Asthma in Mississippi

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 Mississippi (MS) 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 151,990 adults in Mississippi had asthma. Adult lifetime asthma prevalence was 11.2% and adult current asthma prevalence was 7.0% compared with U.S. rates of 13.3% and 8.5%, respectively.

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

Child current asthma prevalence was similar among all age groups when compared with children aged 15-17 years in Mississippi; however, the rate was lower among children aged 0-4 years throughout the 38 participating states.

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

Child current asthma prevalence was higher among boys than girls in Mississippi. A similar pattern occurred throughout the 38 participating states.

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

Child current asthma prevalence was higher among non-Hispanic blacks than non-Hispanic whites in Mississippi; however, rates were higher among non-Hispanic blacks and non-Hispanic multirace persons throughout the 38 participating states.

*The estimate is unstable.*
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 Mississippi does not have data available from the Asthma Call-back Survey.

### Patient Education: Adults with Current Asthma

<table>
<thead>
<tr>
<th>Response</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>not available</td>
<td>not available</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>not available</td>
<td>not available</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>not available</td>
<td>not available</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>not available</td>
<td>not available</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>not available</td>
<td>not available</td>
</tr>
</tbody>
</table>

### Medication Use: Adults with Current Asthma

<table>
<thead>
<tr>
<th>Response</th>
<th>Respondents</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used a prescription asthma medication in the past 3 months</td>
<td>not available</td>
<td>not available</td>
</tr>
</tbody>
</table>

### Asthma Patient Education and Medication Use

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 Mississippi does not have data available from the Asthma Call-back Survey.

### NOTES:

1. National Health Interview Survey (NHIS), 2008
2. Behavioral Risk Factor Surveillance System (BRFSS), 2008
3. State Hospital Discharge Data, 2008
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.msdh.ms.gov/msdhsite/_static/43,0,235.html