

# Asthma

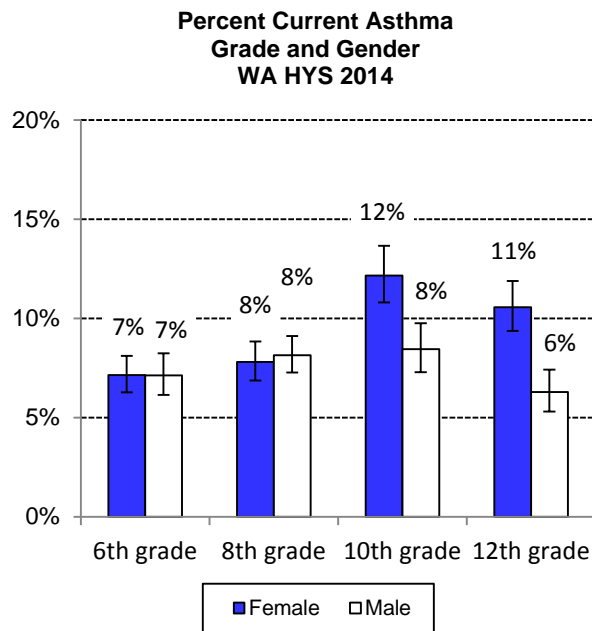
## Key Findings:

- In 2014, of the 1.59 million children and youth under 18 years of age in Washington, over 110,000 have asthma.<sup>1,2</sup>
- In 2014, about 7 to 10 percent of Washington 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders currently had asthma. National estimates of current asthma prevalence are no longer available, but past data indicate that WA rates are comparable to national rates. In 2011, nationally, about 12 percent of youth in grades 9-12 currently had asthma.<sup>3,4,a</sup>
- Asthma rates were higher among 10<sup>th</sup> and 12<sup>th</sup> grade Washington females compared to males.<sup>3,a,b</sup>
- In Washington asthma rates among 10<sup>th</sup> graders, Asians were lower rates than Whites.<sup>3,a,b</sup>
- 14% of Washington 10<sup>th</sup> graders with asthma reported having symptoms of asthma an average of once a day or more in the previous 4 weeks.<sup>3,a,c</sup>
- 47 % of Washington 10<sup>th</sup> graders with asthma reported using rescue inhalers at least once a week in the previous 4 weeks, while 14% used rescue inhalers at least once a day.<sup>3,a,d</sup>
- About 10 percent of 10<sup>th</sup> graders with asthma reported smoking cigarettes within the previous 30 days and 23 percent reported smoking marijuana within the previous 30 days.<sup>3,a,e,f</sup>

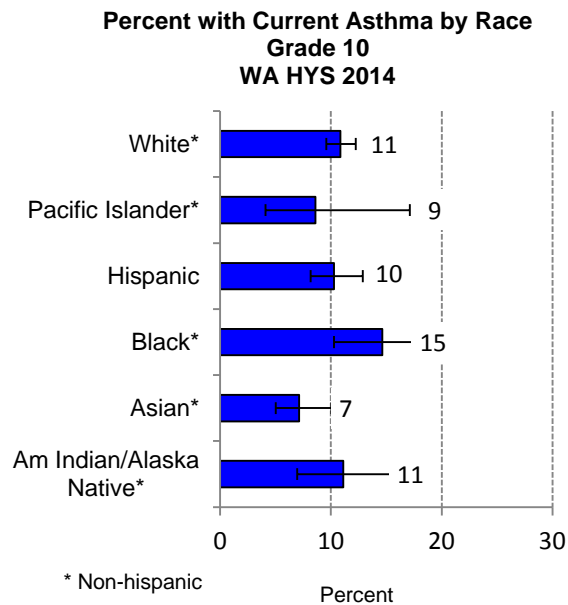
- **Definition:** Asthma is a chronic inflammatory disease of the airways characterized by reversible or episodic airway obstruction.

- About 19 percent of 10<sup>th</sup> graders with asthma visited the emergency room or an urgent care center for their asthma in the last year.<sup>3,a,g</sup>
- In a 2014 survey of Washington state principals:<sup>5</sup>
  - 98.6% high schools routinely use school records to identify and track students with a current diagnosis of asthma.
  - 74% high schools provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have asthma.
- From 2009-2013, there were two asthma deaths for Washington children under age 5. There were six asthma deaths among youth ages 5-14, and one among 15-19 year olds.<sup>6</sup>
- From 2010-2014, around 4149 Washington children under age 5 were hospitalized each year for asthma, for a rate of 189 per 100,000. The Healthy People 2020 goal is to reduce asthma hospitalizations for children under 5 to no more than 181 per 100,000.<sup>7,8,i</sup>
- More detailed information about asthma in Washington youth is available in the “Children and Youth with Asthma” report.<sup>2</sup>

## Prevalence of current asthma by grade and sex<sup>3,a</sup>



## Prevalence of current asthma by race<sup>3,a</sup>



### Data Sources

1. Washington State Department of Health, Health of Washington State Asthma Chapter (data update 2015). Available from <http://www.doh.wa.gov/Portals/1/Documents/5500/CD-AST2015-DU.pdf> Accessed Jan 29, 2016.
2. Behavioral Risk Factor Surveillance System (BRFSS) 2014 – Random Child Module [Data file]. Olympia, WA: Washington State Department of Health.
3. Washington State Healthy Youth Survey (2014). Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Liquor Control Board and Looking Glass Analytics Inc.. Website: <http://www.askhys.net/Home/About>
4. Centers for Disease Control and Prevention, Youth Risk Behavioral Survey Online data query accessed at: <http://www.cdc.gov/healthyyouth/yrbs/index.htm> Question used to calculate current asthma prevalence is not asked on YRBS in 2013.
5. School Health Profiles 2014: Principal Results. Washington State Department of Health, Chronic Disease Unit; Results from Washington State Office of Superintendent of Public Instruction via CDC's Division of Adolescent and School Health
6. Death Certificate Data: Washington State Department of Health, Center for Health Statistics.
7. Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System(CHARS), Washington State Department of Health, Center for Health Statistics. Accessed via Community Health Assessment Tool.
8. Healthy People 2020, US Department of Health and Human Services. Accessed online at: <http://www.healthypeople.gov/2020/default.aspx>

### End notes

- a. Based on Healthy Youth Survey questions: “Have you ever been told by a doctor or nurse that you have asthma?” and “Do you still have asthma?”
- b. Significance from the Healthy Youth Survey is based on chi-square testing with significance at  $p < 0.05$ .
- c. Based on the Healthy Youth Survey question: “Symptoms of asthma include coughing, wheezing, shortness of breath, and chest tightness when you don't have a cold or the flu. During the past 4 weeks, about how many days per week on average did you have any symptoms of asthma?”
- d. Based on the Healthy Youth Survey question: “RESCUE inhalers are asthma medicine that you breathe in through your mouth that gives you QUICK relief from asthma symptoms. They are PRESCRIBED by a doctor. During the past 4 weeks, about how many days per week on average did you use a rescue inhaler?”
- e. Based on the Healthy Youth Survey question: “During the past 30 days, on how many days did you smoke cigarettes?”
- f. Based on the Healthy Youth Survey question: “During the past 30 days, on how many days did you use marijuana or hashish (grass, hash, pot)?”
- g. Based on the Healthy Youth Survey question: “During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?”
- h. Hospitalization data presented here represent hospitalizations not individuals, so the same person hospitalized more than once would be counted more than once.
- i. National data include youth in grades 9-12.

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