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?

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

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