The Asthma and Allergy Foundation of America (AAFA) is dedicated to improving the quality of life for people with asthma and allergic diseases through education, advocacy and research.

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1-800-7-ASTHMA  

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2013 marked AAFA’s 60th Anniversary, and while we’ve made great strides in research and care over the past 60 years, our work is not done. The struggle continues for more people than ever—over 60 million Americans—to live normal and healthy lives in the face of the daily limits that asthma, food allergies and related conditions create. That is why I am excited to join AAFA as the President and CEO at this critical time in our history. Although the burden of asthma and allergies for families and communities has never been greater, today we have the best treatments, knowledge and tools to help us fight these diseases.

As you review this annual 2013 report, you will see how your support enables AAFA to make a difference in the lives of children and adults suffering from these diseases. We could not have accomplished any of the milestones we reached without supporters like you, as well as partners such as the federal government, physicians, our corporate sponsors, volunteers and others who helped us serve patients. Together we improve the quality of life for people every day.

With your continued support, we can realize our common vision “for life without limits”. Our mission—to improve the quality of life for those with asthma and allergic diseases through research, education and advocacy—has not changed. But the strategies and tactics have evolved and will have to continue to evolve to make AAFA better able to achieve that mission as the landscape in which we operate changes. For example, while we will continue to support the biomedical research that is needed to find ways to prevent or cure asthma and allergic disease, there is great opportunity for us to work to assure that the science that we already have finds its way more reliably and consistently into practice. AAFA will work to expand the kind of “translational research” needed to create modern patient-centered solutions that improve outcomes and quality-of-life. This will likely mean that we begin to interact with new kinds of partners—in addition to the providers, researchers, academic centers, and policymakers with which we have worked in the past.

We invite you to visit us online at www.aafa.org or call our toll-free hotline at 800-727-8462 to learn more and to find out how you can help. We also hope you will continue to let us know how AAFA can better serve you as we move forward.

Best wishes for your good health,
Cary Sennett, MD, PhD, FACP
AAFA President & CEO
The Asthma and Allergy Foundation of America (AAFA) is the only patient organization in the United States that funds research grants for both asthma and allergic diseases. AAFA offers these grants with hopes of finding causes, treatments and cures. In 2013, AAFA awarded two new research grants.

AAFA selected Cherie Singer, PhD, as the recipient of the annual Sheldon C. Siegel Investigator Grant Award. Dr. Singer, an Associate Professor at the University of Nevada School of Medicine Department of Pharmacology, was selected for her proposal on “Integrin-Based Therapies for the Treatment of Asthma,” which was judged to be of exceptional merit to the mission of AAFA. This award provides $20,000 funding annually for two years. Singer’s study aims to find new therapies for the treatment of asthma.

Additionally, AAFA selected Caroline Sokol, MD, PhD, as the recipient of our 2013 Fellowship & New Faculty Award. Dr. Sokol, an Allergy and Immunology Fellow at Massachusetts General Hospital’s Clinical Immunology and Allergy Unit, is using this award to fund her two-year project “Allergen Recognition and Th2-type Immune Activation.” As part of this project, she is investigating the link between allergens and the immune system. This award provides $60,000 funding annually for two years to begin during an allergy and immunology fellowship or during a faculty appointment in allergy/immunology. Sokol’s study aims to identify and halt the earliest causes of allergic disease.

About AAFA’s Research Program

For more than 30 years, AAFA has enabled scientists to continue vital research through our unique grant programs. On an ongoing basis, AAFA advocates for increased funding of the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) in the House Appropriations Committee. AAFA testifies before Congress for more federal funding allocated toward asthma research. AAFA also endorses the Clinical Research Enhancement Act which provides additional financial support to expand clinical research programs.

We also conduct social research to better understand consumer and patient awareness, knowledge, preferences and behaviors related to asthma and allergy prevention and treatment.

AAFA’s research program has made great strides over the years. The Foundation’s research program will continue to expand and diversify in future years as a pledge to its commitment to helping every asthma and allergy patient live life without limits. For more information about each of our Research Programs, visit www.aafa.org/research.
Education Programs

The prevalence of asthma and allergic diseases is increasing in the United States, yet so many people who don’t personally struggle with the symptoms of these illnesses don’t understand what living with asthma and allergies is like on a daily basis. Our goal at AAFA is to educate patients, caregivers and health care professionals on how to spot the symptoms of these diseases and how to provide effective care for children and adults to ensure that asthma and allergies are properly managed and controlled.

Our website, www.aafa.org, provides hundreds of pages of free, up-to-date information on disease management for asthma and allergy patients, their caregivers, and the public. AAFA’s online resources are updated regularly, ensuring what we offer is current with trends in the field. Whether you’re looking for articles on treatment methods, streaming video on diagnosis or symptoms, clinical trials you can join in your local community, or downloadable reference and action cards, you can visit us online 24-hours a day, seven-days a week for answers to your most pressing questions.

Didn’t find the answer to your specific question? Our “Ask the Allergist” online portal allows you to submit a personalized query, which will be answered by a board-certified allergist. You can also find a log of frequently asked questions to ensure you get the information you need. AAFA also offers a wide variety of quality educational programs, which are recognized nationally as critical tools in disease management for patients of all ages.

Many of our programs are available in English and Spanish, and we are continuously working to enhance our ability to educate individuals with lower literacy capabilities. Seven of AAFA’s educational programs are “validated,” meaning that they are recognized by the U.S. Centers for Disease Control and Prevention (CDC) as proven and effective educational interventions. You can feel comfortable knowing that information obtained from AAFA is at the forefront of asthma and allergy disease management.
Highlights of AAFA’s educational programs in 2013:

**Asthma Management and Education™ (AME).** Funded by the U.S. Environmental Protection Agency (EPA), AME educated 307 allied health professionals across the country this year. Ultimately, these community based health services professionals educated more than 6,140 local residents each week, providing them with the tools they need to live healthier and happier lives. AME educates nurses, respiratory therapists, and other allied health professionals about the most current asthma treatments, techniques for patient education and preventive strategies, and offers continuing education credits.

**Asthma Management and Education Online™ (AME-O).** Also funded by EPA, this Web-based, self-study course structured around the National Asthma Education and Prevention Program’s (NAEPP) “Four Components of Asthma Management” educated 6,403 allied health professionals in 50 states (including Puerto Rico) and 44 countries this year. Allied Health professionals completing the course expand their knowledge of: disease assessment and monitoring, control of environmental factors, pharmacologic management, and patient education. Thus they are prepared to more effectively educate the estimated 128,060 individuals with asthma they care for each week.

**Asthma PACT™.** Asthma PACT (Personal Assessment and Control Tool) is a free Web-based program for asthma patients of all ages designed to improve asthma control by assessing common adherence issues. At the end of the survey, participants receive a personalized report with educational information and practical strategies to promote adherence to their prescribed asthma treatment plan. Participants are encouraged to share their report with their healthcare provider and retake the survey in 3 to 6 months to measure their progress. Since the program’s inception, over 2,400 asthma patients have completed the Asthma PACT.

**Wee Breathers™.** Funded by the U.S. Centers for Disease Control and Prevention (CDC), AAFA began developing a new course in 2010 to educate an increasing number of parents and caregivers of young children with asthma. The course, Wee Breathers™, is intended for children under the age of seven who are Hispanic, Latino, African-American and/or live in low-income households. We released Wee Breathers in 2013, and its focus is to enhance control of common indoor and outdoor environmental triggers that exacerbate asthma. The downloadable online materials are designed for teaching parents in groups in a child care setting or for one-on-one training in the home. The set includes easy-to-read educational materials for parents, an instructor guide, 7 lessons, an asthma trigger checklist for child care providers and an asthma trigger checklist for the home.
A core pillar of AAFA’s patient-centered mission is to advocate policies to promote the interests of asthma and allergy patients in the United States. Everything we do is for the patients and by the patients. We target what you tell us is most important to you and your family. To that end, our health policy priorities in 2013 aimed to:

1. Promote access to affordable, quality health care for the treatment and management of asthma and allergies in all patients.
2. Maximize basic, clinical, preventive and health services research funding.
3. Promote prevention, screening, environmental control, and lifestyle interventions that reduce the incidence and adverse effects of asthma and allergies.

**Asthma and Allergic Rhinitis Advocacy.** AAFA opposed cutting the Centers for Disease Control (CDC) National Asthma Control Program (NACP) and combining asthma activities with lead poisoning control and healthy homes activities. The federal 2014 budget represents a major victory in that it funds both programs and the offices retain distinct missions. The budget also restores some funding for the National Institutes of Health (NIH). AAFA will continue to present the NACP and NIH’s importance to key stakeholders in an effort to improve future investments in asthma research and education.

AAFA continued to work in coalition with 13 national health advocacy organizations to support the Clean Air Act as it faced challenges from lawmakers who wanted to rollback its provisions. AAFA supported finalizing standards for cleaner vehicles and low sulfur gasoline through letters to the President and meetings with Office of Management and Budget staff.

AAFA supported Food and Drug Administration (FDA) approval for corticosteroid nasal spray sales over the counter. We publicized resources to assist the many uninsured and underinsured with asthma and allergies by promoting enrollment for the new health care plans enabled by the Affordable Care Act through social media and our website.

In addressing asthma disparities, AAFA was briefed by leaders of the Federal Asthma Disparities Working Group on the status of the Coordinated Federal Action Plan to Reduce Racial and Ethnic Asthma Disparities.

For the millions who use allergy, cough and cold over the counter medications, AAFA delivered the message that while meth abuse is a serious problem, patients do not need or want to be burdened by state laws that make sale of legal medications too restrictive. To date, no states have joined Oregon and Mississippi in requiring prescriptions for products that contain pseudoephedrine (PSE).
**Food Allergy Advocacy.** In 2013, 17 states passed laws allowing schools to stock epinephrine auto-injectors for use in case of anaphylaxis emergencies. AAFA urged lawmakers to supply schools with epinephrine auto-injectors, allow epinephrine auto-injectors to be used in emergencies, appropriately train school personnel, and address liability concerns of those who use this medication in good-faith. We issued statements of support to local media and public officials, and raised awareness among advocates via social media outlets. We also coordinated with Kids with Food Allergies Foundation (KFA), Allergyhome.org and dedicated state advocates to promote this issue. To further promote our involvement, AAFA representatives presented to a national summit of food allergy bloggers in August.

AAFA also offered cautionary advice to FDA on establishing regulatory thresholds for food allergies, submitting a set of principles that we want FDA to honor when and if it takes this dramatic step. FDA has not taken further action on this issue.

**2013 State Honor Roll.** For the sixth year, AAFA released the State Honor Roll of Asthma and Allergy Policies for schools – an annual research project to identify states with the most comprehensive and preferred statewide public policies supporting people with asthma, food allergies, anaphylaxis risk and related allergic diseases in U.S. elementary, middle and high schools. The goal of this report is to identify state-level progress towards better school-based policies, and to provide a blueprint for asthma and allergy advocates nationwide. This year AAFA recognized 8 states and the District of Columbia (DC) for outstanding achievements in implementing these important policies.

AAFA's methodology for this research project was validated with input from over 75 experts. For more information, visit www.StateHonorRoll.org.

**Supporting Advocates.** AAFA has identified patient advocates in 35 states and DC for the nationwide Patient Speakers Network. These individuals are committed to the policy interests of patients with asthma and allergies. In 2013, AAFA patient speakers wrote blog posts, were interviewed by newspapers, and testified before legislators. AAFA launched an exciting, refreshed Action Center for advocates. The number of advocates doubled since 2012 to 2,800. AAFA delivers urgent public policy messages using email alerts, Facebook and Twitter. Visit our updated Action Center at www.AAFA.org/engage.

Improving the health and well-being of asthma and allergy patients is AAFA’s primary goal and most important task. We will continue to advocate on your behalf and provide you with resources and tools to help you become an effective advocate as well.
Kids With Food Allergies™

Kids With Food Allergies Foundation (KFA) joined with AAFA – as the food allergy division – to extend our impact on the asthma and allergy community. Founded in 2005, KFA has become an essential part of the food allergy and anaphylaxis community offering patient education programs, webinars, an allergy buyers’ guide, an electronic database of allergen-free recipes and more to help keep children safe and healthy. Most notably, KFA hosts the largest and most active online food allergy and anaphylaxis community at www.kidswithfoodallergies.org, a critical platform for parents and caregivers who want to network with others about raising kids with food allergies and related diseases. In 2013, KFA’s website hosted 1.1 million unique visitors and had over 5.2 million page views.

KFA’s founder, Lynda Mitchell, joined AAFA’s leadership team as Vice President of KFA. Mitchell oversees KFA programs within AAFA to ensure their continued success. She also plans to help expand AAFA’s online programs and services in related disease areas such as asthma.

Message from Lynda Mitchell:

“As part of AAFA, KFA will continue all of our current work, and with our combined mission of education, advocacy, and research we will be able to do even more to help families. Families raising children with food allergies are often also dealing with anaphylaxis, asthma, other allergy related conditions. Together we will be the most comprehensive and reliable source for people seeking information and support for all of these issues.”

We have already begun to see the influence that both AAFA and KFA have together. We are the premier nonprofit source of education, advocacy, research, social networking and support for millions of families living with these diseases.

Visit KFA’s website, www.kidswithfoodallergies.org, to take advantage of all we offer.
Information and Answers for You. AAFA is the most trusted source of free, unbiased information about asthma and allergic diseases in the United States. We are the primary resource for patients, parents, consumers, caregivers, medical professionals and the media when knowledge about asthma and allergic disease is needed.

This year our website, www.aafa.org, received more than 34 million hits from over 2 million unique visitors. Our subscriber-based print newsletter, freshAAIR™, and e-newsletter, BReATHE™, continue to grow to include over 95,000 readers.

Our goal is to raise awareness of asthma, food allergies and other allergic diseases. Each year AAFA launches innovative public information campaigns. 2013 campaigns included:

Spring and Fall Allergy Capitals™ For the 11th year in a row, AAFA released its annual research project – Allergy Capitals™ – which identifies “the 100 most challenging places to live with allergies” during the spring and fall seasons. Learn more about the report’s methodology and check out the latest ranking at www.AllergyCapitals.com.

Asthma Capitals™ AAFA’s annual Asthma Capitals™ research project identifies the most challenging places to live with asthma in the United States. The Asthma Capitals™ is the most comprehensive nationwide longitudinal analysis of metro area asthma data for the U.S. Learn more about its methodology and check out the latest ranking at www.AsthmaCapitals.com.

National Asthma and Allergy Awareness Month™ May falls in a peak season for asthma and allergy sufferers, and is a perfect time to educate your patients, family, friends, co-workers and others about these diseases. Each year, AAFA declares May to be “National Asthma and Allergy Awareness Month.” Learn more at www.aafa.org/AwarenessMonth.

Anaphylaxis in America™ In 2013, a novel study by the Asthma and Allergy Foundation of America (AAFA) published in the Journal of Allergy and Clinical Immunology (JACI) found that severe life-threatening allergic reactions—anaphylaxis—are common in the U.S. According to the peer-reviewed study, anaphylaxis very likely occurs in nearly 1-in-50 Americans (1.6%).

The article, Anaphylaxis in America: The Prevalence and Characteristics of Anaphylaxis in the United States, provides one of the most reliable estimates to-date of the prevalence of severe, life-threatening allergies in the general population. It is also helping experts understand how the public, patients and caregivers think, feel and behave regarding anaphylaxis. Learn more about the study at www.aafa.org/AnaphylaxisInAmerica.
The **asthma & allergy friendly™** Certification Program is another way AAFA educates patients about asthma and allergy management and control. In partnership with the international research and certification organization, Allergy Standards Limited (ASL), we help patients find environmental control products that are more suitable for them. Learn more at www.aafa.org/Certified.

AAFA is the first source of asthma and allergy information for the media. In fact, this past year, AAFA reached millions of people through many TV, radio, newspaper, magazine and online news stories.

**AAFA in Your Community.** In addition to national outreach through our print and e-mail newsletters, public awareness and information campaigns, websites, and special events, AAFA reaches thousands of people every day through our Regional Chapters, local Educational Support Groups (ESGs) and over 130 Community Awareness Partners made up of asthma and allergy clinics nationwide.

AAFA Chapters serve patients, family members, and healthcare professionals in many areas by providing asthma and allergy education materials and through special programs, including asthma camps, referral services, and direct patient assistance. Our Chapters are self sustaining organizations responsible for raising money in support of their local efforts, and providing crucial support for communities.

AAFA ESGs are in 26 states, Colombia and Bermuda. These grassroots groups serve parents of children with asthma and allergies, pre-teens and teens, adults with asthma, families with food allergies and more.

Today, families and healthcare providers go online first to learn about asthma and allergies. In 2013, AAFA served over 80,000 friends on social networking sites like Facebook, Inspire, Twitter and Causes. These online communities have become critical tools for disseminating important information and news about asthma and allergies, sharing helpful information from patient to patient, and a support network for families.

**Certification Program Participants**

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2013 In Memoriam

The following individuals were memorialized via contributions made to AAFA by family members and friends during fiscal year 2013. We will continue to honor their memory through our service.


Life Without Limits Society

This society honors those who have included AAFA in their estate plans. These legacy donors made a special commitment to AAFA, ensuring that our work will go on for those whose lives are affected by asthma and allergies, until we find a cure.

| Miriam Yelsky | (Inaugural Member) | Lida Johnson |
| Pearlie Aikens | Bernice M. Behnke | Ann Virginia Kane |
| M. Frances Bennett | Grace N. Brooks | Katherine Karpenstein |
| Betty S. Christiana | Irene Corless | Jacob Lichman |
| Lilian Frankel | Bessie Gruskoff | Jessie B. Marshburn |
| Kenneth Hastings | | Alice Melady |
| John William Jackson | Elizabeth Johnson | F. Phyllis Morgan |
| | | Marie Orsi |
| | | Janie D. Patterson |
| | | M. Stephanie Plasek |
| | | Frank Triplett |
| | | Delphine Whaling |
| | | M. Agnes Wright |
AAFA appreciates the generosity of the following individuals, corporations and foundations. In 2013, our major supporters included:

**$100,000+**
- Boston Scientific
- Meda
- Mylan
- Sanofi-Pasteur

**$50,000-$99,999**
- Consumer Healthcare Products
- Genentech
- Pfizer, Inc.
- Teva

**$25,000-$49,999**
- Novartis

**$10,000-$24,999**
- Lynn Hanessian
- National Pest Management Association
- Shaw Industries Group, Inc
- The Hyde and Watson Foundation

**$2,500-$9,999**
- American College of Allergy, Asthma and Immunology Fellowes
- Robert and Jane Perkinson

**$1,000-$2,499**
- Christopher Davis
- Beverly Matson
- Susie and Terry Reardon
- David Bisciotti
- Rosemarie Iannuzzi
- Jacob Lichman Irrevocable Memorial Trust
- Gregory and Debbie Romney

**$500-$999**
- Alpha Kappa Alpha Sorority
- Calvin Anderson
- Paul Antico
- Harry Byrd
- Elk River Club
- Nancy Enterline-DeSesa
- Thomas Flanagan
- Maureen Freyer
- Mitchell Grayson
- Perry High School
- Pamela Rieb
- Steven Shanker
- Barbara Woodworth
- Joel Kurtzberg
- Glenn Trammell
- David Heiger
- James Waterhouse
- Maria Wright
- Carlos and Amy Fonseca
- Thomas Grajeda
- Richard Thompson
- Bret Bentzinger
- Matthew Zelesko
- Barbara Corn
- The Nordemann Foundation
- Andre Vachon
- Lucas Sauls
Financial Summary

The complete financial statements, from which this financial summary is derived, have been determined to present fairly, in all material respects, the financial position of the Asthma and Allergy Foundation of America as of December 31, 2013, in conformity with generally accepted accounting principles. For a complete set of the audited financial statements for the year ended December 31, 2013, contact the Chief Operating Officer. AAFA’s IRS form 990 is also available online at www.aafa.org.

Sources of Revenue
FY Ended December 31, 2013

- Donations from Individuals: 8% ($336,203)
- U.S. Government Cooperative Agreements: 5% ($195,461)
- Other: 3% ($120,598)
- Program Fees: 27% ($1,051,993)
- Foundation and Corporate Grants and Contributions: 57% ($2,240,639)
- Total programs: 81% ($2,869,659)
- Total M&G: 15% ($534,048)
- Total Fundraising: 4% ($128,391)
- Total: 100% ($3,944,894)

Ending Net Assets: $3,776,094

Revenue Total: $3,944,894

Expenses
FY Ended December 31, 2013

- Fundraising: 4% ($128,391)
- Advocacy and Community Service: 13% ($450,499)
- Management & General: 15% ($534,048)
- Education: 19% ($678,278)
- Research: 12% ($428,753)
- Public Information: 37% ($1,312,129)
- U.S. Government Cooperative Agreements: 5% ($195,461)
- Other: 3% ($120,598)
- Total: 100% ($3,532,098)

Expense Total: $3,532,098
You Can Help!

You can help support our education, advocacy, and research programs in a variety of ways. Every contribution is 100 percent tax deductible. Since 1953, AAFA has been the provider of patient centered information for the more than 60 million people with asthma and allergies in the United States.

By visiting www.aafa.org, you can make a contribution online using our secure donation portal. You can also designate this gift in memory of a person no longer with us, or you can celebrate a birthday, anniversary, or other milestone to honor a friend or family member who is living with asthma and allergies.

If you want to leave a legacy by including AAFA in your estate plans, we can provide information on the planned giving vehicle that is right for you. Our website gives you information on how you can make these transactions as well.

www.aafa.org

Visit www.aafa.org for more information on AAFA, our mission and how we can help you!
AAFA’s online library provides information on a variety of health topics. Resources are easily downloaded and include fact sheets on more than 50 subjects. Quick Allergy and Asthma Cards offer life-saving tips and Action Cards provide asthma and allergy care information for the school, home and daycare settings.

If you do not have Internet access or need additional assistance, AAFA provides a national toll-free information and referral line: 1-800-7-ASTHMA (1-800-727-8462). A trained professional is available to answer your call Monday through Friday from 10:00am to 3:00pm EST.

“Like” us on Facebook: www.facebook.com/AAFANational
Follow us on Twitter: @AAFANational
AAFA Chapters

AAFA Alaska Chapter
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aafane@aafane.org
www.asthmaandallergies.org

AAFA St. Louis Chapter
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www.aafastl.org

Support Groups
Visit www.aafa.org and click on the Support Group link to find a local AAFA group near you.

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