Asthma in Washington

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 Washington (WA) 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 12-17 years, and boys).

**Asthma Prevalence**

In 2008, an estimated 461,670 adults in Washington had asthma. Adult lifetime asthma prevalence was 14.9% and adult current asthma prevalence was 9.3% compared with U.S. rates of 13.3% and 8.5%, respectively\(^2\).

**Child Current Asthma Prevalence by Age, NSCH, 2007**

Child current asthma prevalence was lower among children aged 0-5 years than children aged 12-17 years throughout the U.S. Comparisons between age groups in Washington were not reported due to sample size.

*The estimate is unstable.
**The estimate is suppressed.

**Child Current Asthma Prevalence by Sex, NSCH, 2007**

Child current asthma prevalence was higher among boys than girls throughout the U.S. Comparisons between sexes in Washington were not reported due to sample size.

*The estimate is unstable.

**Child Current Asthma Prevalence by Race/Ethnicity, NSCH, 2007**

Child current asthma prevalence was higher among non-Hispanic blacks and non-Hispanic multirace persons throughout the U.S. Comparisons between race/ethnic groups in Washington were not reported due to sample size.

*The estimate is suppressed.
Asthma in Washington

Asthma Hospitalizations
Washington Hospital Discharge Data, 2008

The age-adjusted asthma hospitalization rate in Washington was 73.2/100,000 persons compared with the U.S. rate of 144/100,000 persons. In Washington, the hospitalization rate for children was 104.1/100,000 persons and for adults was 63.1/100,000 persons.

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

Asthma was the underlying cause of death for 65 adults and less than 10 children in Washington. The age-adjusted asthma mortality rate in Washington was 10.2/million and the U.S. rate was 11.0/million.

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 Washington.

<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>498</td>
<td>61%</td>
</tr>
<tr>
<td>Ever told what to do during an asthma attack</td>
<td>499</td>
<td>76%</td>
</tr>
<tr>
<td>Ever taught how to use a peak flow meter to adjust daily medications</td>
<td>499</td>
<td>48%</td>
</tr>
<tr>
<td>Ever given an asthma action plan</td>
<td>498</td>
<td>25%</td>
</tr>
<tr>
<td>Ever taken a course on how to manage asthma</td>
<td>505</td>
<td>8%</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>485</td>
<td>62%</td>
</tr>
</tbody>
</table>

NOTES:
1. National Health Interview Survey (NHIS), 2008
2. Behavioral Risk Factor Surveillance System (BRFSS), 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.doh.wa.gov/cfh/asthma/default.htm