



ALX Breathes



The free, home-based asthma/COPD program helps Alexandrians breathe easier at home.

Why ALX Breathes?

All Alexandrians deserve to live in a safe, stable home that helps them thrive, but too many people are in spaces that harm their health. For people with asthma and COPD, poor home conditions can lead to asthma attacks, expensive hospital visits, and interruptions from life.



Effects on Adults

Nearly **1 in 10** Alexandria adults have asthma.



Race Disparities

There is a **424% higher** rate of asthma-related hospitalizations among **Black & African American** adults (compared to Asian adults) in Alexandria.



Hospitalization Rates

For every 100,000 adults, 353 are **hospitalized** for asthma.

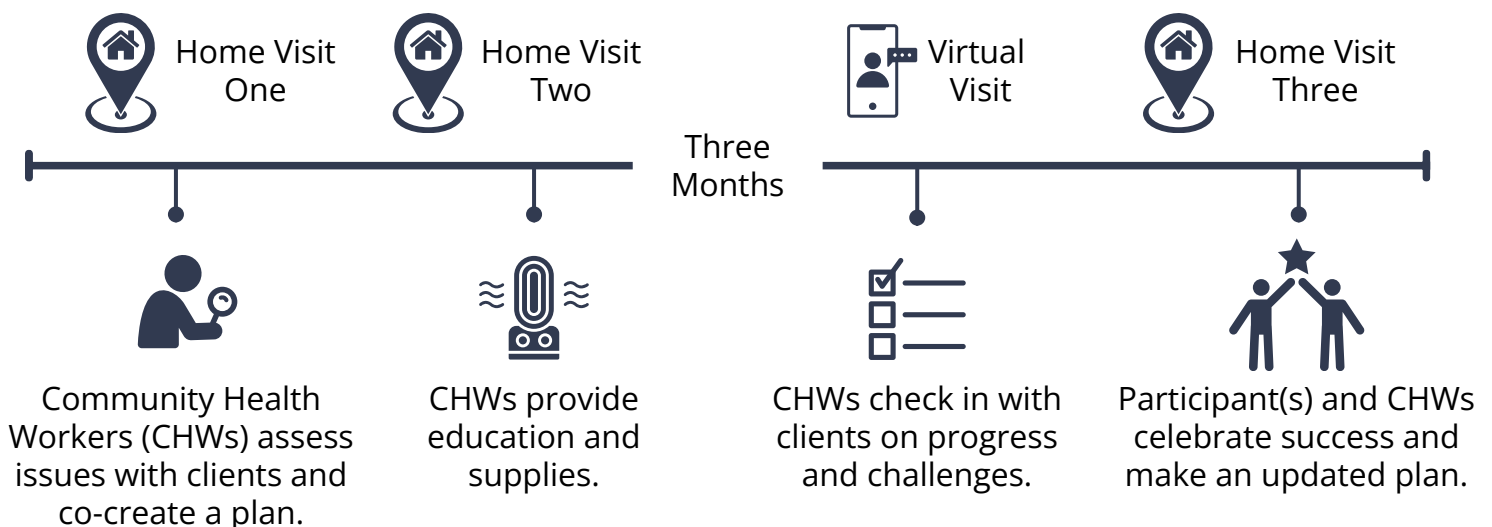


Different ZIP Codes, Different Stories

Communities such as **Arlandria** and the **West End** face higher rates of asthma and COPD due to housing conditions and environmental factors.

Since first being piloted in 2022, ALX Breathes has been empowering residents by collaborating on plans to tackle asthma and COPD triggers in their homes.

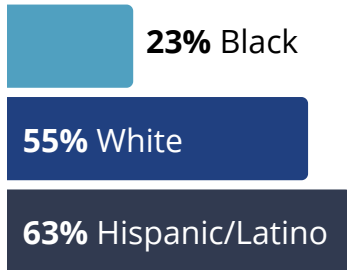
How Does it Work?



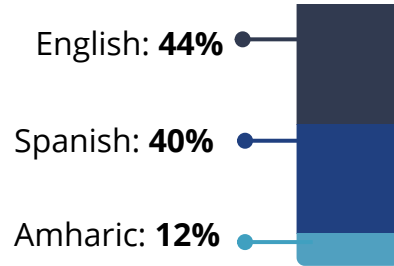
Participant Demographics

As of January 2026, 24 participants have completed the program.

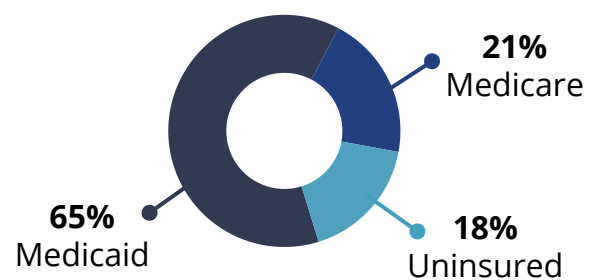
Race/Ethnicity



Language Preference



Insurance Coverage



48% were under 18 years old



Top ZIP codes were:
22304 and **22305**

Results: Participants Breathed Easier

100%

All surveyed participants rated the program **highly**. Most adopted provided tools (e.g., air purifiers).

71%

Said asthma interfered less with their **daily lives**

67%

Missed fewer days of **school/work**

Healthier Homes:

With help from CHWs, dust and mold were **eliminated** in most homes and families were educated on reducing asthma and COPD triggers.

The Common Culprits:

Dust in homes was the most common trigger. Broken bathroom **exhaust fans** and **clutter/garbage** issues were also common.

“

“I breathe better, sleep better, and I now have the information I need to avoid hash chemicals as I clean...”

”

“

“Wow, I'm amazed! Our situation has changed so much... You've truly changed my life and my family's”
[translated from Spanish]

”

“

The program really helped me with my health, and the staff really takes care of me.

”

Want to breathe easier? Sign up by visiting alexandriava.gov/ALXBreathes or call 703.746.4988.

January 2026