



## How Common Is Asthma?

by NEWLIFEOUTLOOK TEAM

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### Impact on the Nation

You can help reduce your asthma flares by understanding the triggers for asthma. If you're outdoors, avoid pollen and keep in mind the air quality. Spend less time outdoors when the air quality is poor, since pollution can cause your asthma to become worse. You might feel that when you do any physical exercise that you're overheated and need air conditioning. Be careful, because cold air can actually irritate your asthma, since it contains less moisture than warm air and can dry out your lungs. Breathe through your nose when you're in air conditioning to help the air warm up on its way to your lungs.

# ASTHMA'S IMPACT ON THE NATION

## Asthma is **common**.



**1 in 11** children have asthma

**1 in 12**  
adults have asthma

Black children are  
**2 TIMES**  
more likely to have asthma  
than white children.

## Asthma is **deadly**.



**1 in 5** children with asthma  
went to an emergency department  
for asthma-related care in 2009.

In 2009, there were:

**479,000**  
asthma-related  
hospitalizations

**1.9 million**  
asthma-related  
emergency  
department visits

**8.9 million**  
asthma-related  
doctor visits

**9** people **die** from asthma every day.



Black Americans are **2-3** times more likely  
to die from asthma than any other racial or ethnic group.

## Asthma is **disruptive**.



**NEARLY**  
**1 in 2**  
children with  
asthma report  
missing at least  
1 day of school  
each year because  
of asthma.



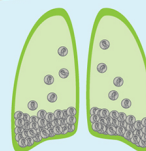
**3 in 5**  
People with asthma **limit**  
their physical activity.



**NEARLY**  
**1 in 3**  
adults with  
asthma report  
missing at least  
1 day of work  
each year because  
of asthma.

## Asthma is **expensive**.

Asthma costs  
OUR NATION  
**\$56** BILLION  
per year



**1 in 4**

black adults **can't afford**  
their asthma medicines.



**1 in 5**

Hispanic adults **can't afford**  
their asthma medicines.

Source: *Asthma's Impact on the Nation*  
National Asthma Control Program (NACIP)  
Centers for Disease Control and Prevention (CDC)