

2008 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.

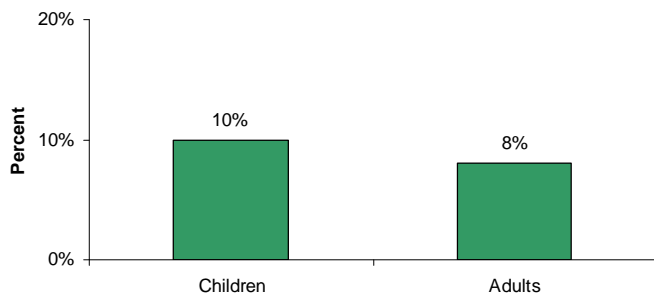
WHAT IS ASTHMA?

- 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 230,000 (10%) children in Georgia have asthma.
- Approximately 41,000 (11%) middle school students in Georgia have asthma.
- Approximately 44,000 (10%) high school students in Georgia have asthma.
- Approximately 524,000 (8%) adults in Georgia have asthma.
 - Asthma is more common among adult women (11%) than adult men (4%).
 - 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, 2007



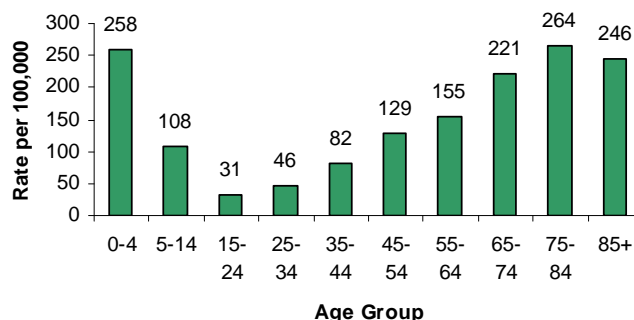
EMERGENCY ROOM (ER) VISITS

- More than 49,000 ER visits for asthma occurred in Georgia in 2006.
- The overall age-adjusted rate of ER visits due to asthma was 516 per 100,000 persons in 2006.
- Children ages 0 to 4 have the highest rate for asthma-related ER visits; 1,328 per 100,000 persons.
- The rate of asthma-related ER visits decreases as age increases.
- ER charges related to asthma totaled over \$50 million.

HOSPITALIZATIONS

- More than 10,000 hospitalizations for asthma occurred in Georgia in 2006.
- 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 \$124 million in 2006.

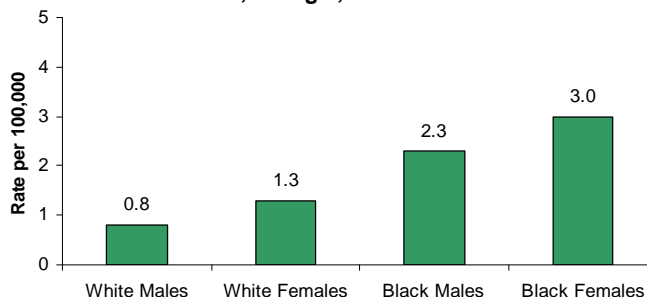
Asthma hospitalizations by age group, Georgia, 2006



DEATHS

- On average, from 2001 to 2006 there were 116 asthma deaths per year.
- Blacks are 2.5 times more likely than whites to die from asthma.
- Women are 1.6 times more likely than men to die from asthma.
- Death rates from asthma increase with age.

Asthma Age-Adjusted Death Rates, by race and sex, Georgia, 2001-2006



CHILDREN: Asthma Management and Training

- **62%** of children with asthma have had an asthma attack in the past year.
- **19%** of children with asthma had to visit an emergency room or urgent care center because of their asthma in the past year.
- **59%** of children with asthma were allowed to have asthma medicine at school.
- **52%** of children with asthma having never been given an asthma action plan by a doctor or other health professional.
- **82%** of children with asthma were taught by a doctor or health professional to recognize early signs of an asthma episode.
- **82%** of children with asthma were taught by a doctor or health professional on what to do during an asthma attack.

ADULTS: Asthma Management

- **59%** of adults with asthma reported having had an episode of asthma or an asthma attack in the past year.
- **17%** of adults with asthma reported having had to visit an emergency room or urgent care center because of their asthma in the past year.
- **35%** of adults with asthma reported they were unable to work or carry out usual activities on one or more days.
- **20%** of adults with asthma reported having no routine checkups for their asthma in the past year.
- **78%** of adults with asthma reported having never been given an asthma action plan by a doctor or other health professional.
- **60%** of adults with asthma reported having been taught by a doctor or health professional to recognize early signs of an asthma attack.
- **71%** of adults with asthma reported having been taught by a doctor or health profession on 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. 2007 Georgia Behavioral Risk Factor Surveillance System (BRFSS)
2. 2007 Georgia Youth Behavioral Risk Factor Survey (<http://health.state.ga.us/epi/cdiee/tobaccouse.asp>).
3. Georgia Vital Statistics, 2006
4. Georgia Emergency Department and Hospital Inpatient Discharge Data, 2006
5. 2006-07 Georgia Child Asthma Callback Survey
6. 2006-07 Georgia Adult Asthma Callback Survey

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