**Risk Factors:**

- **Genetics**
  If a parent has asthma, there is a 1 in 3 chance of resulting children also having the disease.
- **Age**
  60% of all asthma deaths are people over the age of 65.
- **Gender**
  Women are more at risk than men.
- **Low birth weight**
- **Living in polluted areas**
  Regular exposure to toxins in the air has long-term effects on lung development in children.
- **Obesity**
  Overweight children are 1.5 times more likely to develop asthma than children who are at a healthy weight.

**Triggers:**

- Tobacco smoke
- Dust Mites
- Pets
- Cockroaches and other pests
- Mold
- Outdoor air pollution

**Prevention:**

- Quit smoking or remove yourself from secondhand smoke
- Get supervised exercise
- Clean your house and bedding every week
- Keep pets outside
- Store food in airtight containers for pest control
- Dry damp or wet things completely

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**Asthma**

Asthma is a chronic inflammatory disease of the respiratory system where the airways of the lungs tighten and swell up when they come in contact with **triggers**. It is the most common long-term disease in children but can also occur in adults.

**Facts**

- About 26 million Americans, or one of every 12, suffer from asthma.
- Asthma is responsible for 2 million emergency department visits each year in the United States.
- 7 million children in the United States had asthma in 2010.
- Nearly 13 million Americans reported at least one asthma attack in the previous year.
- The average hospital visit for asthma problems is 4.3 days.
- More than 10.5 million school days are missed each year in the U.S. because of asthma.

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**Warning signs for parents**

- Coughing at night
- Cold or the flu
- Fever
- Stuffy or runny nose
- Tickle in the throat
- Sneezing and watery eyes
- Chest tightness
- Weak or tired
- Headaches
- Restlessness
- Pale face
- Dark circles under the eyes

If your child has these symptoms, discuss them with your child's doctor.

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**Resources**

Information on asthma prevention plans provided by the EPA

www.noattacks.org

1-800-NO-ATTACKS

San Diego Regional Asthma Coalition

www.asthmasandiego.org

Check the AQI in Your Area

www.epa.gov/asthma

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**For more information and data,**

go to

www.SDHealthStatistics.com

Community Health Statistics Unit:
619-285-6479