



ASTHMA BURDEN UPDATE

■ ASTHMA BURDEN BRIEFS

Asthma Burden Briefs

Asthma burden briefs will periodically be released to highlight updated asthma surveillance findings.

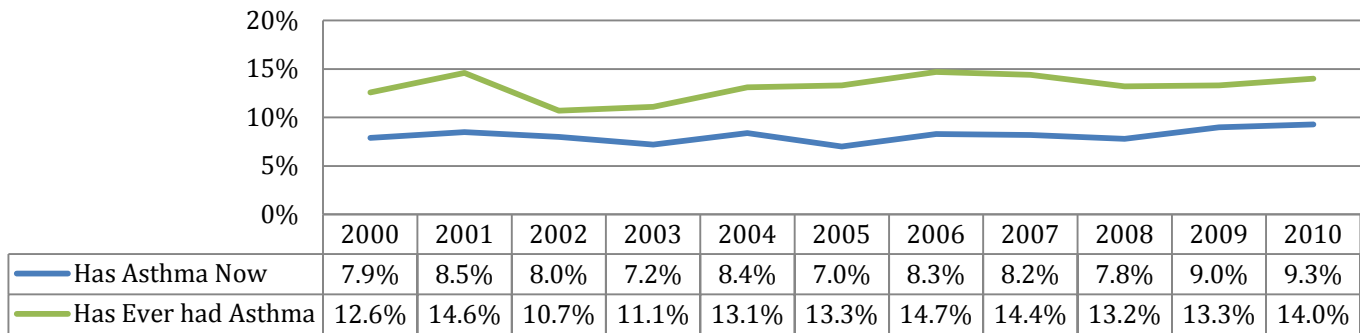
According to the Illinois Behavioral Risk Factor Surveillance System (BRFSS) 2010, 9.3 percent of adults in Illinois currently have asthma.

Asthma is a chronic lung disease caused by inflammation of the lower airways and episodes of airflow obstruction. Asthma episodes or attacks can vary from mild to life-threatening. People with asthma require frequent interaction with the health care system to manage their asthma. When asthma is properly managed, inpatient hospitalizations and emergency department visits can be prevented.

ADULT ASTHMA TRENDS

Since 2000, the prevalence of adults in Illinois who have ever been diagnosed with asthma has risen from 12.6 percent to 14.0 percent in 2010. Concurrently, the prevalence of adults who positively answered the question “Do you still have asthma?” has risen from 7.9 percent to 9.3 percent in 2010 in Illinois.

Asthma Prevalence of Illinois Adults, 2000-2010



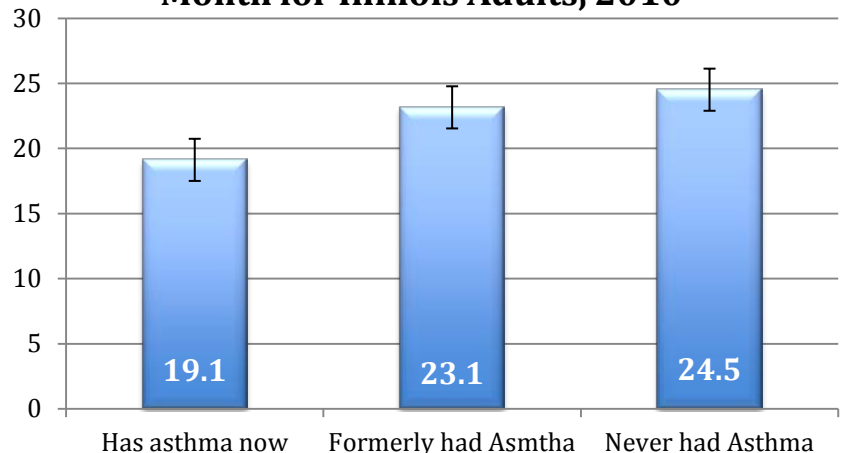
Source: Illinois Behavioral Risk Factor Surveillance System

HEALTHY DAYS

The variable “healthy days” is derived from two questions that are part of the BRFSS questionnaire and indicate how many days in the past month a person felt healthy based on both mental and physical health.

Illinois adults with current asthma experienced 19.1 healthy days in the past 30 days compared to the 23.1 healthy days of Illinois adults who had asthma and the 24.5 healthy days of Illinois adults who have never had asthma experience. This difference is a significant indication of quality of life.

Number of Health Days in the Past Month for Illinois Adults, 2010



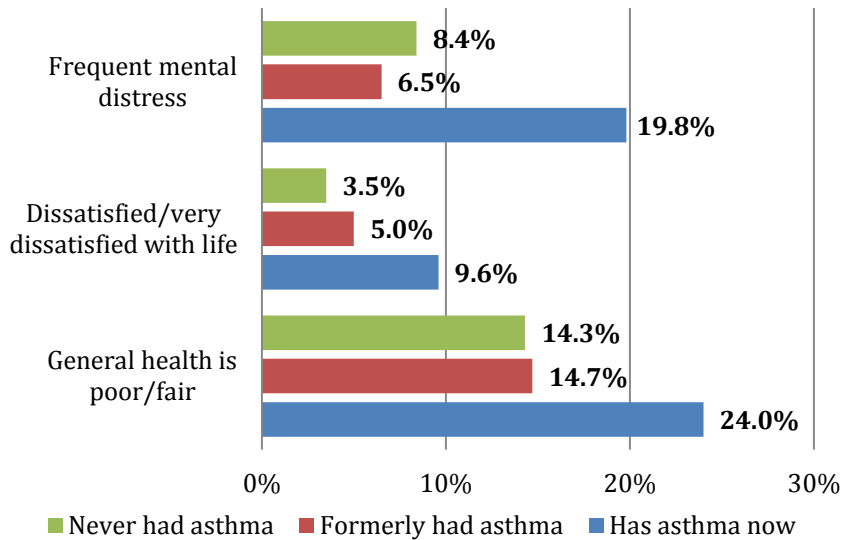
Source: Illinois Behavioral Risk Factor Surveillance System

QUALITY OF LIFE

The stress of living with a chronic condition affects general quality of life and this is often true for people with asthma. People with asthma experience stressors in the form of managing their asthma symptoms, treatment and cost.

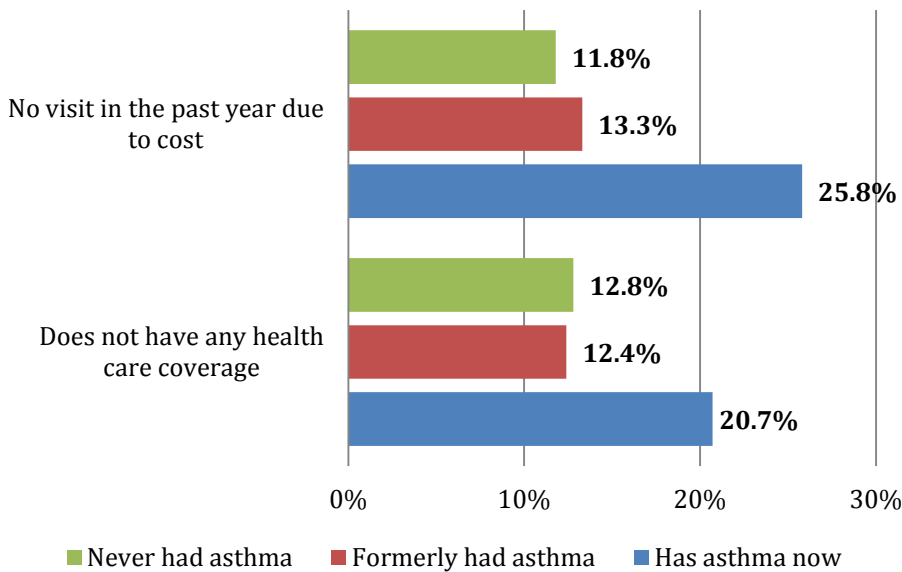
In 2010, 19.8 percent of Illinois adults with current asthma reported frequent mental distress compared to 8.4 percent of Illinois adults without asthma. Illinois adults with asthma say their general health is poor or fair (24.0%) and they are dissatisfied or very dissatisfied with life (9.6%), more often than adults with no asthma (14.3% and 3.5% respectively).

Quality of Life Characteristics for Illinois Adults, 2010



Source: Illinois Behavioral Risk Factor Surveillance System

Health Care Characteristics for Illinois Adults, 2010



Source: Illinois Behavioral Risk Factor Surveillance System

HEALTH CARE

Illinois adults who have been diagnosed with asthma are more likely than those without asthma to not visit a doctor within the past year due to cost (25.8% to 11.8% respectively).

Additionally, 20.7 percent of adults with asthma do not have any health care coverage compared to 12.8 percent of Illinois adults without asthma.