

All About Asthma



June 2018
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ASTHMA FACTS

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

According to the U.S. Centers for Disease Control and Prevention (CDC)'s 2015 National Health Interview Survey (NHIS):

- An estimated 24.6 million people, including 6.2 million children, have asthma.¹
- More than 11.5 million people with asthma, including nearly 3 million children, report having had one or more asthma attacks in 2015.²

Uncontrolled asthma is a common reason people seek medical attention.

- The 2010 National Hospital Ambulatory Medical Care Survey reported 1.3 million outpatient department visits with asthma as the primary diagnosis.³
- The 2012 National Ambulatory Medical Care Survey reported 10.5 million physician office visits with asthma as the primary diagnosis.⁴
- In 2013, the most recent national data available showed that asthma was the primary diagnosis for more than 1.5 million emergency department visits.⁵
- Children who have asthma (3.4%) are more likely to use a hospital emergency department as their usual place for medical care than children without asthma (2.1%).⁶

Asthma is a common chronic disease in children.

- In 2015, the prevalence of asthma in children was 8.4 percent,⁷ which means about 1 in 12 children had asthma.
- In 2013, approximately 13.8 million missed school days were reported due to asthma.⁸

Black Americans in the United States die from asthma at a higher rate than people of other races or ethnicities.

- According to the CDC's 2015 summary of the most recent asthma mortality data, black Americans have a higher asthma death rate - at 23.9 deaths per million persons - than non-Hispanic whites (8.4 deaths per million persons), Hispanics (7.3 deaths per million persons), and other non-Hispanics (10.0 deaths per million persons).⁹

The economic costs of asthma are high.

- The annual economic cost of asthma in 2007, including medical costs and lost school and work days, amounted to more than \$56 billion.¹⁰

Reducing exposure to environmental factors, such as indoor asthma triggers, is important for asthma management.

- On average, Americans spend about 90 percent of their time indoors.¹¹
- Indoor environmental factors called asthma triggers - such as dust mites, mold, cockroaches, pet dander and secondhand smoke - can exacerbate asthma symptoms.¹²
- With an asthma action plan that includes medical treatment and control of environmental triggers, people with asthma can lead healthy, active lives.¹³

Learn more at www.epa.gov/asthma.

References

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13. Matsui, E.C., Abramson, S.L., Sandel, M.T., Section on Allergy and Immunology, Council on Environmental Health. November 2016. “Indoor Environmental Control Practices and Asthma Management.” *Pediatrics;* 135(5). <http://pediatrics.aappublications.org/content/138/5/e20162589>.

DATOS SOBRE EL ASMA

El Asma continúa siendo un problema serio de la salud pública en Estados Unidos.

Según la Encuesta Nacional de Entrevistas de Salud 2015 (NHIS por sus siglas en inglés) de los Centros para el Control y la Prevención de Enfermedades (CDC por sus siglas en inglés):

- Aproximadamente 24.6 millones de personas, incluyendo 6.2 millones de niños, tienen asma.¹
- Más de 11.5 millones de personas con asma—incluyendo casi 3 millones de niños—reportaron haber tenido uno o más ataques de asma en 2015.²

El asma descontrolada es una razón común del porque personas busca atención médica.

- La Encuesta Nacional de Asistencia Médica Ambulante 2010 ha reportado que 1.3 millones de visitas al centro de tratamiento ambulatorio ocurrieron con un diagnóstico principal de asma.³
- La Encuesta Nacional de Asistencia Médica Ambulante 2010 ha reportado que 10.5 millones de vistas al consultorio médico ocurrieron con un diagnóstico principal de asma.⁴
- En 2013, los últimos datos disponibles muestran que el asma fue el diagnóstico principal más de 1.5 millones de visitas al departamento de emergencias.⁵
- Los niños con asma (3.5%) son más propensos a utilizar departamentos de emergencias como su médico primario que los niños que no tienen asma (2.1%).⁶

El asma es una enfermedad crónica común en la infancia.

- En 2015, la prevalencia de asma en la infancia fue de 8.5 por ciento,⁷ lo que significa que casi uno de cada doce niños tenía asma.
- En 2013, más de 13.8 millones de días escolares fueron reportados perdidos a causa de asma.⁸

Afro-americanos en Estados Unidos tienen una tasa de mortalidad a causa de asma más elevada que otras razas o grupos étnicos.

- Según el 2015 resumen de los datos sobre la tasa de mortalidad sobre el asma del CDC, afro-americanos tienen una tasa de mortalidad a causa de asma más elevada—23.9 muertes de cada millón de personas—en comparación con las personas americanas blancas no-hispanas (8.4 muertes de cada millón de personas), hispanos (7.3 muertes de cada millón de personas) y otros no-hispanos (10.0 muertes de cada millón de personas).

Los costos relacionados con el asma son altos.

- En 2007, el costo anual relacionado con el asma—incluyendo costos médicos de las estadías en el hospital y costos indirectos, como pérdida de escuela o trabajo—equivale a más de \$56 billones anualmente.¹⁰

Reduciendo la exposición a factores ambientales, como ser los provocadores de asma en ambientes interiores, es importante para el control del asma.

- En promedio, americanos pasan aproximadamente 90 por ciento del tiempo en medios ambientes interiores.¹¹
- Los factores ambientales en ambientes interiores se llaman provocadores del asma. Estos incluyen ácaros de polvo, moho, cucarachas, caspa de mascotas, y humo de tabaco. Estos pueden agravar los síntomas del asma.¹²
- Personas con asma pueden vivir vidas activas y saludables con un plan de acción contra el asma que incluye información sobre el tratamiento del asma y el control de los provocadores ambientales del asma.¹³

References

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CLEARING THE AIR OF ASTHMA TRIGGERS

10 STEPS TO MAKING YOUR HOME ASTHMA-FRIENDLY

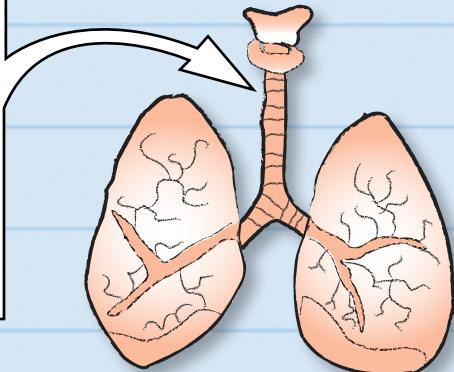
1. **Take it outside.** One of the most common asthma triggers in the home is **secondhand smoke**. Until you can quit, smoke outside, not in your home or car.
 2. **Good night, little mite!** **Dust mites** are also triggers for asthma. For mite population control, cover mattresses and pillows with dust-proof (allergen impermeable) zippered covers. Wash sheets and blankets once a week in hot water.
 3. **Play it Safe.** Ozone and particle pollution can cause asthma attacks. Watch for the Air Quality Index (AQI) during your local weather report. When AQI reports unhealthy levels, limit outdoor activities.
 4. **A little goes a long way.** Reduce everyday dust build-up, by regularly dusting with a damp cloth and vacuuming carpet and fabric-covered furniture.
 5. **Stake your claim.** **Household pets** can trigger asthma with skin flakes, urine, and saliva. Keep pets outdoors, if possible.
 6. **Uninvite unwelcome guests.** **Cockroaches** can trigger asthma. Don't invite them into your home by leaving food or garbage out. Always clean up messes and spills and store food in airtight containers.
 7. **Think before you spray.** Instead of pesticide sprays, control pests by using baits or traps. If sprays are necessary, always circulate fresh air into the room being treated and keep asthma sufferers out of that room for several hours after any spraying.
 8. **Break the mold.** **Mold** is another asthma trigger. The key to controlling mold is controlling moisture. Wash and dry hard surfaces to prevent and remove mold. Replace moldy ceiling tiles and carpet.
 9. **Air it out.** Reducing the moisture will control asthma triggers like **mold, cockroaches, and dust mites**. Use exhaust fans or open windows when cooking and showering. Fix leaky plumbing or other unwanted sources of water.
 10. **Plan before the attack.** Work with your doctor or health care provider to develop a written asthma management plan for your child that includes information on your child's triggers and how to manage them.
- Post a note.** Post this plan on your refrigerator to help *control asthma triggers and reduce asthma attacks in your home*. Share it with those who spend time with your child like teachers, babysitters, and coaches.

Asthma FAST FACTS for Kids

What is Asthma?

Asthma (az-ma) is when air can't get into your lungs and you have trouble breathing.

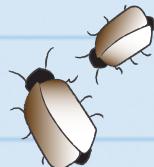
The tubes that take air to your lungs get too tight (like a pinched straw) and this makes it hard for you to breathe.



What causes an asthma attack?

An asthma attack is when you have trouble catching your breath. Many different asthma "triggers" can cause this to happen. Some common "triggers" are:

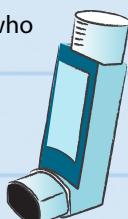
- Dust in your house
- Tobacco smoke
- Dirty air outside
- Cockroach droppings
- Pets
- Mold
- Hard exercise that makes you breathe really fast
- Some medicines
- Bad weather
- Some kinds of food



Things you are worried about can cause an asthma attack. Even getting really excited, or feeling very mad, sad, or scared can cause an asthma attack.

How is asthma treated?

Several different kinds of medicine help people with asthma. People who have asthma don't always take the same medicine.



Some people use **INHALERS** to breathe in the asthma medicine. An INHALER is a little can of special air you squirt into your mouth and then breathe in.



Some people take pills to help them breathe better.

Some asthma medicine (mostly inhalers) is what you take when you need breathing help **RIGHT NOW!** You take this **QUICK HELP** medicine when you have an **ASTHMA ATTACK**.

Other asthma medicine you would just take every day to help you avoid having too many bad asthma attacks.

Even if you are not having trouble breathing, you need to take this **EVERYDAY** medicine. But this everyday medicine will **NOT** help if you have an asthma attack. When you have an asthma attack, you need to take your **QUICK HELP** medicine.

You CAN Control Your Asthma!

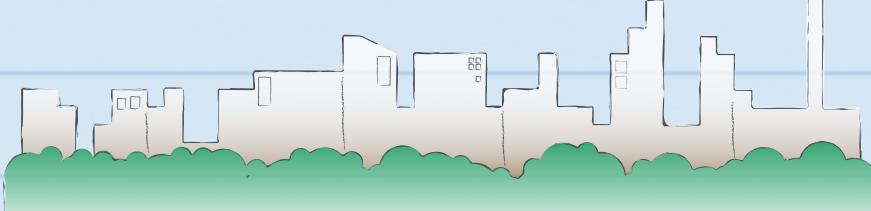
Your doctor's office can help you make a plan just for you to help you control your asthma. A good plan means that

- You won't have as many asthma attacks
- You won't wheeze and cough as much, or maybe not at all
- You will sleep better
- You won't miss school
- You can play sports and games outside and at school
- You won't have to go to the hospital!



Always Remember to ...

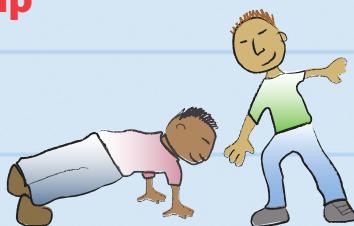
- Follow your doctor's orders
- Learn what **TRIGGERS** your asthma. Everyone is different and everyone has different triggers. What are your triggers—dirty air, cigarette smoke, pets, insects, mold, or something else?



- If you have been running or playing and feel out of breath, stop and take a break!
- Know the warning signs of an asthma attack
 - » Wheezing and coughing
 - » Breathing too hard and too fast
 - » A feeling of tightness in your chest
- Whenever you leave the house, always take your **QUICK HELP** inhaler with you!

When you exercise, you will help your asthma... IF you follow these tips

Go easy — start exercising slowly and finish your exercise with a cool-down.



Take a buddy — play or exercise with a friend.

Know your triggers — stay away from the things that can trigger your asthma.



Take breaks — they will help you catch your breath. And drink plenty of water.

Mix it up — do different activities, like inline skating one day and taking a long walk the next day.

Check air quality — exercise outside only when the air is clean. Before you exercise, check the weather on TV or on a computer to see how clean the air is.



In 2000, more than one quarter of the swimmers on the US Olympics team had asthma and used inhalers.



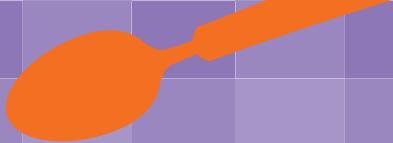
Asthma didn't hold them back and asthma shouldn't hold YOU back!!!



Note: The next update of this fact sheet is scheduled for June 2011. More recent information may be available at the CDC's Air Pollution and Respiratory Health Branch's Asthma Web site at <http://www.cdc.gov/asthma>.



Tips for Picky Eaters



Help! I think I have a picky eater!

Young kids often do things that seem like picky eating. They are trying to do more for themselves, and they want to do things their way. They may refuse to eat a certain food, or not eat much on some days. This is temporary, and it's a normal part of growing up.



My child doesn't like to try new foods.

- Offer one new food at a time. Offer it with foods she likes.
- Offer a small amount. Don't worry if your child doesn't eat it. Try again another time. You may need to offer it many times before she will eat it.
- Let her try all kinds of foods, even the ones you don't like!

My child doesn't always want to eat what I serve. She wants something else.

- Have at least one food she likes at each meal, along with the other foods.
- Let your child help with meals. Children like to eat foods they help prepare.
- Sometimes offer her two choices of foods and let her pick one.



My child doesn't eat much.

- Young kids are smart eaters. They eat when they are hungry and they stop when they are full.
- It's normal for kids to eat less after their first year. They are not growing as fast.



My child only wants to eat one kind of food.

- This is normal at this age. Let him eat the food he wants, if it's a healthy food.
- Offer him other foods, too. After a few days, he will probably eat other foods again.

My child sometimes doesn't want to eat anything.

- Don't worry if he skips a meal sometimes. He will make up for it later.
- Take the food away until the next meal or snack. Meals and snacks should be about every two to three hours.
- Make sure he doesn't fill up on milk, juice, or sweet drinks between meals. Offer water in a cup when he's thirsty. He should drink only from a cup now, not a bottle.



Consejos para los niños delicados para comer



¡Auxilio! ¡Mi hijo es delicado con la comida!

Con frecuencia, parece que los niños pequeños son selectivos para comer. Tratan de hacer más cosas solos y de hacer las cosas a su manera. Se pueden negar a comer ciertos alimentos o no comer mucho algunos días. Esto es temporal y es una parte normal del crecimiento.



Mi hijo no quiere probar alimentos nuevos.

- Ofrézcale un alimento nuevo a la vez. Ofrézcalo junto con los alimentos que le gustan.
- Ofrézcale una cantidad pequeña. No se preocupe si su hijo no se lo come. Ofrézcaselo otra vez en otro momento. Es posible que tenga que ofrecérselo varias veces antes de que se lo coma.
- Deje que pruebe toda clase de alimentos, incluso los que a usted no le gustan!

Mi hijo no siempre quiere comerse lo que le sirvo. Quiere otra cosa.

- Sírvale al menos un alimento que le guste en cada comida, junto con los demás alimentos.
- Deje que su hijo le ayude a preparar las comidas. A los niños les gusta comer alimentos que ayudaron a preparar.
- A veces, ofrézcale dos alimentos y deje que elija uno.



Mi hijo come poco.

- Los niños pequeños saben cuánto necesitan comer. Comen cuando tienen hambre y dejan de comer cuando están satisfechos.
- Es normal que los niños coman menos después del primer año. Ya no crecen tan rápido.



Mi hijo sólo quiere comer un tipo de alimento.

- Esto es normal a esta edad. Déjelo que coma el alimento que quiera, si es un alimento saludable.
- Ofrézcale también otros alimentos. Es probable que después de unos días vuelva a comer otros alimentos.

Mi hijo a veces no quiere comer nada.

- No se preocupe si de vez en cuando se salta alguna comida. Después se comerá más.
- Retire los alimentos hasta la siguiente comida o bocadillo. Las comidas y los bocadillos deben ser cada dos o tres horas.
- No deje que se llene de leche, jugo o bebidas dulces entre comidas. Si tiene sed, ofrézcale agua en un vaso. Ahora sólo debe tomar de un vaso, no del biberón.



Orange Banana Frosty

Serving Size: 1/2 cup

Yield: 2 servings



Ingredients:

1 frozen banana
1/2 cup plain low-fat yogurt
1/2 cup prepared orange juice

Instructions:

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Nutrition Facts

Serving Size 1/2 Cup (179g)

Servings Per Container 2

Amount Per Serving

Calories 120 **Calories from Fat** 10

 % Daily Value*

Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 19g	

Protein 4g

Vitamin A 2% • Vitamin C 10%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 25g	30g
Saturated Fat	Less than 10g	20g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Recipe Collection, p.5, Staff from the University of Nebraska-Lincoln Cooperative Extension, University of Nebraska

For Healthy, Thrifty Holiday Menus, go to: <http://snaped.fns.usda.gov/nutrition-through-the-seasons/healthy-thrifty-holiday-menus>

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Calories:	2,000	2,500
Total Fat	Less than 25g	30g
Saturated Fat	Less than 10g	20g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Recipe Collection, p.5, Staff from the University of Nebraska-Lincoln Cooperative Extension, University of Nebraska

For Healthy, Thrifty Holiday Menus, go to: <http://snaped.fns.usda.gov/nutrition-through-the-seasons/healthy-thrifty-holiday-menus>

Raspado de Banana y Naranja

Tamaño de Servido: 1/2 taza

Rinde: 2 porciones



Ingredientes:

1 banana congelada
1/2 taza de yogurt bajo en grasa, sabor natural
1/2 taza de jugo de naranja

Instrucciones:

1. Coloque todos los ingredientes en la licuadora y mezcle bien.
2. Agregue más jugo si quiere una bebida menos espesa.

Datos de Nutrición

Tamaño por Ración 1/2 taza (179g)

Raciones por Envase 2

Cantidad por Ración

Calorías 120 Calorías de Grasa 10

% Valor Diario*

Grasa Total 1g 2%
Grasa Saturada 0.5g 3%
Grasa Trans 0g

Colesterol 5mg 2%
Sodio 45mg 2%
Carbohidrato Total 25g 8%
Fibra Dietética 2g 8%

Azúcares 19g

Proteínas 4g

Vitamina A 2% • Vitamina C 10%

Calcio 10% • Hierro 2%

*Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores, dependiendo de las calorías que usted necesita.

Calorías: 2,000 2,500

Grasa Total Menos de 65g 80g
Grasa Saturada Menos de 20g 25g
Colesterol Menos de 300mg 370mg
Sodio Menos de 2,400mg 2,400mg

Carbohidrato Total 300g 375g
Fibra Dietética 25g 30g

Calorías por gramo:
Grasa 9 • Carbohidrato 4 • Proteína 4

Adaptada de: Recipe Collection, p.5, Staff from the University of Nebraska-Lincoln Cooperative Extension, University of Nebraska

Para encontrar menús de fiesta económicos y saludables, visite: <http://snaped.fns.usda.gov/nutrition-through-the-seasons/healthy-thrifty-holiday-menus>

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Datos de Nutrición

Tamaño por Ración 1/2 taza (179g)

Raciones por Envase 2

Cantidad por Ración

Calorías 120 Calorías de Grasa 10

% Valor Diario*

Grasa Total 1g 2%
Grasa Saturada 0.5g 3%
Grasa Trans 0g

Colesterol 5mg 2%
Sodio 45mg 2%
Carbohidrato Total 25g 8%
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Azúcares 19g

Proteínas 4g

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Calcio 10% • Hierro 2%

*Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores, dependiendo de las calorías que usted necesita.

Calorías: 2,000 2,500

Grasa Total Menos de 65g 80g
Grasa Saturada Menos de 20g 25g
Colesterol Menos de 300mg 370mg
Sodio Menos de 2,400mg 2,400mg

Carbohidrato Total 300g 375g
Fibra Dietética 25g 30g

Calorías por gramo:
Grasa 9 • Carbohidrato 4 • Proteína 4

Adaptada de: Recipe Collection, p.5, Staff from the University of Nebraska-Lincoln Cooperative Extension, University of Nebraska

Para encontrar menús de fiesta económicos y saludables, visite: <http://snaped.fns.usda.gov/nutrition-through-the-seasons/healthy-thrifty-holiday-menus>