

Asthma in Alabama

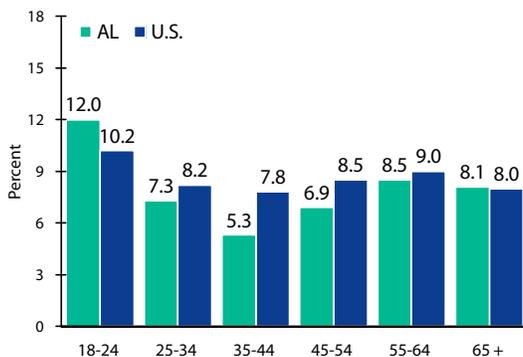
Asthma is a chronic lung disease that affects an estimated 16.4 million adults (aged ≥ 18 years)¹ and 7.0 million children (aged < 18 years)¹ in the United States (U.S.), regardless of age, sex, race, or ethnicity. Although the exact cause of asthma is unknown and it cannot be cured, it can be controlled 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 Alabama (AL) 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 274,722 adults in Alabama had asthma. Adult lifetime asthma prevalence was 12.3% and adult current asthma prevalence was 7.8% compared with U.S. rates of 13.3% and 8.5%, respectively².

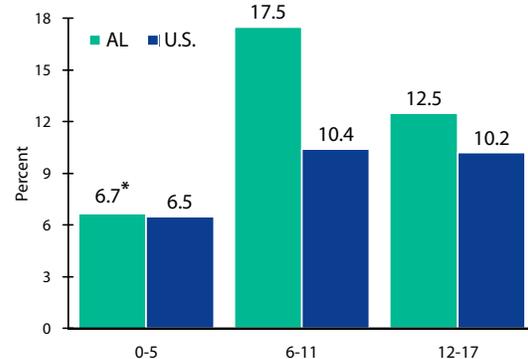
In 2007, an estimated 137,091 children in Alabama had asthma. Child current asthma prevalence was 12.3% compared with the U.S. rate of 9.0%².

Adult Current Asthma Prevalence by Age, BRFSS, 2008



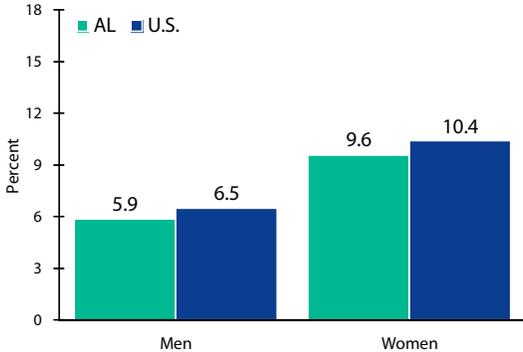
Adult current asthma prevalence was lower among adults aged 35-44 years than adults aged 18-24 years in Alabama; however, the rates were highest among adults aged 18-24 years throughout the U.S.

Child Current Asthma Prevalence by Age, NSCH, 2007



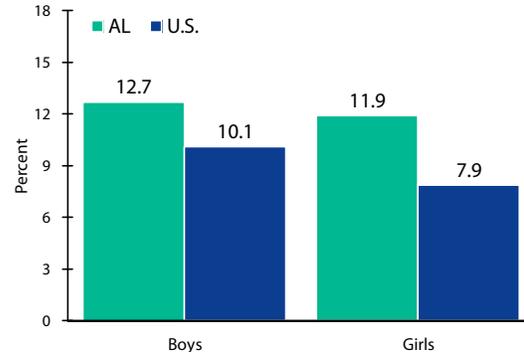
Child current asthma prevalence was similar among children aged 6-11 years when compared with children aged 12-17 years in Alabama; however, the rate was lower among children aged 0-5 years throughout the U.S. **The estimate is unstable.*

Adult Current Asthma Prevalence by Sex, BRFSS, 2008



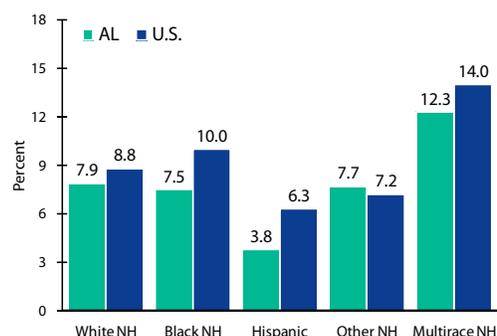
Adult current asthma prevalence was higher among women than men in Alabama. A similar pattern occurred throughout the U.S.

Child Current Asthma Prevalence by Sex, NSCH, 2007



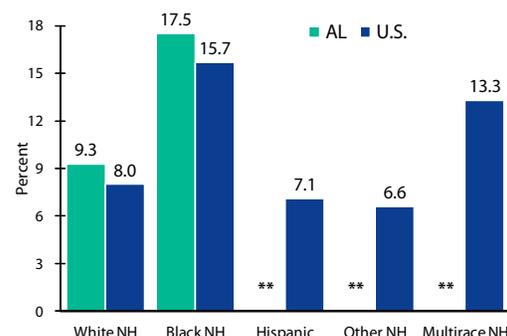
Child current asthma prevalence was similar among boys and girls in Alabama; however, the rate was higher among boys throughout the U.S.

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



Adult current asthma prevalence was similar among all race/ethnic groups when compared with non-Hispanic whites in Alabama; however, rates were higher among non-Hispanic multirace persons and non-Hispanic blacks throughout the U.S.

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



Child current asthma prevalence was higher among non-Hispanic blacks than non-Hispanic whites in Alabama; however, rates were higher among non-Hispanic blacks and non-Hispanic multirace persons throughout the U.S. ***The estimate is suppressed.*

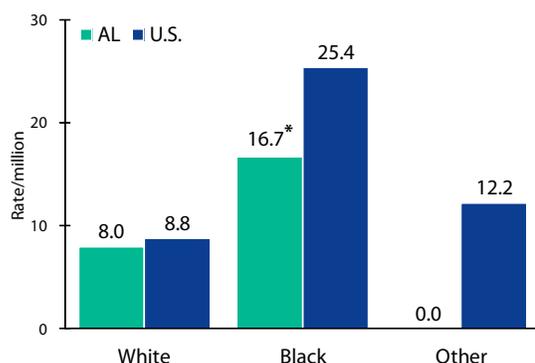
Asthma Hospitalizations

Alabama Hospital Discharge Data, 2008

State-wide information on asthma-related hospital discharges is unavailable for Alabama.

Asthma Deaths

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



Asthma was the underlying cause of death for 46 adults and less than 10** children in Alabama⁵. The age-adjusted asthma mortality rate in Alabama was 11.1/million and the U.S. rate was 11.0/million⁵.
*The estimate is unstable.

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. The state of Alabama does not have data available from the Asthma Call-back Survey.

Patient Education: Adults with Current Asthma ⁶	Respondents	Yes
Ever taught how to recognize early signs or symptoms of an asthma episode	not available	not available
Ever told what to do during an asthma attack	not available	not available
Ever taught how to use a peak flow meter to adjust daily medications	not available	not available
Ever given an asthma action plan	not available	not available
Ever taken a course on how to manage asthma	not available	not available

Medication Use: Adults with Current Asthma ⁶	Respondents	Yes
Used a prescription asthma medication in the past 3 months ⁷	not available	not available

NOTES:

- National Health Interview Survey (NHIS), 2008
- Behavioral Risk Factor Surveillance System (BRFSS), 2008, National Survey of Children's Health (NSCH), 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.

CDC's National Asthma Control Program

For more information on asthma:

<http://www.cdc.gov/asthma>

<http://www.adph.org/asthma/>