Asthma in Texas

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 Texas (TX) 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).

**Adult Current Asthma Prevalence by Age, BRFSS, 2008**

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

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

Child current asthma prevalence was similar among all age groups when compared with children aged 15-17 years Texas. A similar pattern occurred throughout the 38 participating states.

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

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

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

Child current asthma prevalence was higher among boys than girls in Texas. 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 persons of other races than non-Hispanic whites in Texas; 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 and lower among non-Hispanic persons of other races than non-Hispanic whites in Texas. A similar pattern occurred throughout the 38 participating states. *The estimate is unstable.

**Asthma Prevalence**

In 2008, an estimated 1,271,563 adults in Texas had asthma. Adult lifetime asthma prevalence was 12.2% and adult current asthma prevalence was 7.3% compared with U.S. rates of 13.3% and 8.5%, respectively\(^2\).

In 2008, an estimated 590,563 children in Texas had asthma. Child lifetime asthma prevalence was 14.1% and child current asthma prevalence was 9.2% compared with the 38 participating states’ rates of 13.3% and 9.0%, respectively\(^2\).
Asthma in Texas

Asthma Hospitalizations
Texas Hospital Discharge Data, 2008

The age-adjusted asthma hospitalization rate in Texas was 108.3/100,000 persons compared with the U.S. rate of 144/100,000 persons. In Texas, the hospitalization rate for children was 146.9/100,000 persons and for adults was 91.9/100,000 persons.

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

Asthma was the underlying cause of death for 198 adults and 16 children in Texas. The age-adjusted asthma mortality rate in Texas was 9.7/million and the U.S. rate was 11.0/million. *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. Items included in the following table are related to asthma patient education and medication use for adults with current asthma in Texas.

<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>384</td>
<td>64%</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>381</td>
<td>77%</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>389</td>
<td>45%</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>388</td>
<td>26%</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>391</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>384</td>
<td>71%</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.dshs.state.tx.us/asthma/default.shtm