Asthma in Utah

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 Utah (UT) 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 153,175 adults in Utah had asthma. Adult lifetime asthma prevalence was 13.1% and adult current asthma prevalence was 8.4% compared with U.S. rates of 13.3% and 8.5%, respectively².

![Adult Current Asthma Prevalence by Age, BRFSS, 2008](chart1)

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

![Adult Current Asthma Prevalence by Sex, BRFSS, 2008](chart2)

Adult current asthma prevalence was similar among women and men in Utah. A similar pattern occurred throughout the U.S.

![Adult Current Asthma Prevalence by Race/Ethnicity, BRFSS, 2008](chart3)

Adult current asthma prevalence was lower among Hispanics and non-Hispanic persons of other races than non-Hispanic whites in Utah; however, rates were higher among non-Hispanic multirace persons and non-Hispanic blacks throughout the U.S. *The estimate is unstable.

In 2008, an estimated 52,175 children in Utah had asthma. Child lifetime asthma prevalence was 9.8% and child current asthma prevalence was 6.6% compared with the 38 participating states’ rates of 13.3% and 9.0%, respectively².

![Child Current Asthma Prevalence by Age, BRFSS, 2008](chart4)

Child current asthma prevalence was lower among children aged 0-4 years than children aged 15-17 years in Utah. A similar pattern occurred throughout the 38 participating states.

![Child Current Asthma Prevalence by Sex, BRFSS, 2008](chart5)

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

![Child Current Asthma Prevalence by Race/Ethnicity, BRFSS, 2008](chart6)

Child current asthma prevalence was lower among Hispanics than non-Hispanic whites in Utah; however, rates were higher among non-Hispanic blacks and non-Hispanic multirace persons throughout the 38 participating states. *The estimate is unstable.
The age-adjusted asthma hospitalization rate in Utah was 50.2/100,000 persons compared with the U.S. rate of 144/100,000 persons. In Utah, the hospitalization rate for children was 87.2/100,000 persons and for adults was 36.5/100,000 persons.

Asthma was the underlying cause of death for 23 adults and less than 10 children in Utah. The age-adjusted mortality rate in Utah was 12.1/million and the U.S. rate was 11.0/million.

**The estimate is unstable.**

**The estimate is suppressed.**

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**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. The state of Utah does not have data available from the Asthma Call-back Survey.

### Patient Education: Adults with Current Asthma

<table>
<thead>
<tr>
<th>Question</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>232</td>
<td>66%</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>231</td>
<td>81%</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>232</td>
<td>42%</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>228</td>
<td>30%</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>233</td>
<td>17%</td>
</tr>
</tbody>
</table>

### Medication Use: Adults with Current Asthma

<table>
<thead>
<tr>
<th>Question</th>
<th>Respondents</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used a prescription asthma medication in the past 3 months</td>
<td>226</td>
<td>57%</td>
</tr>
</tbody>
</table>

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**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.