

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

Produced by:
 Division of Data Analytics - Bureau of Population Health Data Analytics and Informatics

References and data sources:

¹ CDC Asthma <https://www.cdc.gov/asthma/>
² CDC The Economic Burden of Asthma in the US, 2008-2013 *Annals of the American Thoracic Society*, 2018.
³ CDC Most Recent Asthma Data https://www.cdc.gov/asthma/most_recent_data.htm
⁴ SC DHEC CHAS, 2016
⁵ SC DHEC BRFSS, 2019

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



Asthma Triggers

The most common asthma triggers include:



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



3,524 people died of asthma in 2019.³

Asthma in the U.S.

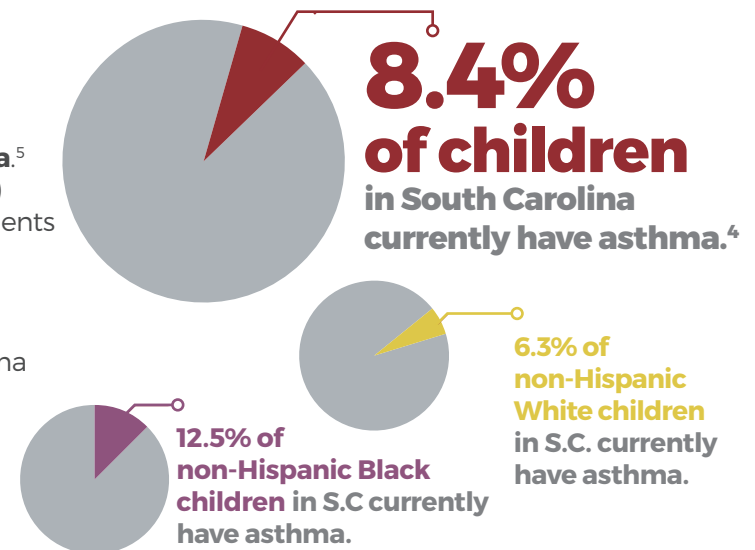
Asthma continues to be a serious public health problem in the United States.

5.1 million children + **19.9** million adults in the United States are estimated to have asthma.³

Asthma costs the United States an estimated **\$80 billion** each year.²

Asthma in South Carolina

- In adults, **9.4% currently have asthma.**⁵ More females (12.1%) than males (6.4%) currently have asthma, and more residents with less than high school graduation (17.7%) than college graduates (6.7%) currently have asthma.
- **50 South Carolinians died** from asthma in 2019.⁶
- In 2019, **26.9% of South Carolina high school students** reported ever having asthma.⁷



Uncontrolled Asthma is a Common Reason People Seek Medical Attention



In 2019, there were **19,010 emergency department (ED) visits** and **2,225 hospitalizations** for asthma.⁸

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

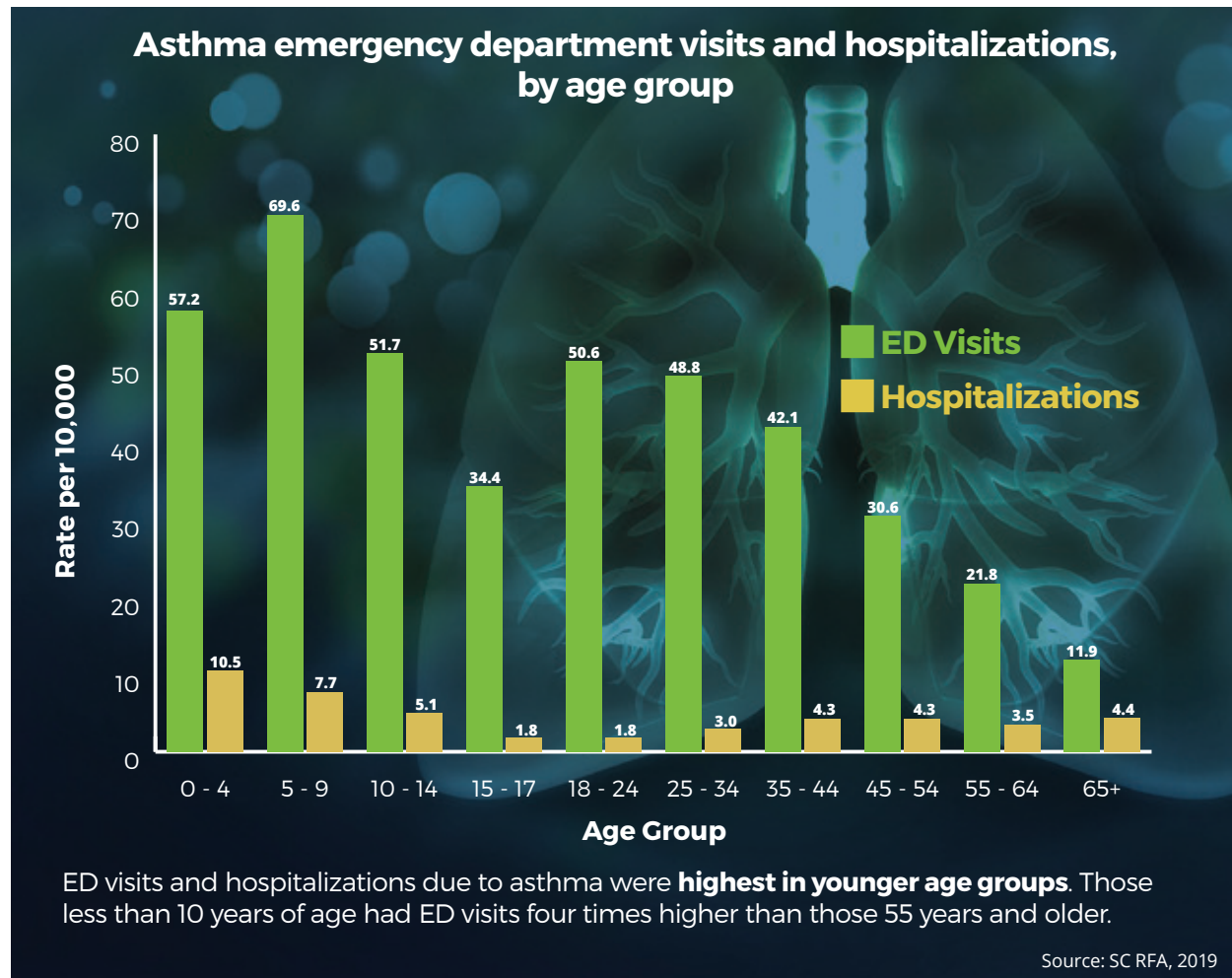
5X higher for black residents than white residents.

In 2019, ED charges for asthma were more than

\$67 million

In 2019, hospitalization charges were more than

\$60 million

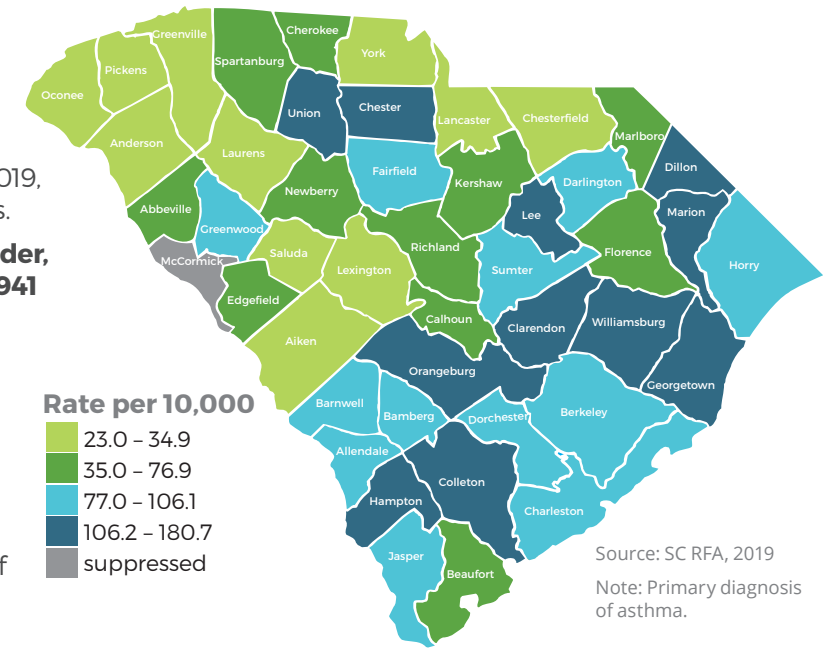


Asthma Among Children

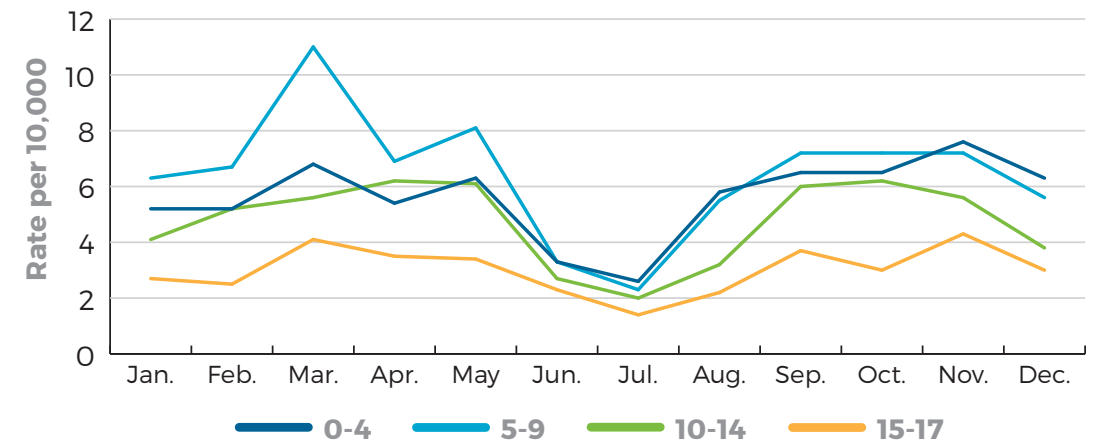
Children suffer the most from asthma in South Carolina.

- Asthma was the **second leading cause of children's hospitalizations** in fiscal year 2019, surpassed by acute bronchiolitis.
- In 2019, among those **17 and under**, there were **6,152 ED visits** and **941 hospitalizations** for asthma.
- ED charges were more than \$16 million for asthma among children and hospitalization charges were more than \$12 million in 2019.
- The counties along the I-95 corridor had the highest rates of hospitalizations and ED visits among children in 2019.

Asthma Hospitalizations and Emergency Department Visits Among Children 0-17



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



Source: SC RFA, 2019

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.