

# 2007 Georgia Data Summary:

## ASTHMA and SECONDHAND SMOKE

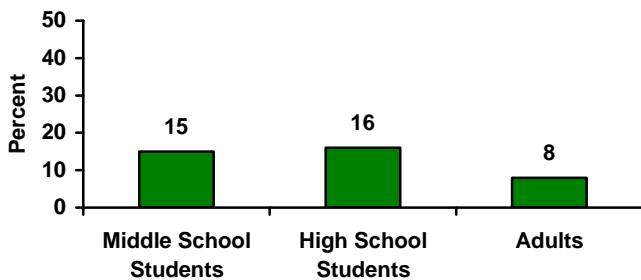


**Asthma is a common and costly disease. Secondhand smoke can trigger and worsen asthma attacks and symptoms in youth and adults. Appropriate disease management and avoidance of triggers can reduce the burden of asthma.**

### ASTHMA PREVALENCE

- Approximately **137,000 (10%)** children ages 10 and younger in Georgia have asthma.
- Approximately **56,000 (15%)** middle school students and **70,000 (16%)** high school students in Georgia have asthma.
- Approximately **540,000 (8%)** adults in Georgia have asthma.

Percentage of youth and adults who have asthma, Georgia, 2005, 2006

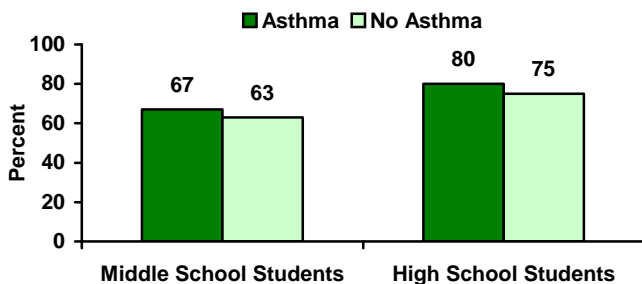


\*Student data are from 2005; adult data are from 2006.

### SECONDHAND SMOKE<sup>1</sup> EXPOSURE

- Approximately two-thirds of middle school students and three-fourths of high school students are exposed<sup>2</sup> to secondhand smoke, regardless of asthma status.

Percentage of youth exposed to secondhand smoke, by asthma status, Georgia, 2005

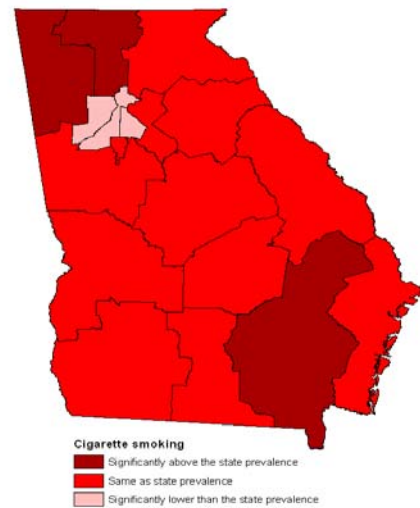


1. Secondhand smoke (SHS) is the combination of the smoke given off by the burning end of a cigarette, cigar, or pipe and the smoke exhaled by smokers.
2. Youth exposed to SHS at home, in a room, in a car and through friends who smoke.

### CIGARETTE SMOKING PREVALENCE

- Approximately **25,000 (7%)** middle school students and **73,000 (17%)** high school students in Georgia smoke cigarettes.
- Approximately **1.3 million (20%)** adults in Georgia smoke cigarettes.

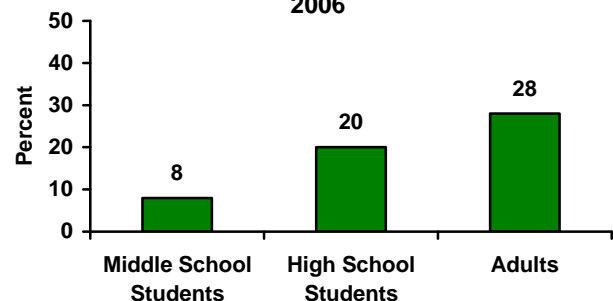
Percent of adults who smoke cigarettes by Health District, Georgia, 2000-2005



### CIGARETTE SMOKING AND ASTHMA

- Approximately **4,500 (8%)** middle school students with asthma and **14,000 (20%)** high school students with asthma smoke cigarettes.
- Approximately **151,000 (28%)** adult Georgians with asthma smoke cigarettes.

Percentage of youth and adults with asthma who smoke, Georgia, 2005 and 2006

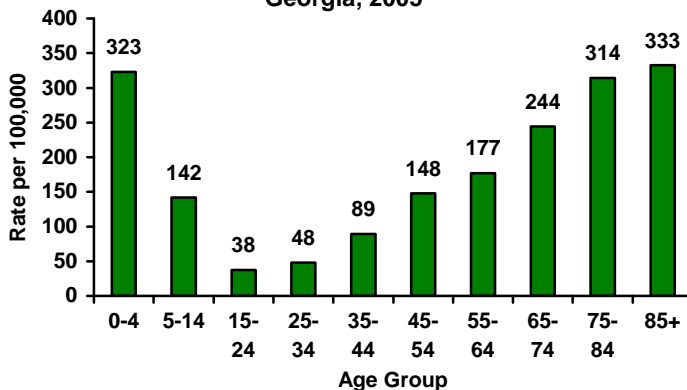


\*Student data are from 2005; adult data are from 2006.

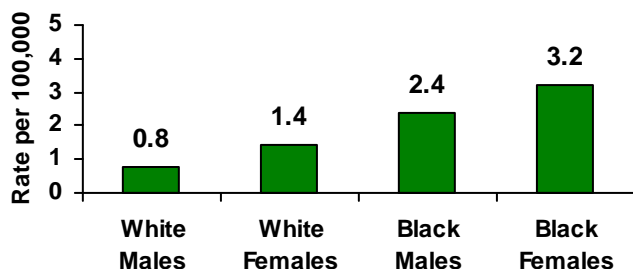
## HEALTH BURDEN

- There were more than **50,000** visits to the emergency department and over **12,000** hospitalizations for asthma in Georgia in 2005.
- Emergency department visits and hospitalization rates are highest among children ages four and under.
- On average, from 2000 to 2005, there were **117** asthma deaths per year.

Asthma hospitalizations by age group, Georgia, 2005



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



## ASTHMA PREVENTION and EXPOSURE TO TOBACCO SMOKE

- Despite the fact that smoking may trigger asthma attacks, youth and adults with asthma continue to smoke.
- Exposure to secondhand smoke increases the frequency and severity of asthma attacks.
- Stopping smoking and limiting exposure to secondhand smoke can help reduce the frequency and severity of asthma attacks.

### Data sources:

1. 2006 Georgia Behavioral Risk Factor Surveillance System (BRFSS) (<http://health.state.ga.us/epi/brfss/publications.asp>).
2. 2005 Georgia Youth Risk Behavior Survey (YRBS) (<http://health.state.ga.us/epi/cdiee/studenthealth.asp>).
3. 2005 Georgia Youth Tobacco Survey (<http://health.state.ga.us/epi/cdiee/tobaccouse.asp>).
4. Georgia Vital Statistics, 2005
5. Georgia Hospital Inpatient Discharge Data, Office of Health Information and Policy (OHIP), 2005
6. 2002 Georgia Childhood Asthma Survey

Date updated: August 2007

Publication number: DPH07/117HW

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

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

## ASTHMA PREVENTION cont.

### 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.