFOREA).
- With more treatments available, more patients are finding their symptoms are under control.
- The paper describes what remission looks like, and will promote future data gathering to help inform the the development of treatments.

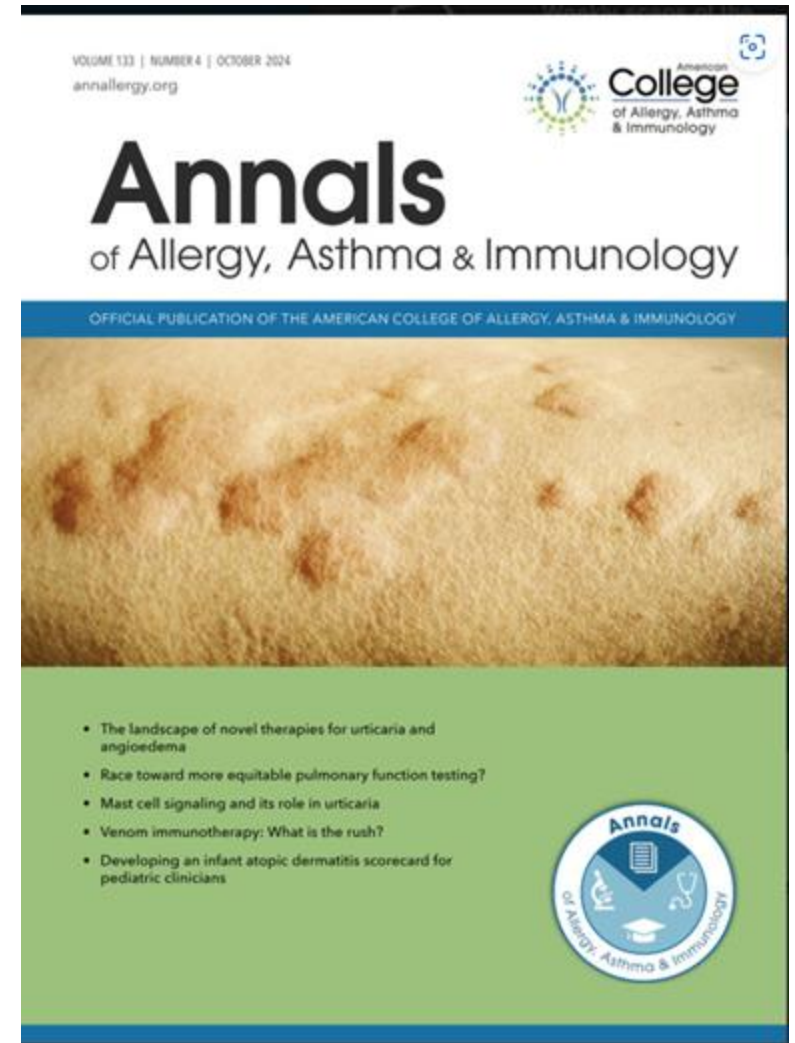
# Areas of Interest in Published Research in 2024

- Safety, effectiveness and necessity of long-term use of biologics
- Telemedicine and technology-based interventions for monitoring, maintenance and symptom control
- Techniques in asthma evaluation and assessment
- The role of TH2 cells and eosinophils in asthma & other allergic diseases
- Equitable access to treatment
- Effects of environment and microplastics on lung health
- Treating pediatric asthma with obesity
- COVID-19 in asthma patients

Many articles and abstracts are free to the healthcare community at [AnnAllergy.org](https://www.annallergy.org)

# College Priorities in 2024-25

- Raise awareness among PCPs about the benefits of referring patients to allergists for care, particularly if their symptoms are not well controlled
- Continue to support the allergy community with the latest information about conditions, treatments, and staying as healthy as possible
- Work to decrease racial disparities and promote health equity in the treatment of allergic disease, including asthma
- Promote and publish world-class research



## College Priorities continued

- Promote research and education at the level of community allergy practices through our CAPE and CAAPER programs
- Provide grant funding through the College's Foundation to practicing allergists to address health disparities and other challenges within their communities
- Partner with academic programs to increase awareness of the specialty among students from diverse backgrounds
  - Diversity Task Force
- Provide more physician education and patient/public information in Spanish

# College Priorities continued

- **For our members**

- Deliver a world-class Annual Scientific Meeting each year
- Develop timely and practical resources on a wide range of conditions for healthcare professionals and the public, (i.e. new Anaphylaxis Toolkit, new Yardsticks on adult and pediatric cough, and food allergy)
- Advocate for patient safety, fair payment, and access to care



# College Priorities continued

- **For our patients**

- Increase public awareness of the specialty and how allergists/immunologists can treat and help patients manage their allergies and asthma
- Increase awareness of our robust patient information and our public website, which currently has nearly 500,000 monthly unique visitors.
- Stay on top of public health and patient safety issues, and continue to advocate for patient safety post-pandemic

# College Priorities continued

- **For our specialty**

- Continue to work collaboratively with lay organizations like AAN
- Work collaboratively with other specialty groups representing physicians and nurses who provide key touchpoints for asthma patients
- Amplify the College's position as an advocacy leader for the specialty





The College has two community-based programs, introduced in 2023 and 2024.

- The Community Allergists Partnership in Education (CAPE) program focuses on supporting community allergists in teaching and mentoring medical students, residents and fellow.
- The Community & Academic Allergists Partnership in Education & Research (CA<sup>2</sup>PER) program facilitates clinical research in the community by collaborative teams of community and academic allergists.



## College Priorities for Advocacy

- Lobby Congress on key issues including fair payment for allergists, access to the best care and treatments for patients, and patient safety issues.
- Work to decrease racial disparities and increase health equity in the treatment of patients with allergies and asthma.
- Amplify the College's position as an advocacy leader for the specialty and the voice of the practicing allergist.
- Our collaboration with lay organizations and patient advocates strengthens all of our advocacy efforts.

# Advocacy Examples

- Continue to support Medicare Payment Reform.
- Reduce Prior Authorization Burdens by supporting access to:
  - safe, effective and affordable medications and treatment options.
  - affordable and high-quality healthcare and insurance coverage.
  - innovative therapies and technologies to advance medical treatment.
- Support physician-led team care.
- Advocate for continued coverage of telemedicine visits.
- Limit insurance carriers' ability to impose unreasonable limits on step therapy.
- Invest in tracking state legislative activities that affect our patients and providers.

# We initiate or work with other organizations on funding requests and legislation

- Example: Request to CDC for full support of National Asthma Control Program funding for 2024



**We will always advocate for patients to have access to allergists' care and appropriate treatments.**



For more  
information  
about ACAAI:

For Allergists:  
[College.ACAAI.org](http://College.ACAAI.org)  
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For the Public:  
[ACAAI.org](http://ACAAI.org)





Questions?

Thank you!