Asthma in New Mexico

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 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%, respectively².

**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 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.*

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National Center for Environmental Health
Division of Environmental Hazards and Health Effects

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The age-adjusted asthma hospitalization rate in New Mexico was 99.6/100,000 persons compared with the U.S. rate of 144/100,000 persons. In New Mexico, the hospitalization rate for children was 141.3/100,000 persons and for adults was 87.3/100,000 persons.

*The estimate is unstable.

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

**The estimate is suppressed.

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

<table>
<thead>
<tr>
<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>269</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>270</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>272</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>271</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>273</td>
</tr>
</tbody>
</table>

### Medication Use: Adults with Current Asthma

<table>
<thead>
<tr>
<th>Respondents</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used a prescription asthma medication in the past 3 months</td>
<td>267</td>
</tr>
</tbody>
</table>

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.nmhealth.org/eheb/asthma.shtml