Managing Your Asthma

For people with asthma, understanding asthma management and treatment options will help you take control of your asthma.

Steps to help keep your asthma under control:[9]

1. Make your medical visits more productive.
2. Create an asthma management plan.
3. Assess and monitor your control.
4. Understand your medication.
5. Reduce asthma triggers.
6. Learn asthma self-management skills.

Find more information on asthma via the following resources:

www.cdc.gov/asthma

www.lung.org/asthma

What Causes Asthma?

No one knows exactly what causes asthma. Asthma tends to run in families and may be inherited, and environmental factors may also play a key role. Scientists continue to explore what causes asthma, but we do know that these factors play an important role in the development of asthma:[9]

Allergies · Genetics · Environment · Respiratory Infection

Asthma Triggers

The most common asthma triggers include:

Tobacco Smoke · Dust Mites · Outdoor Air Pollution · Cockroaches · Pets

Produced by:

Office of Chronic Disease and Injury Epidemiology · Bureau of Health Improvement and Equity · SC DHEC

References and data sources:

[1] CDC Asthma https://www.cdc.gov/asthma/
[2] CDC National Center for Environmental Health CDC's National Asthma Control Program https://www.cdc.gov/nceh/information/asthma.htm
[3] CDC Most Recent Asthma Data https://www.cdc.gov/asthma/most_recent_data.htm
[4] SC DHEC CHAS, 2016
[5] SC DHEC BRFSS
[6] SC DHEC Vital Statistics
[7] CDC YRBSS
[8] SC RFA Inpatient Discharges and Emergency Department Visits
[9] American Lung Association https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/

CR-011418 10/19

Asthma in South Carolina

Asthma is a chronic disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma cannot be cured, but it can be controlled and managed with adequate access to medical care, medications, trigger avoidance, and self-management.[1]

Asthma in the U.S.

Asthma continues to be a serious public health problem in the United States.

6.1 million children + 20.3 million adults in the United States are estimated to have asthma.[3]

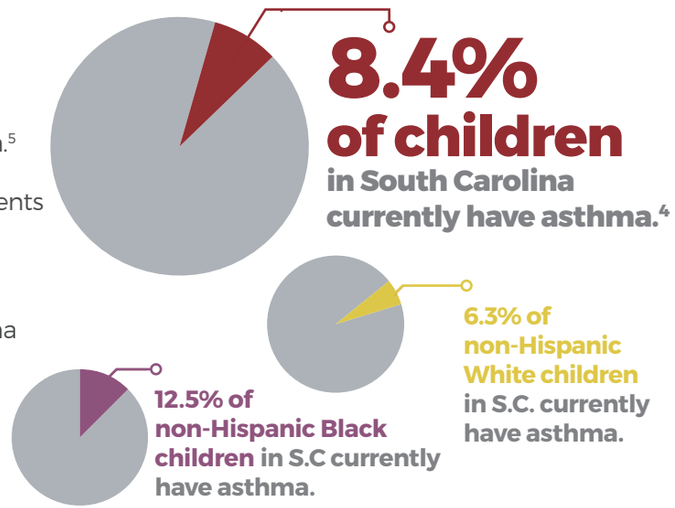
3,518 people died of asthma in 2016.[3]

Asthma costs the United States an estimated **$56 billion** each year.[2]

Medicaid spends more than **$9 billion dollars per year** treating asthma.[2]

Asthma in South Carolina

- **In adults, 9.2% currently have asthma.**[5] More females (11.9%) than males (6.3%) currently have asthma, and more residents with less than high school graduation (13.1%) than college graduates (7.2%) currently have asthma.
- **69 South Carolinians died** from asthma in 2017.[6]
- In 2017, **12.3% of South Carolina high school students** reported currently having asthma.[7]



Uncontrolled Asthma is a Common Reason People Seek Medical Attention

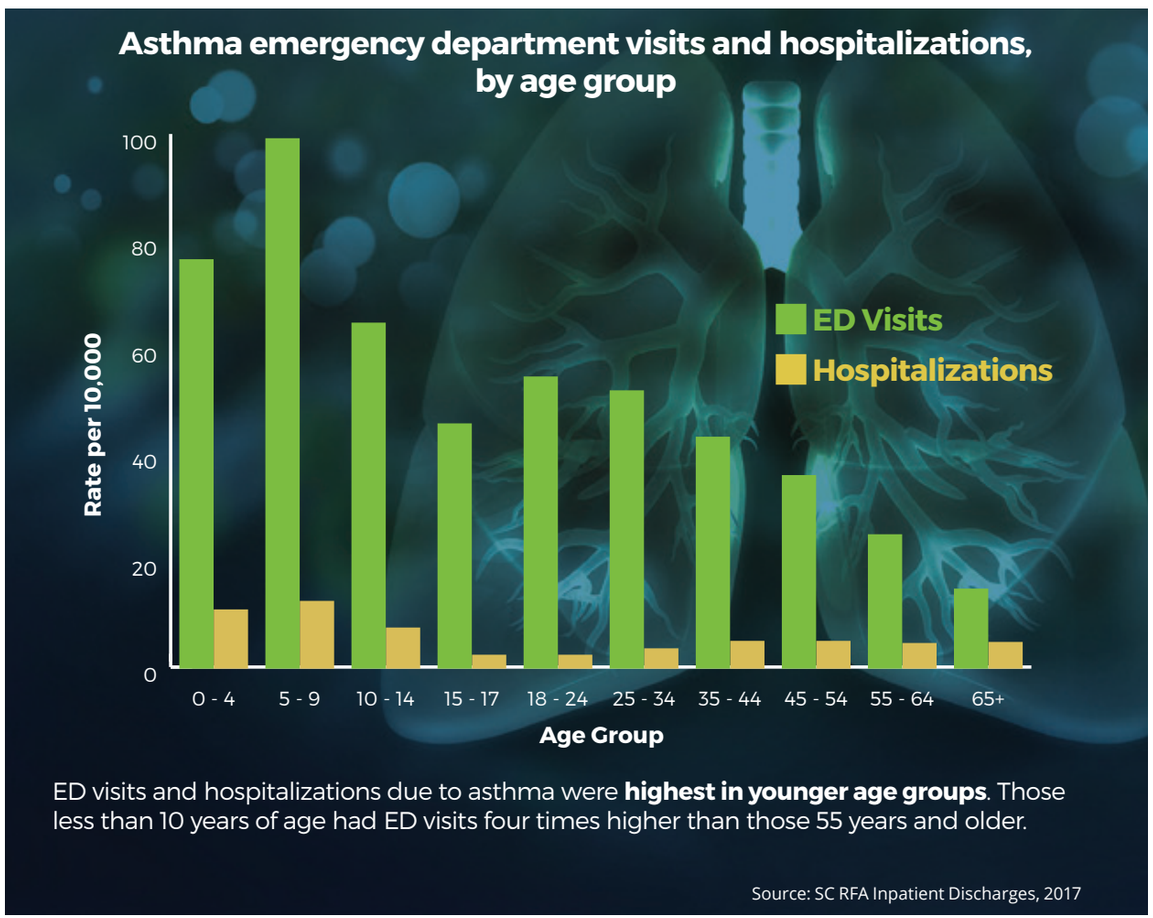
In 2017, there were **21,924 emergency department (ED) visits** and **2,485 hospitalizations** for asthma.[8]

The rate of ED visits and hospitalizations were **higher for females than males** and

five times higher for black residents than white residents.

In 2017, ED charges for asthma were more than **$67 million**

In 2017, hospitalization charges were more than **$55 million**



ED visits and hospitalizations due to asthma were **highest in younger age groups**. Those less than 10 years of age had ED visits four times higher than those 55 years and older.

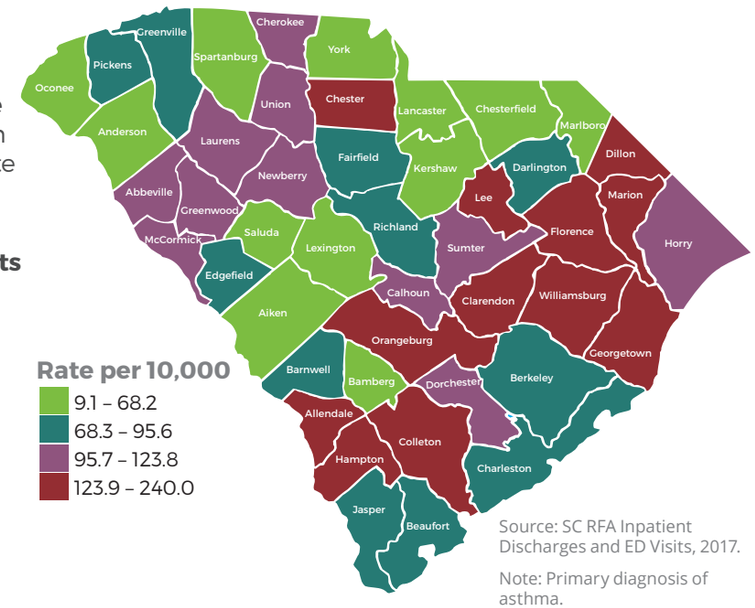
Source: SC RFA Inpatient Discharges, 2017

Asthma Among Children

Children suffer the most from asthma in South Carolina.

- **Asthma was the leading cause of children's hospitalizations** in fiscal year 2017, followed by acute bronchiolitis.
- In 2017, among those **17 and under, there were 8,160 ED visits and 941 hospitalizations** for asthma.
- ED charges were more than $19 million for asthma among children and hospitalization charges were more than $12 million in 2017.
- The counties along the I-95 corridor had the highest rates of hospitalizations and ED visits among children in 2017.

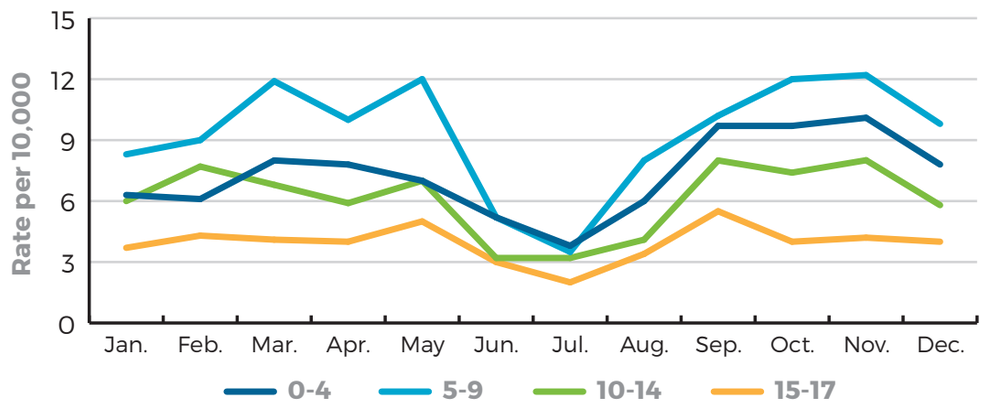
Asthma Hospitalizations and Emergency Department Visits Among Children 0–17



Source: SC RFA Inpatient Discharges and ED Visits, 2017.

Note: Primary diagnosis of asthma.

Asthma Hospitalizations and Emergency Department Visits Among Children, by Month of Admission



Source: SC RFA Hospital Inpatient Discharges and ED Visits, 2017

In South Carolina, asthma hospital admissions follow seasonal patterns. More children are hospitalized for asthma in the spring and fall, and fewer are hospitalized in the summer. A major contributor to the fall increase in asthma hospitalizations is thought to be increasing rates of respiratory infections associated with children going back to school. Other possible contributing factors include pollen and mold.