



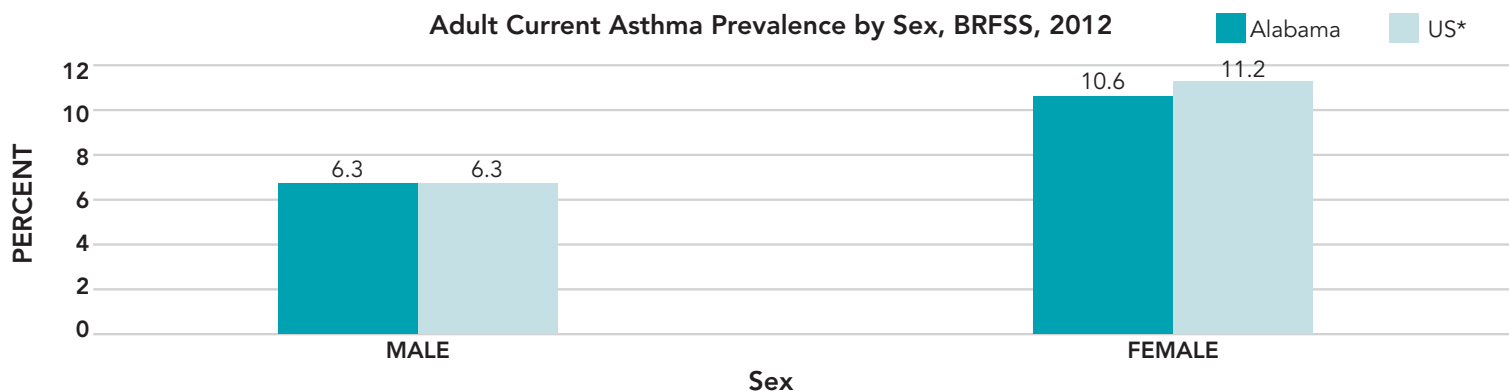
ASTHMA IN ALABAMA

Asthma is a chronic respiratory disease that affects an estimated 18.7 million adults.¹ It involves episodes of tightening of the muscles around the airways in the lungs (bronchoconstriction), swelling of the bronchial tubes (inflammation), and increased mucus production. Although asthma cannot be cured, asthma symptoms may be controlled using effective self-management strategies, monitoring of early symptoms, appropriate medication use and efforts to reduce exposure to environmental triggers. This factsheet provides an overview of the burden of asthma among the population in Alabama (AL) compared with the United States (U.S.), as well as the level of patient education, and the health outcomes of adults with current asthma.

ADULT ASTHMA PREVALENCE

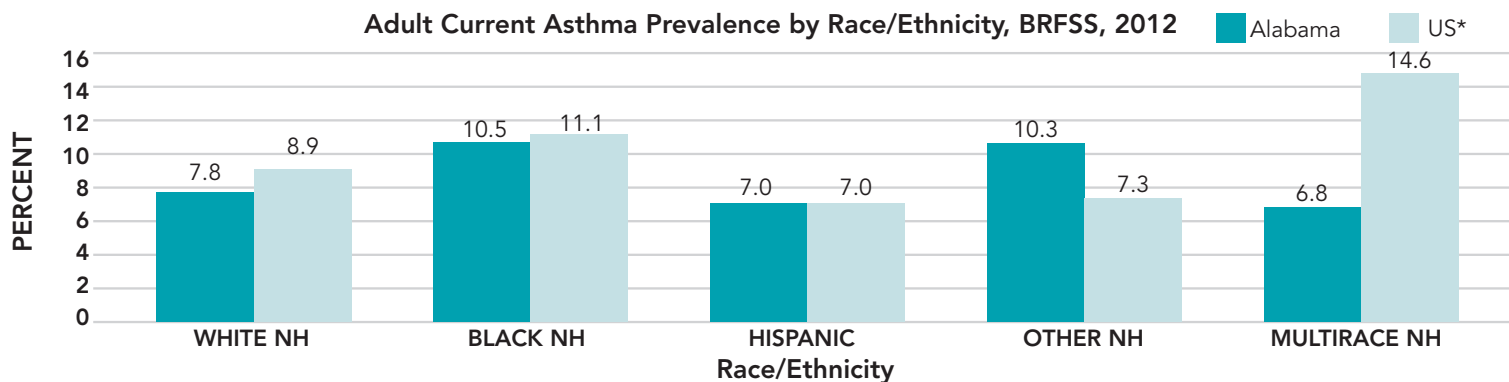
An estimated 313,918 adults in Alabama had asthma in 2012. Adult current asthma prevalence was 8.6% and adult lifetime asthma prevalence was 13.5% compared with U.S. rates of 8.9% and 13.2% respectively.²

Adult Current Asthma Prevalence by Sex, BRFSS, 2012



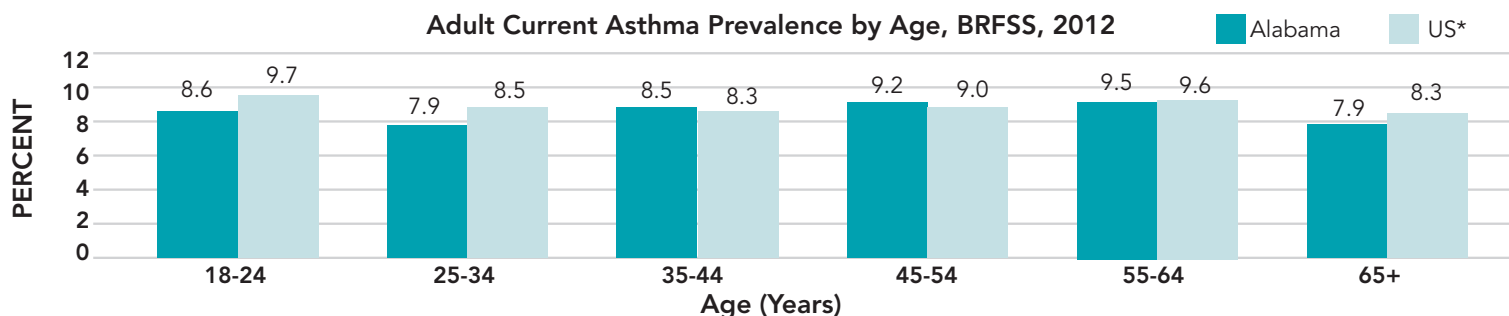
Adult current asthma prevalence was higher among women than men at the both the state and national levels. Although the national prevalence for women was higher than the state prevalence, this was not statistically significant.

Adult Current Asthma Prevalence by Race/Ethnicity, BRFSS, 2012



Adult current asthma prevalence was similar among Hispanics in Alabama and throughout the U.S. Among non-Hispanics in Alabama, Black and Multiracial residents had the highest and lowest rates, respectively.

Adult Current Asthma Prevalence by Age, BRFSS, 2012

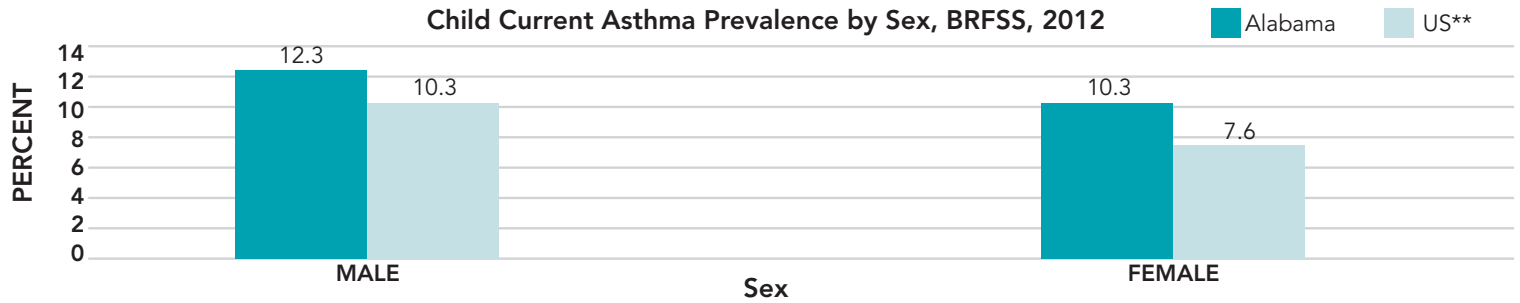


There was not a significant difference in adult current prevalence among the various adult age groups in Alabama.

CHILD ASTHMA PREVALENCE

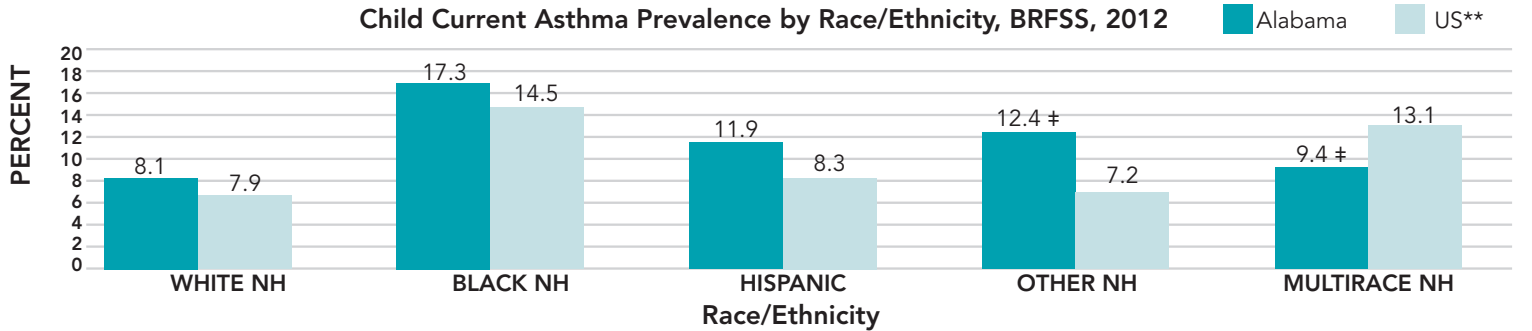
An estimated 124,321 children in Alabama had asthma in 2012. Child current asthma prevalence was 11.3% and child lifetime prevalence was 16.2% compared with U.S. rates of 8.9% and 13.7%, respectively.

Child Current Asthma Prevalence by Sex, BRFSS, 2012



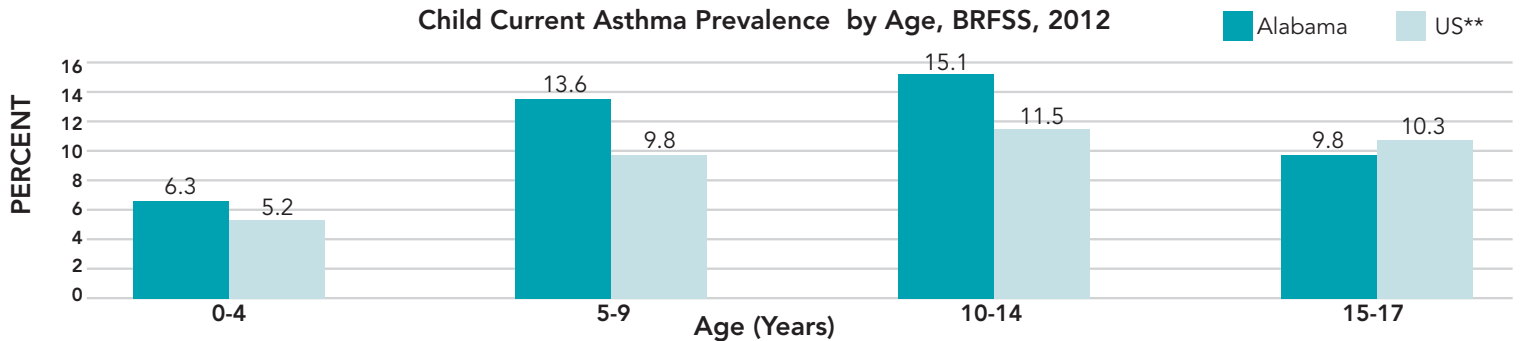
Child current asthma prevalence was higher among boys than girls at both the state and national level. Among girls, the state prevalence was significantly higher than the prevalence among girls in participating states.

Child Current Asthma Prevalence by Race/Ethnicity, BRFSS, 2012



Child current asthma prevalence was higher among non-Hispanic Blacks than non-Hispanic Whites in Alabama. Among the participating states, the prevalence was higher among non-Hispanic Blacks and non-Hispanic multiracial persons.

Child Current Asthma Prevalence by Age, BRFSS, 2012



Child current asthma prevalence was not significantly different across age groups in Alabama. Among participating states, however, the rate was lowest among children aged 0-4 years.

ADULT ASTHMA EDUCATION & HEALTH OUTCOMES

Educating patients on proper medical management is essential to reducing asthma attacks, emergency room visits, hospital visits, and asthma deaths. The following tables examine indicators related to asthma patient education for adults with current asthma in Alabama, as well as the negative health outcomes associated with the disease.

Patient Education ³		Yes
Ever given an action plan		27%
Ever taken a course on how to manage asthma		7%
Ever taught how to use a peak flow meter to adjust daily medications		48%
Ever taught how to recognize early signs and symptoms		63%
Ever told what to do during an asthma attack		65%
Negative Health Outcomes ³		Yes
Visit an emergency room or urgent care center due to asthma within the year		18%
Inability to work or carry out usual activities within the year		36%
Overnight stay in hospital due to asthma within the year		9%

NOTES

- Centers for Disease Control and Prevention (CDC). Asthma's Impact on the Nation. Retrieved from http://www.cdc.gov/asthma/impacts_nation/asthmafactsheet.pdf
- Behavioral Risk Factor Surveillance System (BRFSS), 2012
When sample size is less than 50, prevalence estimates are considered unstable and should be interpreted with caution. Indicated with the symbol: †
- Alabama Asthma Call-back Survey, 2012

* U.S. includes 50 states plus the District of Columbia and excludes the three territories.

**Total includes data from 32 states based on cell phone and landline data combined excludes the territory, Puerto Rico.

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