Asthma in Maine

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 Maine (ME) 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 107,556 adults in Maine had asthma. Adult lifetime asthma prevalence was 15.7% and adult current asthma prevalence was 10.3% compared with U.S. rates of 13.3% and 8.5%, respectively.

In 2008, an estimated 25,629 children in Maine had asthma. Child lifetime asthma prevalence was 13.9% and child current asthma prevalence was 9.4% compared with the 38 participating states' rates of 13.3% and 9.0%, 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 Maine. 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 Maine; 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 higher among non-Hispanic blacks and non-Hispanic multirace persons than non-Hispanic whites throughout the 38 participating states. Comparisons between race/ethnic groups in Maine were not reported due to sample size.

*The estimate is unstable.*
Asthma in Maine

### Asthma Hospitalizations

**Maine Hospital Discharge Data, 2008**

The age-adjusted asthma hospitalization rate in Maine was 83.3/100,000 persons compared with the U.S. rate of 144/100,000 persons. In Maine, the hospitalization rate for children was 101.9/100,000 persons and for adults was 79.8/100,000 persons.

*The estimate is unstable.*

### Asthma Deaths

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

Asthma was the underlying cause of death for 7 adults and less than 10 children in Maine. The age-adjusted mortality rate in Maine was 5.1/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 Maine.

<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>389</td>
<td>71%</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>394</td>
<td>87%</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>392</td>
<td>50%</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>382</td>
<td>37%</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>397</td>
<td>9%</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>387</td>
<td>73%</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.

For more information on asthma:
- [http://www.cdc.gov/asthma](http://www.cdc.gov/asthma)