

ASTHMA: YOUTH WHO HAVE BEEN DIAGNOSED

ISSUE

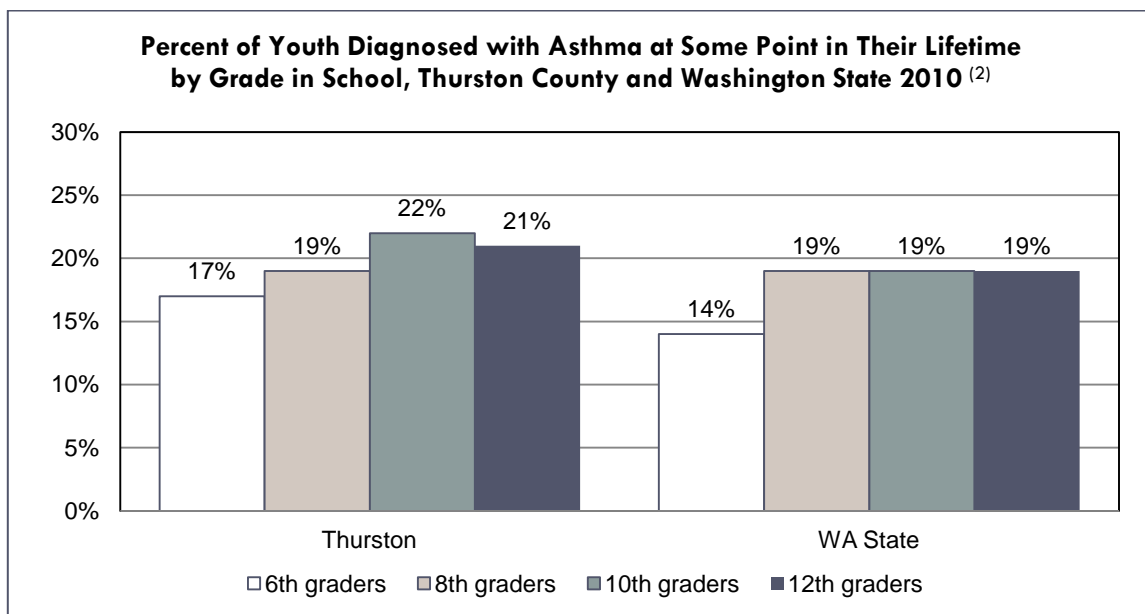
Asthma is a chronic disease that affects your airways causing symptoms like coughing, wheezing, chest tightness and trouble breathing. When you experience a serious worsening of asthma symptoms, it is called an asthma attack. Asthma attacks are not all the same and some are worse than others. People can be hospitalized or die from severe asthma attacks. ⁽¹⁾

Asthma affects people of all ages, but usually starts during childhood. Asthma cannot be cured, but for most people it can be controlled. People with asthma can live an active lifestyle and have only minimal infrequent symptoms. ⁽¹⁾

- Regular care from a health care provider and following treatment recommendations are essential in the control of asthma.
- Avoiding things that make asthma worse and reducing exposure to triggers (things that can irritate the lungs) can help reduce the severity or frequency of asthma attacks. Examples of triggers include cigarette smoke, air pollution, dust, mold, pet dander and pollen.

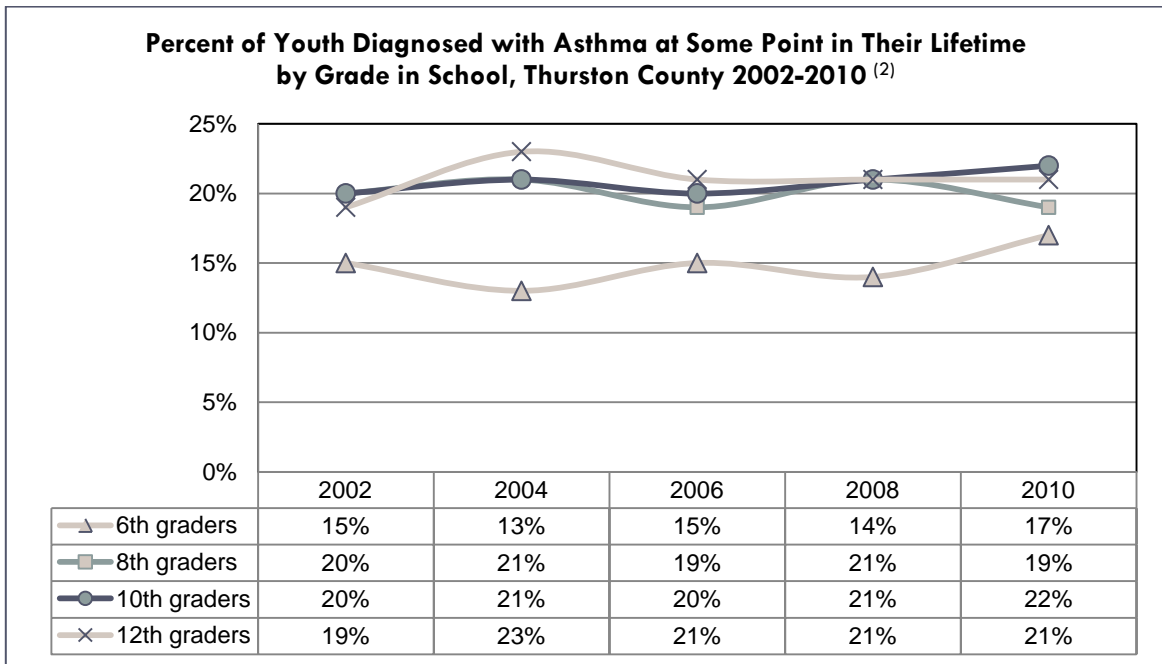
FINDINGS

- In 2010, about 1 in 5 Thurston County 6th, 8th, 10th and 12th graders had been diagnosed with asthma at some point in their lifetime. ⁽²⁾

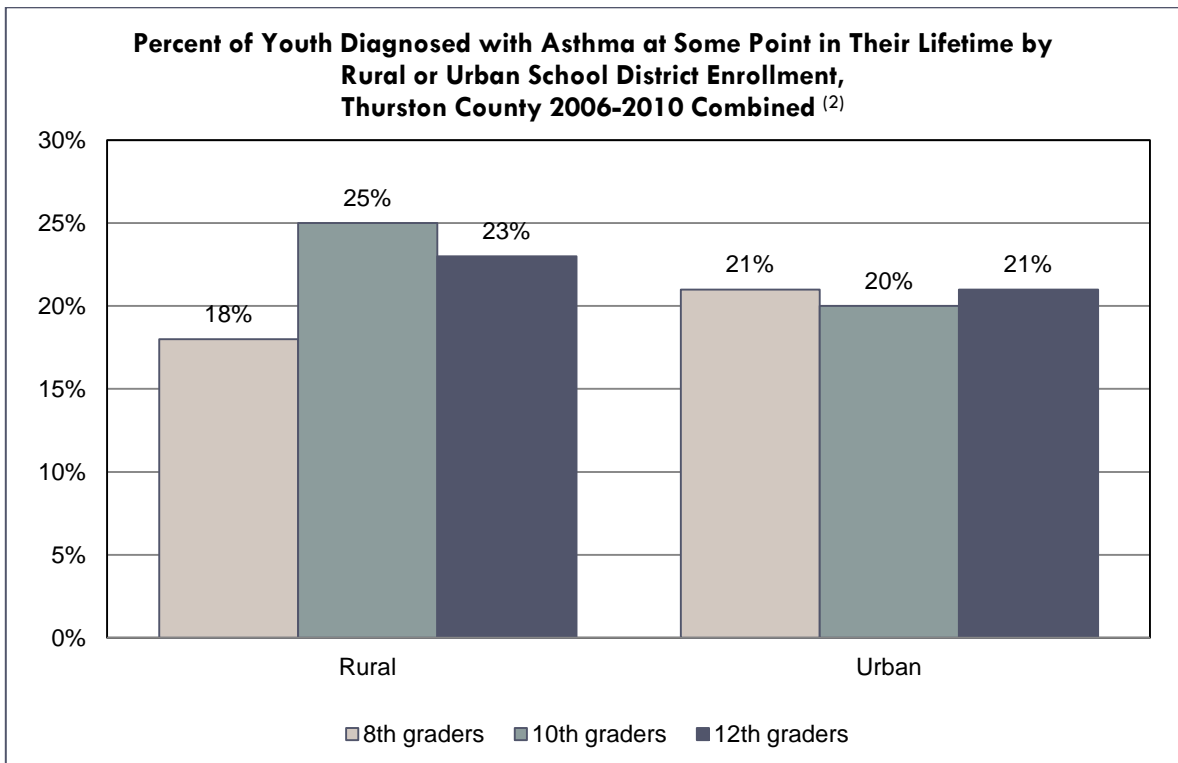


DETAILED DATA

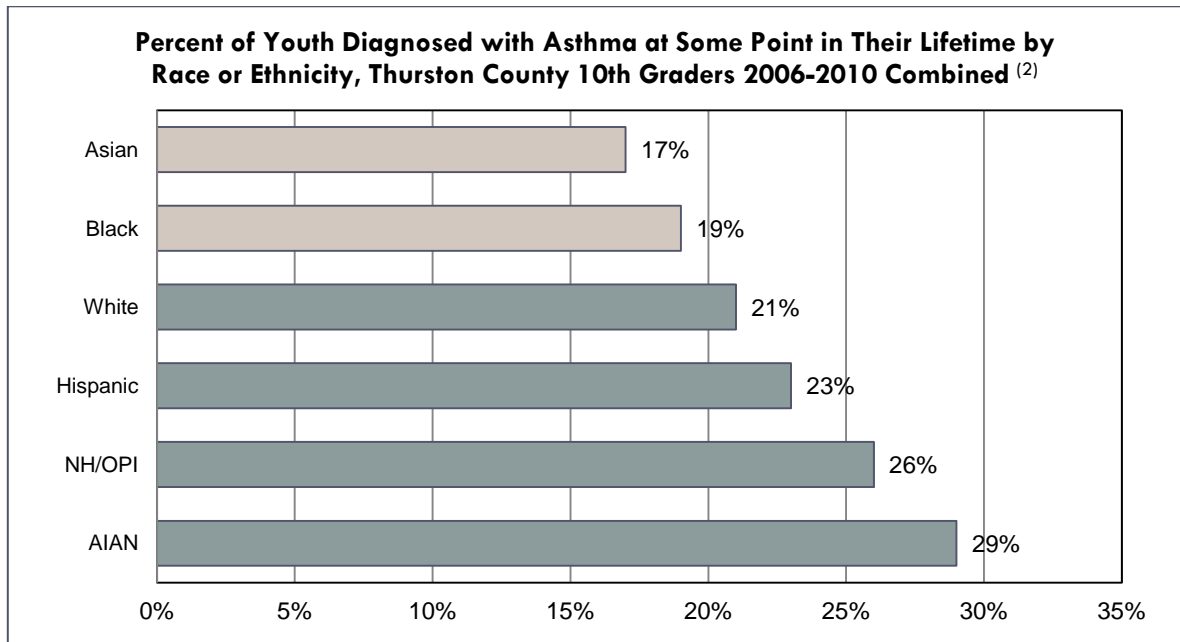
- During the past decade asthma rates among Thurston County youth have remained similar.



- Being diagnosed with asthma varies somewhat in rural and urban Thurston County school districts.

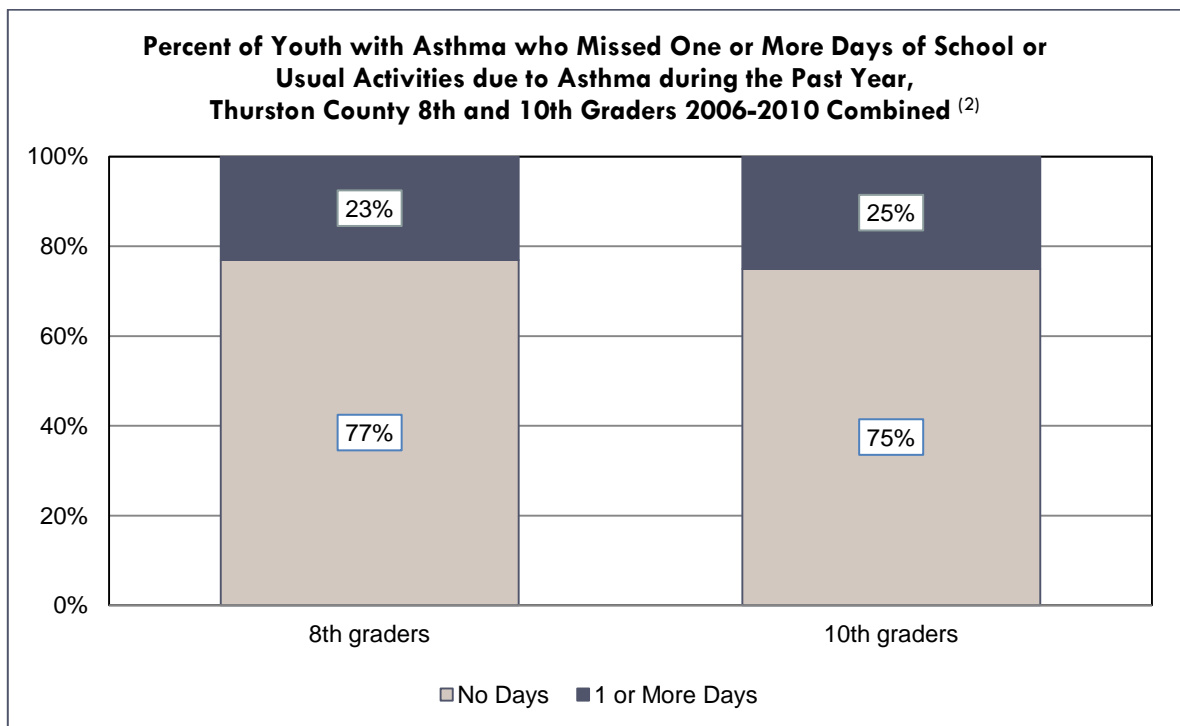


- Among Thurston County 10th graders, being diagnosed with asthma varies by race and ethnicity.



NH/OPI = Native Hawaiian and Other Pacific Islander
 AIAN = American Indian and Alaska Native

- About 1 in 4 Thurston County 8th and 10th graders with asthma missed school or usual activities because of their asthma.



CITATIONS

- (1) What is Asthma? 2012. U.S. Department of Health & Human Services, National Heart Lung and Blood Institute. www.nhlbi.nih.gov/health/health-topics/topics/asthma/
- (2) Healthy Youth Survey (HYS) Data. 2002-2010. Washington State Department of Health. Prepared by Thurston County Public Health & Social Services Department.

NOTES

- Diagnosed with asthma (lifetime asthma) = an answer of yes to the survey question “Has a doctor or nurse (or other health care professional) ever told you that you have asthma?”
- Missed school = an answer of 1 or more days to the survey question “During the past 12 months, how many days did you stay out of school or stay away from your usual activities because of your asthma?” Figures exclude youth who do not have asthma and those who did not know how many days they had missed in the past year.
- 6th graders are usually age 11-12, 8th graders age 13-14, 10th graders age 15-16 and 12th graders age 17-18.
- Rural school district = Griffin, Rainier, Rochester, Tenino and Yelm. Urban school district = North Thurston, Olympia and Tumwater.

MORE INFORMATION

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