

ASTHMA

An estimated 12% of children ages 0-17 years in Georgia have asthma. Among children with asthma, hospitalization rates are highest for those ages four and under.

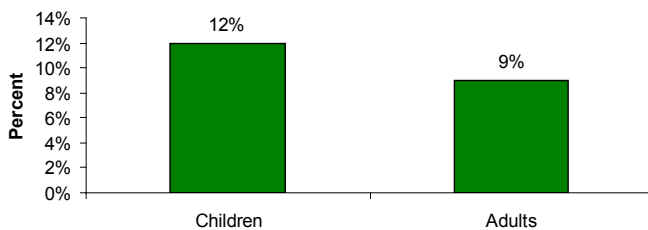
WHAT IS ASTHMA?

- Asthma is a chronic inflammatory disorder of the lungs and airways that causes recurrent episodes of wheezing, breathlessness, chest tightness, and coughing

ASTHMA PREVALENCE

- Approximately 297,000 (12%) children ages 0-17 years have asthma in Georgia
- Approximately 600,000 (9%) adults in Georgia have asthma
- Asthma is more common among adult women (11%) than adult men (6%)
- Adults with higher education and income are **less** likely to be affected by asthma than adults with lower education and income

Percentage of children and adults who have asthma, Georgia, 2008



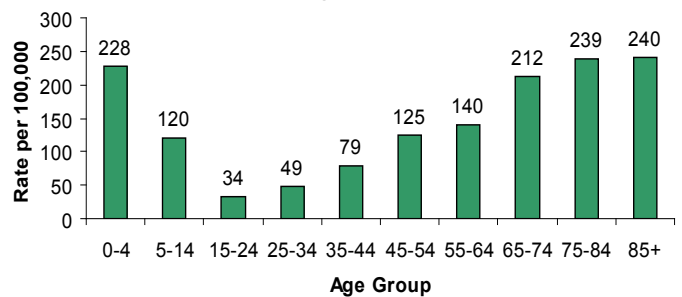
EMERGENCY ROOM (ER) VISITS

- More than **54,000** ER visits for asthma occurred in Georgia in 2007
- The overall age-adjusted rate of ER visits due to asthma was **560** per 100,000 persons in 2007
- Children ages 0 to 4 had the **highest** rate for asthma-related ER visit **1,428** per 100,000 persons
- The rate of asthma-related ER visits **decreased** as age increased
- ER charges related to asthma totaled over **\$63 million**

HOSPITALIZATIONS

- More than **10,000** hospitalizations for asthma occurred in Georgia in 2007
- Asthma hospitalization rates were **highest** among young children and older adults
- Blacks were **twice** as likely as whites to be hospitalized with asthma
- Hospitalization charges related to asthma totaled more than **\$132 million** in 2007

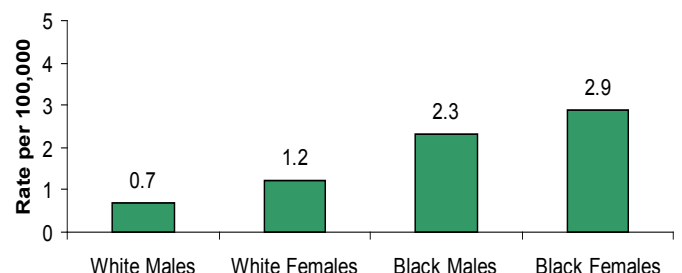
Asthma hospitalizations by age group, Georgia, 2007



DEATHS

- On average, from 2001 to 2007 there were **113** asthma deaths per year
- Blacks were **2.7** times more likely than whites to die from asthma
- Women were **1.5** times more likely than men to die from asthma

Asthma age-adjusted death rates, by race and sex, Georgia, 2001-2007



CHILDREN: Asthma Management and Training

- Thirty eight percent (**38%**) of children with asthma in Georgia had an asthma attack in the past year
- Fourteen percent (**14%**) of children with asthma had to visit an emergency room or urgent care center because of their asthma in the past year
- Thirty six percent (**36%**) of children with asthma were allowed to have asthma medicine at school. (Georgia code [OCGA 20-2-774 \(2004\)](#). A statute authorizing students to self administer asthma medication, pursuant to local adopted school policies.)
- Fifty eight percent (**58%**) of children with asthma have never been given an asthma action plan by a doctor or other health professional
- Seventy nine percent (**79%**) of children with asthma were taught by a doctor or health professional to recognize early signs of an asthma episode
- Seventy six percent (**76%**) of children with asthma were taught by a doctor or health professional what to do during an asthma attack

ADULTS: Asthma Management

- Thirty eight percent (**38%**) of adults with asthma reported having an episode of asthma or an asthma attack in the past year
- Eleven percent (**11%**) of adults with asthma reported having to visit an emergency room or urgent care center because of their asthma in the past year
- Forty five percent (**45%**) of adults with asthma reported being unable to work or carry out usual activities on one or more days in the past year
- Twenty nine percent (**29%**) of adults with asthma reported having no routine checkups for their asthma in the past year
- Seventy two percent (**72%**) of adults with asthma reported never being given an asthma action plan by a doctor or other health professional
- Fifty seven percent (**57%**) of adults with asthma reported never being taught by a doctor or health professional to recognize early signs of an asthma attack
- Sixty three percent (**63%**) of adults with asthma reported being taught by a doctor or health professional what to do during an asthma attack

ASTHMA PREVENTION AND MANAGEMENT

Know the common triggers

Exposure to the following environmental irritants and allergens can cause an asthma attack.

- Tobacco smoke
- Dust mites
- Pets (animal dander)
- Cockroaches
- Fungi and molds (indoor and outdoor)

Take control of asthma

- Reduce exposure to your triggers
- Work with your doctor to create an asthma management plan
- Monitor your breathing and airways with a peak flow meter, as recommended by your doctor
- Treat symptoms early
- Learn when to seek medical help

Create an asthma management plan

An asthma management plan is a written guide set up by your doctor and you to help manage your asthma, based on your individual needs. Your plan will tell you:

- What brings on your asthma symptoms
- How to avoid triggers and reduce exposure
- What medicines to take and when to take them
- When you need to seek medical help

Tips for using an asthma management plan

- Go over each step of the plan with your doctor
- Understand instructions for medications
- Learn to use equipment, such as nebulizers, properly
- Schedule routine visits to discuss your asthma with your doctor
- Let your doctor know if your plan is not working, so that the plan can be revised as needed

Data sources

1. 2008 Georgia Behavioral Risk Factor Surveillance System (BRFSS) (<http://health.state.ga.us/epi/brfss/publications.asp>)
2. 2007 Georgia Vital Statistics
3. 2007 Georgia Emergency Department and Hospital Inpatient Discharge Data
4. 2008 Georgia Child Asthma Callback Survey
5. 2008 Georgia Adult Asthma Callback Survey