



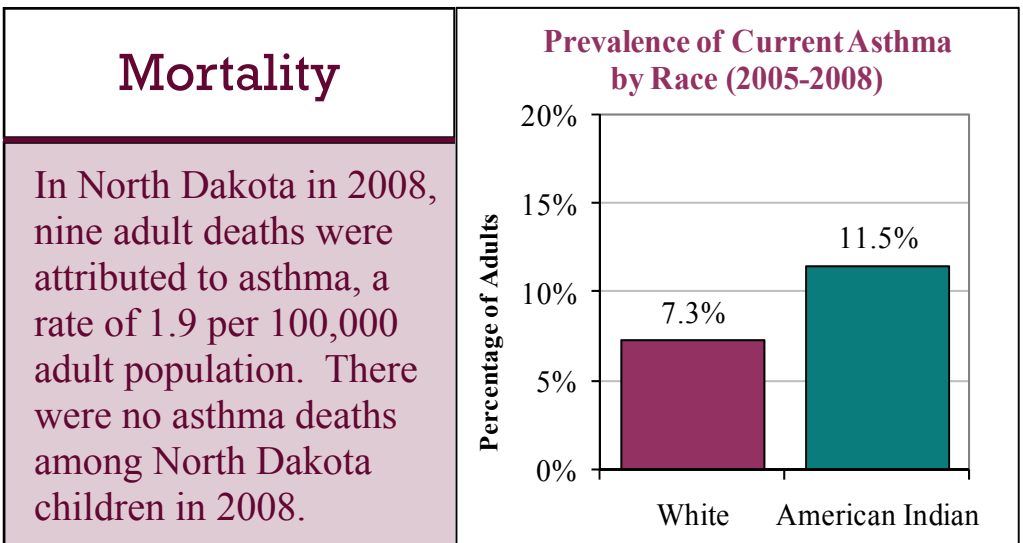
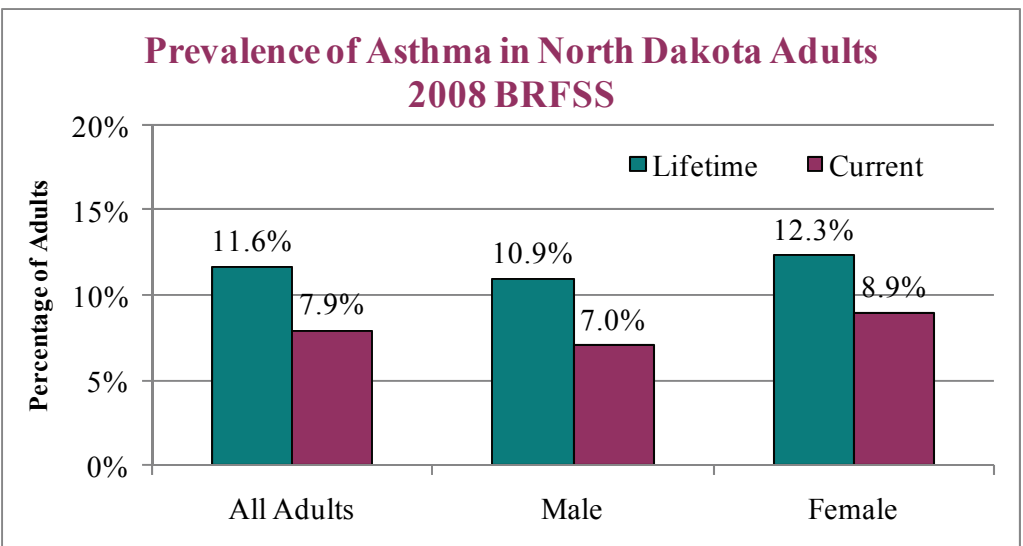
Asthma

The Burden of Asthma

Asthma is a disease that affects the lungs. Repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing characterize the disease. Asthma can be controlled by knowing the warning signs of an episode, avoiding things that trigger an episode, and following the advice of a health-care provider.

Well-controlled asthma results in decreased symptoms such as wheezing or coughing. Sleep is more restful and there is less absenteeism from work or school. Participation in physical activity is not limited, and visits to the hospital or emergency room are unlikely.

In 2008, 7.9 percent of adults in North Dakota (about 38,000 adults) reported the presence of current asthma. Nearly 12 percent of adults reported that they had been diagnosed with asthma at some time in their life. Females have a slightly higher prevalence of asthma than males. American Indian adults have a prevalence rate that is about 1.6 times as high as that of white adults. (Source: Behavioral Risk Factor Surveillance System, BRFSS)



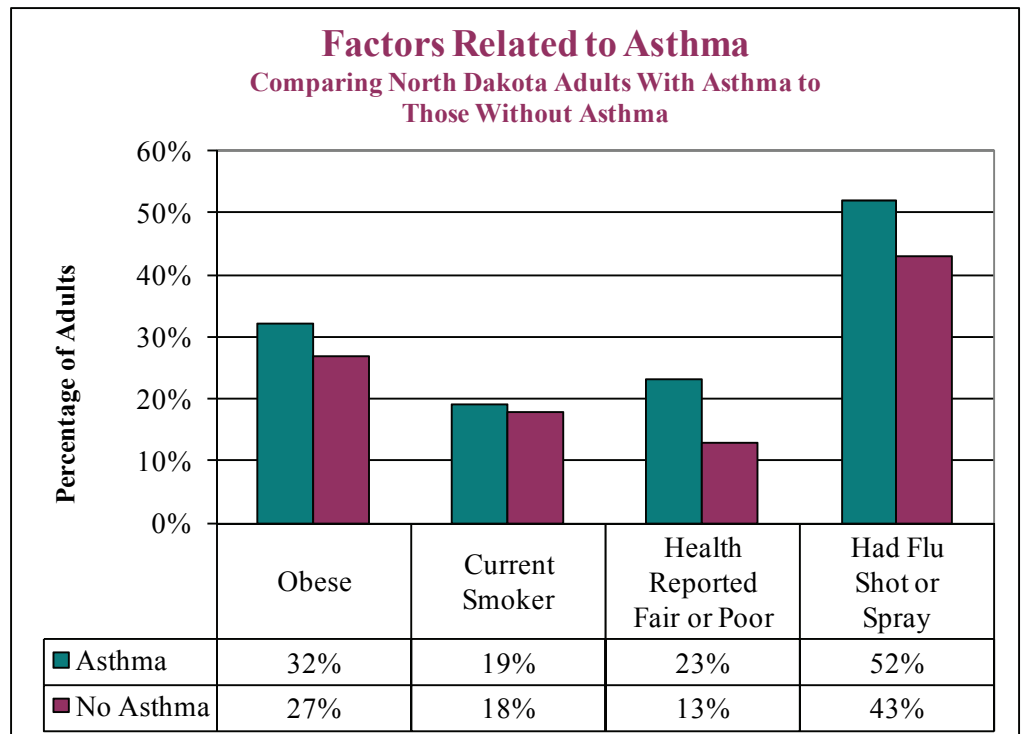
Factors Related to Asthma

According to the 2008 BRFSS, people with asthma compared to those who do not have asthma are:

- Somewhat more likely to be obese.
- Equally likely to smoke.
- More likely to report their own health as fair or poor as opposed to good, very good or excellent.
- More likely to have a flu shot or flu spray vaccine.

In order to reduce the severity and frequency of asthma episodes, as well as asthma complications, North Dakotans with asthma are encouraged to:

- Avoid exposure to triggers such as cigarette smoke, dust and other pollutants.
- Get an annual flu shot.
- Maintain a healthy weight.
- Visit a health-care provider annually and follow all medical advice including appropriate use of medications.



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The North Dakota Department of Health provides an online Asthma Action Plan form.

www.ndhealth.gov/asthma/forms.htm

This fillable form is for health-care providers to use as a disease management aid for patients.

