

Asthma



Risk Factors

• Race/Ethnicity

Black and Puerto Rican Americans are more likely to have asthma compared to White Americans.

• Genetics

Children of asthmatic parents are at an increased risk.

• Sex

Among children, boys are more likely to have asthma; Among adults, women are more likely.

• Allergies

Having conditions like eczema or hay fever puts individuals at a higher risk.

• Living in polluted areas

Exposure to PM_{2.5}, PM₁₀, or NO₂ is associated with a higher incidence of asthma until age 20.

• Obesity

Obese individuals are at an increased risk for asthma and more likely to have increased severity.



Asthma is a chronic inflammatory disease of the respiratory system. An asthma attack occurs when asthma **triggers** cause the sides of the airways in the lungs to swell and the airways shrink.

These triggers can include:

- Tobacco smoke,
- Dust mites,
- Air pollution,
- Pets. and more.

Symptoms of an asthma attack include coughing, chest tightness, wheezing, and trouble breathing.

Facts

- In 2020, over 25 million Americans had asthma.
- 4,145 people died from Asthma in 2020. 204 of these deaths were children.
- In 2019, asthma was responsible for more than 1.8 million emergency department visits.

Resources

Information on Asthma provided by the EPA

www.epa.gov/asthma

Regional Asthma Management and Prevention

www.rampasthma.org

For more information and data go to

www.SDHealthStatistics.com

Community Health Statistics Unit:
619-692-6667

Prevention

- Use air conditioner to lower indoor humidity.
- Remove dust traps such as carpets and pillowcases.
- Regularly wash your bedding and curtains.
- Clean damp areas regularly.
- Avoid pets with feathers or fur
- Get regular exercise to strengthen your heart and lungs.
- Maintain a healthy weight.

Warning signs for parents:

- Coughing at night
- Recent cold, flu, or fever
- Stuffy or runny nose
- Tickle in the throat
- Sneezing and watery eyes
- Restlessness
- Pale face
- Dark under-eye circles
- Chest tightness
- Weakness or fatigue
- Headache

These symptoms could indicate that your child's asthma is getting worse.