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Minor League Team Makes Major League Effort to Strike Out Asthma as Midland Rockhounds and Asthma Coalition of Texas Bring Asthma Awareness Program to Ballpark

MIDLAND, Texas – The Rockhounds have teamed up with the Asthma Coalition of Texas (ACT) to bring asthma awareness to Citibank Ballpark in Midland in an effort to **Strike Out Asthma**. Before and during Friday night's game against the Corpus Christi Hooks, ACT volunteers will be on hand to help educate baseball fans about how to recognize the signs and symptoms of asthma, asthma triggers and how to control the disease. Asthma does not discriminate based on economic status, gender, age or race. The burden of asthma is not only felt financially in Texas but also impacts the quality of life of Texans living with the disease.

According to the Texas Department of State Health Services *2007 Burden of Asthma in Texas* report, an estimated 1.5 million adults and 389,000 children living in Texas report an asthma diagnosis. Between the years 2000 to 2005, the total charges for inpatient hospital admissions for an asthma diagnosis totaled more than \$1.3 billion dollars in Texas alone. That is a staggering rate of \$14 per second. This total does not account for additional monetary losses due to missed days of work and school. Nationally, an estimated 11.8 million missed school days per year are attributed to asthma, making it the leading cause of health-related school absenteeism. Nearly one third of Texas adults report currently having symptoms at least one day a year and being unable to work or carry out their usual activities due to asthma. A number of these asthma incidents are preventable when asthma is managed effectively through reduction of exposures to asthma triggers, appropriate use of controller medications as well as rescue medications, and regular follow-up with a health care provider to update your asthma action plan.

The Asthma Coalition of Texas is a statewide non-profit volunteer organization comprised of local organizations, health care providers, school personnel, asthma educators and Texans with a shared vision of improving the quality of health and life of Texans with asthma. For more information about asthma, please visit the ACT website at www.TexasAsthma.org or ask your health care provider.

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