

2007 Georgia Data Summary:

ASTHMA



An estimated 10% of children in Georgia have asthma. Among children with asthma, hospitalization rates are highest for those ages four and under.

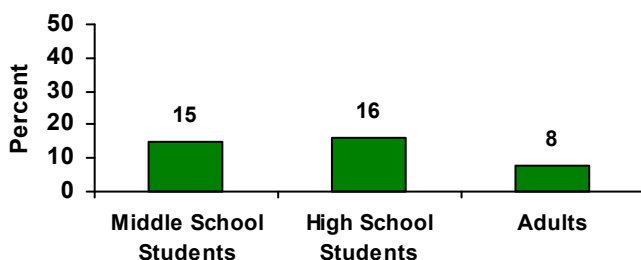
WHAT IS ASTHMA?

- 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 **137,000 (10%)** children ages 10 and younger in Georgia have asthma.
- Approximately **56,000 (15%)** middle school students in Georgia have asthma.
- Approximately **70,000 (16%)** high school students in Georgia have asthma.
- Approximately **540,000 (8%)** adults in Georgia have asthma.
 - Asthma is more common among adult women (**10%**) 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 youth and adults who have asthma, Georgia, 2005 and 2006*



*Student data are from 2005; adult data are from 2006.

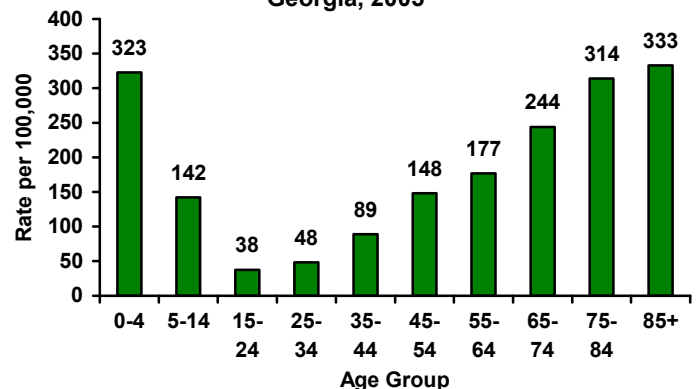
EMERGENCY DEPARTMENT (ED) VISITS

- More than **50,000** ED visits for asthma occurred in Georgia in 2005.
- The overall rate of ED visits due to asthma was **549** per 100,000 persons in 2005.
- Children ages 1 to 4 had the **highest** rate of asthma-related ED visits; **1,562** per 100,000 persons.
- The rate of asthma-related ED visits decreases as age increases.
- ED charges related to asthma totaled approximately **\$46 million** in 2005.

HOSPITALIZATIONS

- More than **12,000** hospitalizations for asthma occurred in Georgia in 2005.
- Asthma hospitalization rates were **highest** among young children and older adults.
- Blacks are **twice** as likely as whites to be hospitalized with asthma.
- Hospitalization charges related to asthma totaled more than **\$126 million** in 2005.

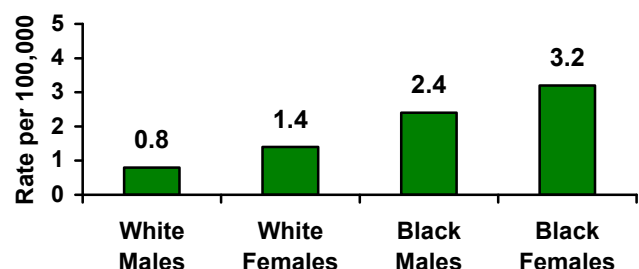
Asthma hospitalizations by age group, Georgia, 2005



DEATHS

- On average, from 2000 to 2005 there were **117** asthma deaths per year.
- Blacks are **2.6** times more likely than whites to die from asthma.
- Females are **1.6** times more likely than males to die from asthma.
- Death rates from asthma increase with age.

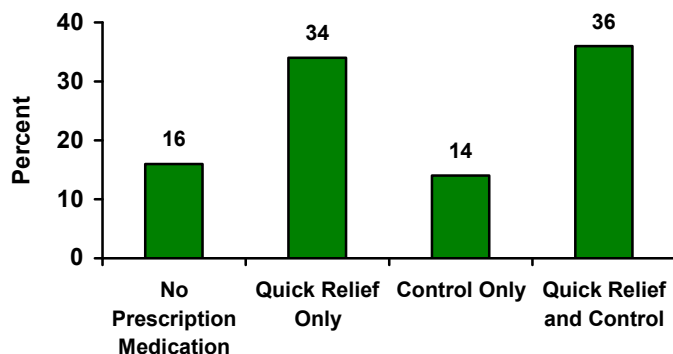
Asthma death rates, by race and sex, Georgia, 2000-2005



CHILDREN: Medicine Use

- **84%** of children with asthma use prescription medications, including **36%** with prescriptions for control[§] and quick-relief[¶] medications, **14%** with a prescription for control medications only, and **34%** with a prescription for quick-relief medications only.
- **17%** of children with asthma use two or more prescriptions per year.

Use of asthma prescription medicines among children with asthma, Georgia, 2002-2003



CHILDREN: Asthma Management and Training

- **60%** of children with asthma have had an asthma attack in 2002-2003.
- About **75,000 (48%)** children ages 5 to 17 reportedly missed approximately 470,000 school days due to their asthma.
- About **48,000 (23%)** children with asthma reported having limitations in their daily activity, compared to their friends.

ADULTS: Asthma Management

- **56%** of adults with asthma reported having had an episode of asthma or an asthma attack in 2005.
- **14%** of adults with asthma reported they were unable to work or carry out usual activities on one or more days.
- **42%** of adults with asthma reported having no routine checkups for their asthma.

§Control medications: medicines designed to control airway inflammation and prevent attacks from occurring.

¶Quick-relief medications: medicines designed to provide quick relief of asthma symptoms during an attack or exacerbation.

ASTHMA PREVENTION

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. 2006 Georgia Behavioral Risk Factor Surveillance System (BRFSS) (<http://health.state.ga.us/epi/brfss/publications.asp>).
2. 2005 Georgia Youth Tobacco Survey (<http://health.state.ga.us/epi/cdiee/tobaccouse.asp>).
3. Georgia Vital Statistics, 2005
4. Georgia Hospital Inpatient Discharge Data, Office of Health Information and Policy (OHIP), 2005
5. 2002-2003 Georgia Childhood Asthma Survey

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Visit <http://www.health.state.ga.us/epi/cdiee/asthma.asp> for more information about asthma in Georgia.