Asthma

Key Findings:

- Of the 1.5 million children and youth under 18 years of age in Washington, nearly 110,000 have asthma. 1,2
- In 2012, about 9 to 11 percent of Washington 6th, 8th, 10th and 12th graders currently had asthma, compared to 12 percent nationally for grades 9-12 in 2011.3,4,a
- Asthma rates were higher among 12th grade Washington females compared to males. Nationally asthma rates were higher among females than males.3,4,a,b,j
- In Washington asthma rates were similar to national rates among 10th graders, Asians having lower rates than Whites.3,4,a,b,j
- 12% of Washington 10th graders with asthma reported having symptoms of asthma an average of once a day or more in the previous 4 weeks.3,a,c
- 49% of Washington 10th graders with asthma reported using rescue inhalers at least once a week in the previous 4 weeks, while 11% used rescue inhalers at least once a day.3,a,d
- About 10 percent of 10th graders with asthma reported smoking cigarettes within the previous 30 days and 20 percent reported smoking marijuana within the previous 30 days.3,a,c,f
- Definition: Asthma is a chronic inflammatory disease of the airways characterized by reversible or episodic airway obstruction.
- About 17 percent of 10th graders with asthma visited the emergency room or an urgent care center for their asthma in the last year.3,a,g
- Washington legislation allows all students to self-carry/self-administer asthma and anaphylaxis medication at all school functions. In a 2012 survey of Washington state principals:6
  - 90 percent of high schools had a specific policy that allowed students to carry and administer their own prescription inhalers.
  - 76 percent had an asthma plan (or individualized health plan) for all known students with asthma.
- From 2008-2012, there were two asthma deaths for Washington children under age 5. There were seven asthma deaths among youth ages 5-14, and one among 15-19 year olds.6
- From 2008-2012, around 4696 Washington children under age 5 were hospitalized each year for asthma, for a rate of 217 per 100,000. The Healthy People 2020 goal is to reduce asthma hospitalizations for children under 5 to no more than 181 per 100,000.7,8,i
- More detailed information about asthma in Washington youth is available in the “Children and Youth with Asthma” report.2
Prevalence of current asthma by grade and sex\textsuperscript{3,a}

Percent Current Asthma Grade and Gender
WA HYS 2012

Prevalence of current asthma by race\textsuperscript{3,a}
Percent with Current Asthma by Race
Grade 10
WA HYS 2012

Data Sources

End notes
a. Based on Healthy Youth Survey questions: “Have you ever been told by a doctor or nurse that you have asthma?” and “Do you still have asthma?”
b. Significance from the Healthy Youth Survey is based on chi-square testing with significance at p < 0.05.
c. Based on the Healthy Youth Survey question: “Symptoms of asthma include coughing, wheezing, shortness of breath, and chest tightness when you don’t have a cold or the flu. During the past 4 weeks, about how many days per week on average did you have any symptoms of asthma?”
d. Based on the Healthy Youth Survey question: “RESCUE inhalers are asthma medicine that you breathe in through your mouth that gives you QUICK relief from asthma symptoms. They are PRESCRIBED by a doctor. During the past 4 weeks, about how many days per week on average did you use a rescue inhaler?”
e. Based on the Healthy Youth Survey question: “During the past 30 days, on how many days did you smoke cigarettes?”
f. Based on the Healthy Youth Survey question: “During the past 30 days, on how many days did you use marijuana or hashish (grass, hash, pot)?”
g. Based on the Healthy Youth Survey question: “During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?”
h. Hospitalization data presented here represent hospitalizations not individuals, so the same person hospitalized more than once would be counted more than once.
i. National data include youth in grades 9-12.

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