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Asthma and Allergy Foundation of America Announces 2019 Spring Allergy Capitals

McAllen, Texas, ranked most challenging city once again for spring allergies

WASHINGTON, D.C., March 12, 2019 – Today, the Asthma and Allergy Foundation of America (AAFA), the premiere patient advocacy organization representing more than 60 million Americans with asthma and allergies, released its annual Spring Allergy Capitals™ report. The report identifies the 100 most challenging places to live with spring allergies in the U.S. *McAllen, Texas*, is the most challenging U.S. city to live based on higher than average pollen scores, higher-than-average medication usage and availability of board-certified allergists in the area. The top 10 Spring Capitals for 2019 are:

1. McAllen, Texas
2. Jackson, Mississippi
3. Providence, Rhode Island
4. Memphis, Tennessee
5. Springfield, Massachusetts
6. Louisville, Kentucky
7. New Orleans, Louisiana
8. Scranton, Pennsylvania
9. Baton Rouge, Louisiana
10. Richmond, Virginia

See the full 100-city ranking at allergycapitals.com.

“Spring allergies can cause a lot of misery for millions of people in the U.S.,” says Kenneth Mendez, AAFA President and CEO. “Our Spring Allergy Capitals report highlights the cities that face the most challenges due to high pollen counts, high allergy medicine usage and lower access to specialized care by allergists.”

More than 50 million Americans with seasonal nasal allergies are expecting – and dreading – runny and congested noses, inflamed sinuses, relentless sneezing and other symptoms associated with springtime allergies. Warmer weather drives people outdoors to face one of the season’s biggest problems, tree pollen, so children and adults with seasonal allergies should plan ahead.

“AAFA’s Spring Allergy Capitals report is a valuable tool to help identify cities where seasonal allergy symptoms can create challenges,” says Dr. Mitchell Grayson, chair of the foundation’s Medical Scientific Council. “This report helps people in these areas be more aware of what may contribute to their allergy symptoms so they can work with their health care providers to get relief. With the right treatment plan, seasonal allergies can be managed for better quality of life.”



About the Research

The Spring Allergy Capitals™ ranking is an annual research and educational project of AAFA, designed to help patients recognize, prevent and safely treat allergy symptoms. Through this ranking, AAFA raises awareness about the impact of seasonal allergies and provides helpful information designed to improve the quality of life for people who experience them. The ranking is based on local pollen levels, use of allergy medication and the number of board-certified allergists in each metro area. Visit AllergyCapitals.com to see the full list, study methodology and learn more about allergy diagnosis, prevention and treatment.

About AAFA

Celebrating more than 65 years of service, the Asthma and Allergy Foundation of America (AAFA) is the oldest and largest nonprofit patient organization for asthma and allergies. Its mission is to save lives and reduce the burden of disease for people with asthma and allergies through support, advocacy, education and research. AAFA provides community-based services through its digital communities and network of local chapters and support groups. AAFA educates patients with practical information about disease management. AAFA also helps consumers identify products suitable for those with asthma and allergies through the **asthma & allergy friendly®** Certification Program. For more information, visit aafa.org.

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