IMPACT OF ASTHMA

IN WASHINGTON STATE

WHAT IS ASTHMA?

Asthma is a disease that affects the lungs. It is one of the most common long-term diseases and affects people of all ages. Asthma causes wheezing, shortness of breath, chest tightness, and coughing at night or early in the morning.

WHO HAS CURRENT ASTHMA?

- About **500,000** people in Washington
- **1** in **8** women and **1** in **14** men
- Nearly **10%** of adults and **6%** of children

HOW WELL IS ASTHMA CONTROLLED?

- Only **27%** of adults with asthma have well-controlled asthma
- **76%** of adults with asthma meet national asthma guidelines to have at least two routine asthma check ups each year
- More than **4,400** hospitalization records in one year listed asthma as the primary diagnosis
- Only **1** in **3** children and **1** in **4** adults have an asthma action plan

WHAT IS THE COST OF ASTHMA?

- **Half** of the adults with asthma limit their physical activity
- Adults with asthma miss nearly **200,000** days of work each year
- **14%** of adults cannot afford asthma medication
- More than **80** people die from asthma each year — one every five days

DO YOU HAVE A PLAN?

Washington State Department of Health
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Sources: Washington State Department of Health and Centers for Disease Control and Prevention

For more information: Washington Department of Health Asthma Program, 360.236.3631, www.doh.wa.gov