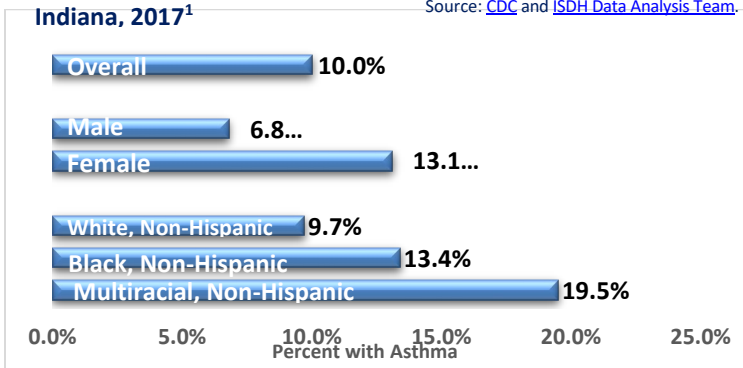




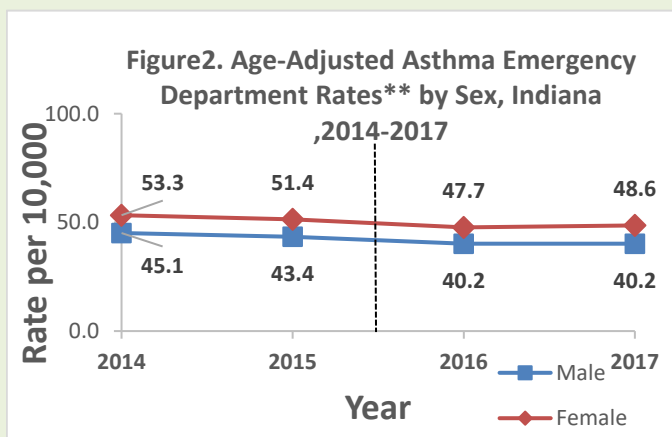
ASTHMA is a common chronic inflammatory disease that affects the airways and lungs, causing recurring periods of wheezing, chest tightness, coughing and shortness of breath. It is a serious public health concern that currently affects 10.0%, or approximately 506,500 of Indiana adults.¹ More adult females (13.1%) than adult males (6.8%) currently have asthma*. More multiracial non-Hispanic (NH) adults (19.5%) have a current asthma diagnosis than any other racial or ethnic group [Fig 1].

Figure 1. Current asthma* prevalence among adults by sex and race, Indiana, 2017¹ Source: CDC and ISDH Data Analysis Team.



Emergency department (ED) visits²

Since 2014, females have had higher rates of asthma emergency department (ED) visits than males [Fig 2]. Within the last year Females' asthma ED visit rates have by 1.9% while mens' asthma ED visit rates have remained the same. In 2017, the age-adjusted asthma ED visit rates by sex were 48.6 per 10,000 Indiana adult females and 40.2 per 10,000 adult males.²



*Current asthma was measured by asking if the adult still had asthma
**Age-adjusted rates using the US Standard 2000 Population.
*In 2016 hospitals transitioned from ICD9- ICD-10. ICD-10 codes used J45,J46

Emergency department (ED) visits²

- ED visits declined* from 2014 to 2017. During 2017:
- ❑ 27,166 ED visits were reported with a principal diagnosis of asthma
 - ❑ The overall age-adjusted rate was 43.3 asthma ED visits per 10,000 Indiana residents.
 - ❑ 28.4 % of asthma ED visits were for children (0–17 years).
 - ❑ Black residents visited the ED for asthma at a higher rate (162.7 per 10,000) than white residents (27.2 per 10,000).

*In 2016 hospitals transitioned from ICD9- ICD-10. ICD-10 codes used J45,J46

Hospitalizations²

Hospitalizations rates due to asthma have declined* since 2012.

In 2017:

- ❑ 2,597 primary diagnosis asthma hospitalizations occurred, down 3.3% from 2016.
- ❑ The overall age-adjusted rate is 4.0 asthma hospitalizations per 10,000 Indiana residents.
- ❑ Females had higher rates of hospitalization than males (4.8 versus 3.2 per 10,000).
- ❑ Black Indiana residents (13.5 per 10,000) were hospitalized 5 times more often than white residents (2.7 per 10,000).

*In 2016 hospitals transitioned from ICD9- ICD-10. ICD-10 codes used J45,J46

Mortality³

- ❑ In 2017, 78 Indiana residents' deaths had asthma listed as the leading cause of death.
 - The average age for mortality was 57 years of age.
 - 29 were male and 49 were female
 - 45% of males were between 20 and 39 at the time of death while 57% were 60 years and older at the time of death
 - 57 were white and 21 were black(age-group)
 - 51% of whites were 60 years and older at the time of death while 43% of blacks were between 20 and 39 at the time of death.

In 2016 hospitals transitioned from ICD9- ICD-10. ICD-10 codes used J45,J46



Asthma triggers

The cause of asthma is unknown, but people with asthma have inflamed airways which cause them to be more reactive and sensitive to triggers.

Common triggers include:

- Allergens, such as pollen, pet hair or dander
- Changes in weather, usually cold weather
- Chemical irritants
- Cockroaches, dust mites and other pests
- Exercise
- Mold
- Outdoor air pollutants and ozone
- Respiratory infections, such as the common cold
- Stress
- Tobacco and wood smoke

Management of asthma among Indiana adults with a current asthma diagnosis

- Although asthma is rarely fatal, poorly controlled asthma can lead to decreased productivity, missed work and the inability to participate in daily activities.
 - 50.7% missed work or could not participate in daily activities due to their asthma in the past 12 months⁴
 - 10.0% said their activity was limited a lot during the past 30 days, 13.2% had moderate activity limitations and 28.6% reported “a little” activity limitation⁴
- Having and using an Asthma Action Plan is important for learning how to control asthma long-term and in recognizing early symptoms of an attack.
 - 33.1% had a health care professional give them an asthma action plan⁴
 - 69.9% were taught how to recognize early signs or symptoms by a health care professional⁴
- National asthma guidelines recommend persons with asthma seek at least two routine asthma visit per year.⁵
 - 67.1% had at least 2 routine checkups in the past 12 months⁴

TAKE ACTION: Steps you can take to prevent or control asthma

- To find out how well controlled your asthma is, take the Asthma Control Test:
 - [Test for children ages 4 to 11 years](#)
 - [Test for those 12 years and over](#)
- During routine medical visits, talk with your health care provider about your asthma symptoms, triggers, medications and side effects.
- Identify and avoid asthma [triggers](#) that can cause symptoms or attacks.
- Avoid smoking and being around others who are smoking.
- Take medications as prescribed by your health care provider.
- Work with your health care provider to create an [Asthma Action Plan](#)—these plans include information concerning daily treatment, medications, short and long-term control measures, and explain when to seek medical treatment.
- Ensure students and employees have immediate access to quick-relief medications.
- Encourage school staff, child care providers and employers to maintain asthma friendly environments, such as: [No-Idle Zones](#), and [Ozone Action Days](#).

Community resources

- To be connected with Indiana asthma programs and resources, visit the [Indiana State Department of Health Asthma Program's Resource Guide](#)
- Additional information can be found at the [Asthma Community Network](#), [Centers for Disease Control and Prevention](#) and the [American Lung Association in Indiana](#) websites.
- To get help with tobacco cessation, call the [Indiana Tobacco Quitline](#) at 1-800-QUIT-NOW (800-784-8669) or visit www.quitnowindiana.com.
- The [American Lung Association Asthma Clinical Research Centers](#) regularly recruit asthma patients for their studies.
- Healthy Homes App: https://www.hud.gov/program_offices/healthy_homes/disasterrecovery
- [Breathe Well, Live Well](#) programs in your area, visit the [In My Community](#) page and enter your zip code.