

Asthma in Washington

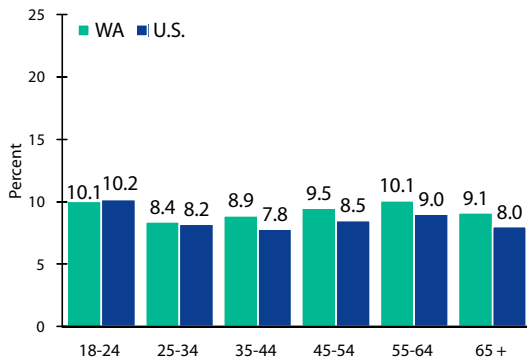
Asthma is a chronic lung disease that affects an estimated 16.4 million adults (aged ≥ 18 years)¹ and 7.0 million children (aged < 18 years)¹ in the United States (U.S.), regardless of age, sex, race, or ethnicity. Although the exact cause of asthma is unknown and it cannot be cured, it can be controlled with self-management education, appropriate medical care, and avoiding exposure to environmental triggers. The following data provide an overview of the burden of asthma in Washington (WA) compared with the U.S.

All stated comparisons (e.g., higher, lower, similar) indicate that the group is statistically significantly different than the reference group (e.g., adults aged 18-24 years, men, non-Hispanic whites, children aged 12-17 years, and boys).

Asthma Prevalence

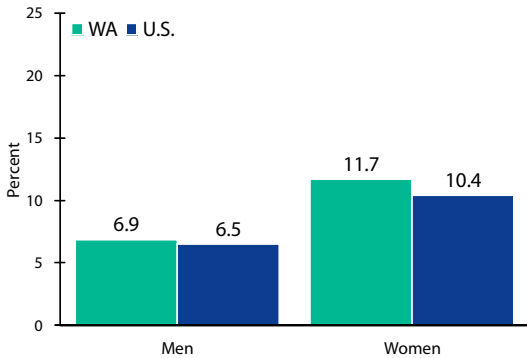
In 2008, an estimated 461,670 adults in Washington had asthma. Adult lifetime asthma prevalence was 14.9% and adult current asthma prevalence was 9.3% compared with U.S. rates of 13.3% and 8.5%, respectively².

Adult Current Asthma Prevalence by Age, BRFSS, 2008



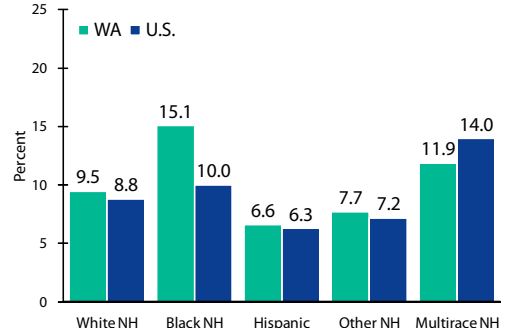
Adult current asthma prevalence was similar among all age groups when compared with adults aged 18-24 years in Washington; however, the rate was highest among adults aged 18-24 years throughout the U.S.

Adult Current Asthma Prevalence by Sex, BRFSS, 2008



Adult current asthma prevalence was higher among women than men in Washington. A similar pattern occurred throughout the U.S.

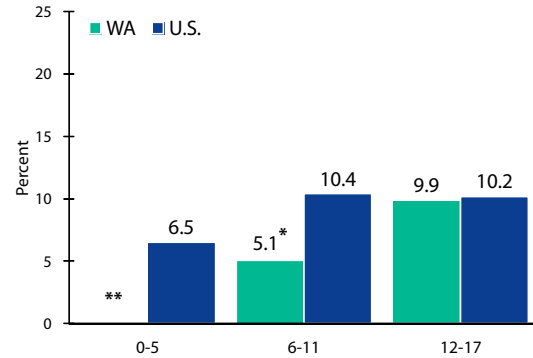
Adult Current Asthma Prevalence by Race/Ethnicity, BRFSS, 2008



Adult current asthma prevalence was lower among Hispanics than non-Hispanic whites in Washington; however, rates were higher among non-Hispanic multirace persons and non-Hispanic blacks throughout the U.S.

In 2007, an estimated 106,438 children in Washington had asthma. Child current asthma prevalence was 6.9% compared with the U.S. rate of 9.0%².

Child Current Asthma Prevalence by Age, NSCH, 2007

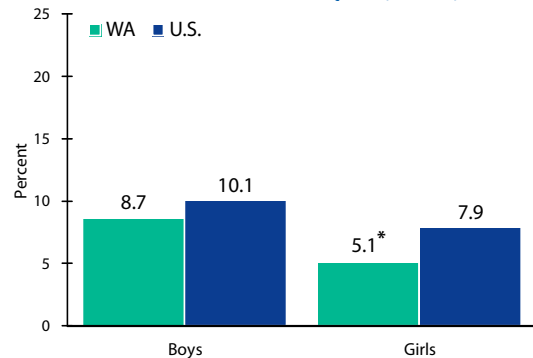


Child current asthma prevalence was lower among children aged 0-5 years than children aged 12-17 years throughout the U.S. Comparisons between age groups in Washington were not reported due to sample size.

*The estimate is unstable.

**The estimate is suppressed.

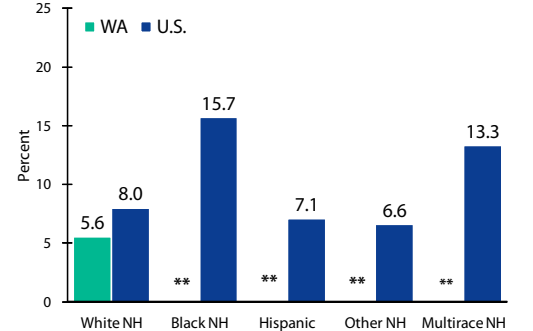
Child Current Asthma Prevalence by Sex, NSCH, 2007



Child current asthma prevalence was higher among boys than girls throughout the U.S. Comparisons between sexes in Washington were not reported due to sample size.

*The estimate is unstable.

Child Current Asthma Prevalence by Race/Ethnicity, NSCH, 2007

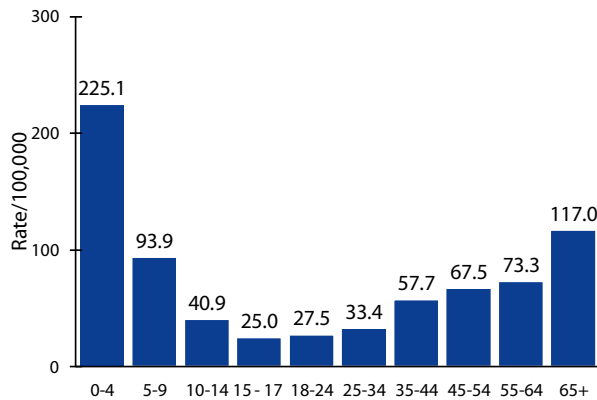


Child current asthma prevalence was higher among non-Hispanic blacks and non-Hispanic multirace persons throughout the U.S. Comparisons between race/ethnic groups in Washington were not reported due to sample size.

**The estimate is suppressed.

Asthma Hospitalizations

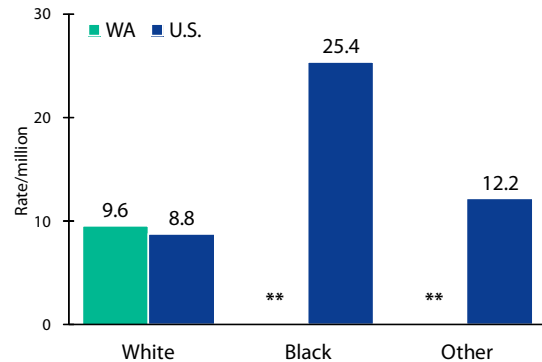
Washington Hospital Discharge Data, 2008



The age-adjusted asthma hospitalization rate in Washington was 73.2/100,000 persons³ compared with the U.S. rate of 144/100,000 persons⁴. In Washington, the hospitalization rate for children was 104.1/100,000 persons³ and for adults was 63.1/100,000 persons³.

Asthma Deaths

Age-Adjusted Asthma Mortality Rate by Race, NVSS, 2007



Asthma was the underlying cause of death for 65 adults and less than 10** children in Washington⁵. The age-adjusted asthma mortality rate in Washington was 10.2/million and the U.S. rate was 11.0/million⁵.
**The estimate is suppressed.

Asthma Patient Education and Medication Use

The National Heart, Lung, and Blood Institute (NHLBI) Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma includes recommendations by medical and public health experts to aid in the clinical practice of managing asthma. The NHLBI Guidelines focus on four areas of asthma management and care: Assessment and Monitoring, Patient Education, Control of Environmental Factors Contributing to Asthma Severity, and Pharmacologic Treatment. Items included in the following table are related to asthma patient education and medication use for adults with current asthma in Washington.

Patient Education: Adults with Current Asthma ⁶	Respondents	Yes
Ever taught how to recognize early signs or symptoms of an asthma episode	498	61%
Ever told what to do during an asthma attack	499	76%
Ever taught how to use a peak flow meter to adjust daily medications	499	48%
Ever given an asthma action plan	498	25%
Ever taken a course on how to manage asthma	505	8%

Medication Use: Adults with Current Asthma ⁶	Respondents	Yes
Used a prescription asthma medication in the past 3 months ⁷	485	62%

NOTES:

- National Health Interview Survey (NHIS), 2008
- Behavioral Risk Factor Surveillance System (BRFSS), 2008
National Survey of Children's Health, 2007
When the sample size is fewer than 50, prevalence estimates are considered unstable and should be interpreted with caution. Indicated with an asterisk (*)
When estimates are based on sample sizes too small to meet standards for reliability or precision, data are suppressed due to confidentiality. Indicated with double asterisks (**)
All stated comparisons (e.g., higher, lower, similar) indicate that the group is statistically significantly different than the reference group (e.g., adults aged 18-24 years, men, non-Hispanic whites, children aged 15-17 years, and boys).
- State Hospital Discharge Data, 2008
- National Hospital Discharge Survey, 2008
When estimates are based on fewer than 60 hospitalizations, they are considered unstable and should be interpreted with caution. Indicated with an asterisk (*)
- National Vital Statistics System (NVSS), 2007
When estimates are based on fewer than 20 deaths in the numerator, they are considered unstable and should be interpreted with caution. Indicated with an asterisk (*)
When estimates are based on fewer than 10 deaths in the numerator, data are suppressed due to confidentiality. Indicated with double asterisks (**)
- Asthma Call-back Survey, 2008
- Medication includes inhalers, pills, syrups, and nebulizers.