

# Asthma in New Mexico

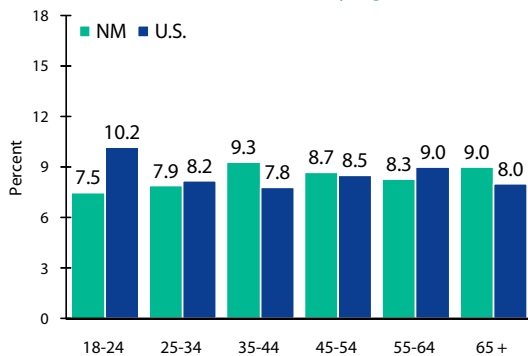
Asthma is a chronic lung disease that affects an estimated 16.4 million adults (aged  $\geq 18$  years)<sup>1</sup> and 7.0 million children (aged  $< 18$  years)<sup>1</sup> in the United States (U.S.), regardless of age, sex, race, or ethnicity. Although the exact cause of asthma is unknown and it 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 New Mexico (NM) 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 15-17 years, and boys).**

## Asthma Prevalence

In 2008, an estimated 124,847 adults in New Mexico had asthma. Adult lifetime asthma prevalence was 12.6% and adult current asthma prevalence was 8.5% compared with U.S. rates of 13.3% and 8.5%, respectively<sup>2</sup>.

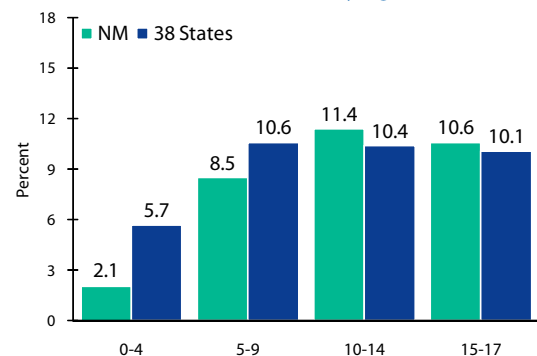
In 2008, an estimated 38,410 children in New Mexico had asthma. Child lifetime asthma prevalence was 11.1% and child current asthma prevalence was 7.6% compared with the 38 participating states' rates of 13.3% and 9.0%, respectively<sup>2</sup>.

Adult Current Asthma Prevalence by Age, BRFSS, 2008



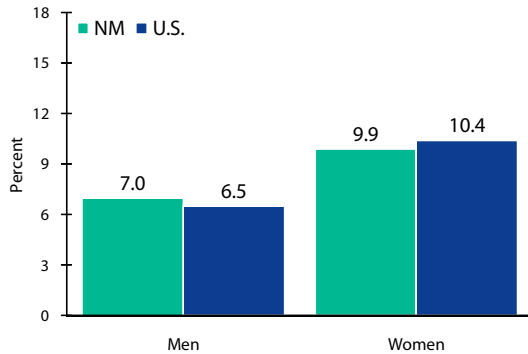
Adult current asthma prevalence was similar among all age groups when compared with adults aged 18-24 years in New Mexico; however, the rate was highest among adults aged 18-24 years throughout the U.S.

Child Current Asthma Prevalence by Age, BRFSS, 2008



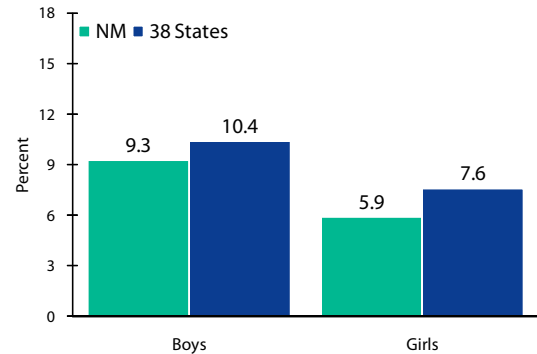
Child current asthma prevalence was lower among children aged 0-4 years than children aged 15-17 years in New Mexico. A similar pattern occurred throughout the 38 participating states.

Adult Current Asthma Prevalence by Sex, BRFSS, 2008



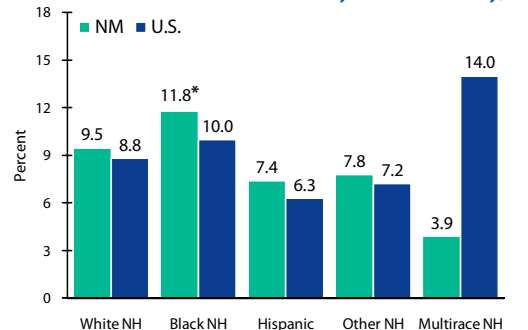
Adult current asthma prevalence was higher among women than men in New Mexico. A similar pattern occurred throughout the U.S.

Child Current Asthma Prevalence by Sex, BRFSS, 2008



Child current asthma prevalence was higher among boys than girls in New Mexico; however, the rate was higher among boys throughout the 38 participating states.

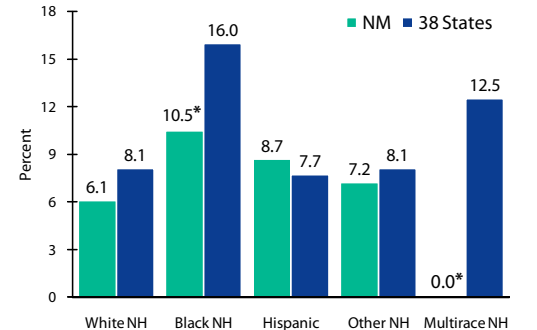
Adult Current Asthma Prevalence by Race/Ethnicity, BRFSS, 2008



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

\*The estimate is unstable.

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



Child current asthma prevalence was similar among race/ethnic groups when compared with non-Hispanic whites in New Mexico; however, rates were higher among non-Hispanic blacks and non-Hispanic multirace persons throughout the 38 participating states.

\*The estimate is unstable.

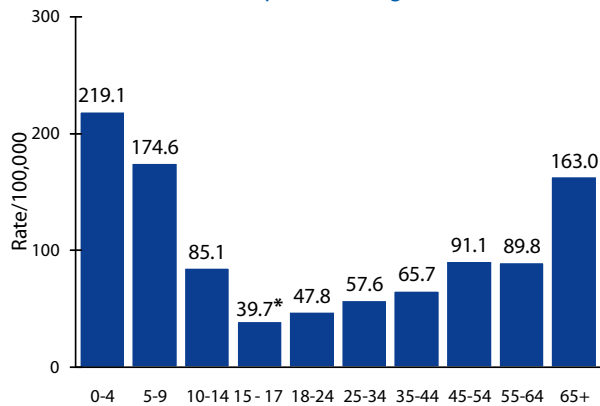
National Center for Environmental Health

Division of Environmental Hazards and Health Effects



### Asthma Hospitalizations

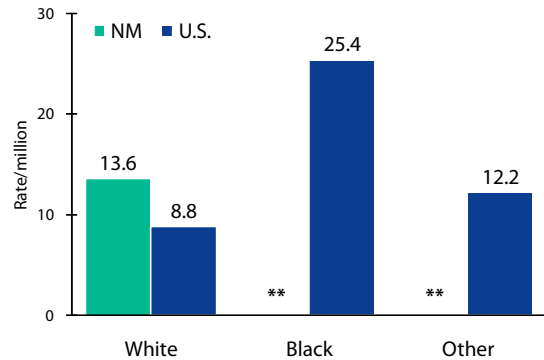
New Mexico Hospital Discharge Data, 2008



The age-adjusted asthma hospitalization rate in New Mexico was 99.6/100,000 persons<sup>3</sup> compared with the U.S. rate of 144/100,000 persons<sup>4</sup>. In New Mexico, the hospitalization rate for children was 141.3/100,000 persons<sup>3</sup> and for adults was 87.3/100,000 persons<sup>3</sup>.  
\*The estimate is unstable.

### Asthma Deaths

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



Asthma was the underlying cause of death for 27 adults and less than 10\*\* children in New Mexico<sup>5</sup>. The age-adjusted mortality rate in New Mexico was 13.7/million and the U.S. rate was 11.0/million<sup>5</sup>.  
\*\*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 New Mexico.

Patient Education: Adults with Current Asthma <sup>6</sup>	Respondents	Yes
Ever taught how to recognize early signs or symptoms of an asthma episode	269	66%
Ever told what to do during an asthma attack	270	78%
Ever taught how to use a peak flow meter to adjust daily medications	272	49%
Ever given an asthma action plan	271	24%
Ever taken a course on how to manage asthma	273	6%

Medication Use: Adults with Current Asthma <sup>6</sup>	Respondents	Yes
Used a prescription asthma medication in the past 3 months <sup>7</sup>	267	67%

**NOTES:**

- National Health Interview Survey (NHIS), 2008
- Behavioral Risk Factor Surveillance System (BRFSS), 2008  
When the sample size is fewer than 50, prevalence estimates are considered unstable and should be interpreted with caution. Indicated with an asterisk (\*)  
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.

CDC's National Asthma Control Program  
For more information on asthma:

<http://www.cdc.gov/asthma>  
<http://www.nmhealth.org/eheb/asthma.shtml>