

2006 Georgia Data Summary:

ASTHMA and SECONDHAND SMOKE

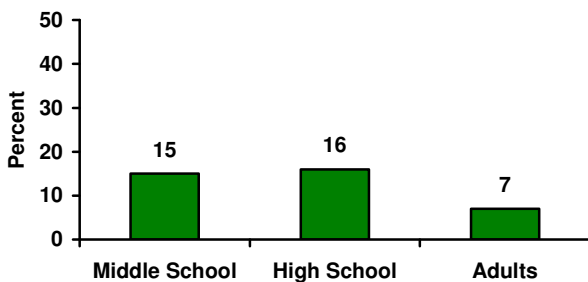


Asthma is a common and costly disease. Secondhand smoke can trigger and worsen asthma attacks and symptoms in youth and adults. Appropriate disease management and avoidance of triggers can reduce the burden of asthma.

ASTHMA PREVALENCE

- Approximately 212,000 (10%) children ages 17 and younger in Georgia have asthma.
 - 56,000 middle school students (15%) have asthma.
 - 70,000 high school students (16%) have asthma.
- Approximately 480,000 adults (7%) in Georgia have asthma.

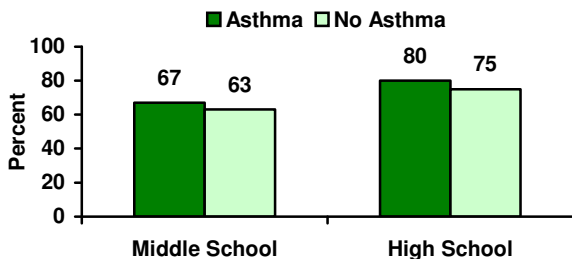
Percentage of youth and adults who have asthma, Georgia, 2005



SECONDHAND SMOKE¹ EXPOSURE

- Approximately two-thirds of middle school students and three-fourths of high school students are exposed² to secondhand smoke, regardless of asthma status.

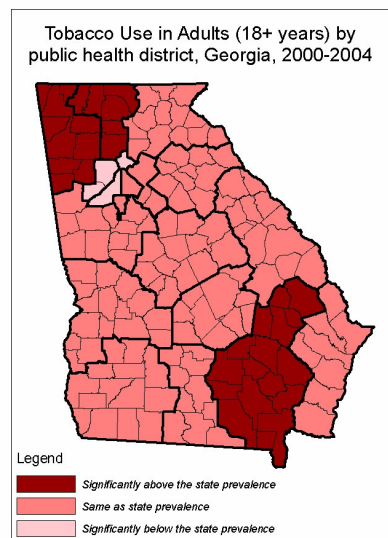
Percentage of youth exposed to secondhand smoke, by asthma status, Georgia, 2005



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.

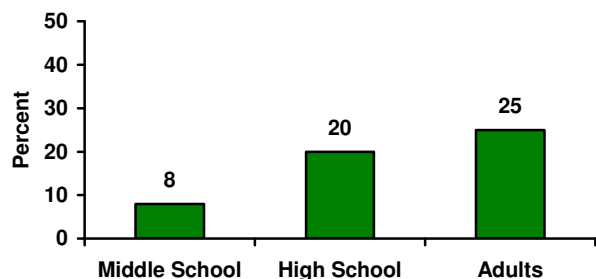
CIGARETTE SMOKING PREVALENCE

- Approximately 33,000 middle school students (9%) and 83,000 high school students (19%) in Georgia smoke cigarettes.
- One in four adults (22%) in Georgia smokes cigarettes.



- Among students in Georgia with asthma, approximately 4,500 middle school students (8%) and 14,000 high school students (20%) smoke cigarettes.
- One in four adults with asthma in Georgia (25%) smoke cigarettes.

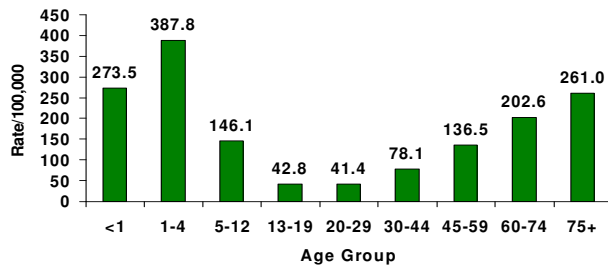
Percentage of youth and adults with asthma who smoke, Georgia, 2005



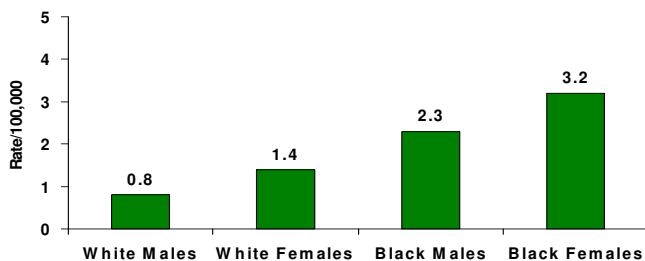
HEALTH BURDEN

- In 2004, there were over 47,000 visits to the emergency room with asthma as the primary diagnosis.
- There were more than 11,000 hospitalizations in 2004 with asthma as the primary diagnosis.
- Emergency room visits and hospitalization rates are highest among children age four and under.
- On average, from 2000 to 2004, there were 117 asthma deaths per year (1.6 per 100,000).

Asthma Hospitalizations by Age Group, Georgia, 2004



Asthma Deaths by Race and Sex, Georgia, 2000-2004



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 has been shown to increase 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.

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 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 medicine to take and when to take it
- 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 asthma equipment properly.
- Schedule routine visits to discuss your asthma with your doctor.
- If your plan is not working, discuss with your doctor revisions that may be needed.

Data sources: 2005 Behavioral Risk Factor Surveillance System (BRFSS)
2002 Georgia Childhood Asthma Survey
2005 Georgia Youth Tobacco Survey (YTS)
2005 Georgia Youth Risk Behavior Survey (YRBS)
Georgia Vital Statistics, 2004
Georgia Hospital Inpatient Discharge Data, Office of Health Information and Policy (OHIP), 2004

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.

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