

## **GINA Pocket Guide**

### **What is it?**

GINA, or Global Initiative for Asthma, is a group launched in 1993 that partners with health care professionals, patient representatives, and public health officials around the world to reduce asthma prevalence, morbidity, and mortality. Each year they release a pocket guide which, when used in conjunction with the full GINA annual report, can assist providers in diagnosing, assessing, and managing asthma (including exacerbations). It offers information on asthma treatment for adults and adolescents (including children older than 5 years), advice on asthma management during the COVID-19 pandemic and a glossary of asthma medication classes.

### **Why is it important?**

According to GINA, asthma affects an estimated 300 million worldwide and is a serious global health problem for all age groups. Columbia University Center for Children's Environmental Health participates in an ongoing research study and found that New York City alone has one of the country's highest rates of hospitalizations and deaths due to asthma among children and young adults, and African American and Latino patients accounting for more than 80% of the cases.

### **How do I use it?**

Providers should use this pocket guide along with the full report that is available annually as a resource to stay-up-to date with the latest information, research, treatment modalities and management strategies, particularly the use of long-acting controller medications, for patients with asthma.

For access to the **2023 GINA Pocket Guide**, please click here: [GINA Pocket Guide 2023 \(ginasthma.org\)](https://ginasthma.org/2023)

\*Columbia Center for Children's Environmental Health, *Asthma*, <https://www.publichealth.columbia.edu/research/columbia-center-childrens-environmental-health/asthma>