Asthma is a chronic lung disease that affects an estimated 16.4 million adults (aged ≥ 18 years) and 7.0 million children (aged < 18 years) 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 Illinois (IL) 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 759,775 adults in Illinois had asthma. Adult lifetime asthma prevalence was 13.2% and adult current asthma prevalence was 7.9% compared with U.S. rates of 13.3% and 8.5%, respectively.

**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 Illinois. A similar pattern occurred throughout the 38 participating states.

**Child Current Asthma Prevalence by Sex, BRFSS, 2008**

Child current asthma prevalence was similar among boys and girls in Illinois; however, the rate was higher among boys throughout the 38 participating states.

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

Child current asthma prevalence was lower among non-Hispanic persons of other races compared with non-Hispanic whites in Illinois; however, rates were higher among non-Hispanic multirace persons and non-Hispanic blacks throughout the U.S.

The estimate is unstable.
The age-adjusted asthma hospitalization rate in Illinois was 155.7/100,000 persons compared with the U.S. rate of 144/100,000 persons. In Illinois, the hospitalization rate for children was 146.9/100,000 persons and for adults was 159.4/100,000 persons.

Asthma Hospitalizations
Illinois Hospital Discharge Data, 2008

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

Asthma was the underlying cause of death for 141 adults and less than 10 children in Illinois. The age-adjusted mortality rate in Illinois was 11.3/million and the U.S. rate was 11.0/million.

**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 Illinois.

<table>
<thead>
<tr>
<th>Patient Education: Adults with Current Asthma</th>
<th>Respondents</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever taught how to recognize early signs or symptoms of an asthma episode</td>
<td>231</td>
<td>68%</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>231</td>
<td>71%</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>232</td>
<td>54%</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>231</td>
<td>29%</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>232</td>
<td>7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medication Use: Adults with Current Asthma</th>
<th>Respondents</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used a prescription asthma medication in the past 3 months</td>
<td>228</td>
<td>68%</td>
</tr>
</tbody>
</table>

NOTES:
1. National Health Interview Survey (NHIS), 2008
2. 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).
3. State Hospital Discharge Data, 2008
   - When estimates are based on fewer than 60 hospitalizations, they are considered unstable and should be interpreted with caution. Indicated with an asterisk (*).
   - 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 (**).
7. 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.idph.state.il.us/about/chronic/asthma.htm