Asthma

Key Findings:

- In 2014, of the 1.59 million children and youth under 18 years of age in Washington, over 110,000 have asthma.1,2
- In 2014, about 7 to 10 percent of Washington 6th, 8th, 10th and 12th graders currently had asthma. National estimates of current asthma prevalence are no longer available, but past data indicate that WA rates are comparable to national rates. In 2011, nationally, about 12 percent of youth in grades 9-12 currently had asthma.3,a
- Asthma rates were higher among 10th and 12th grade Washington females compared to males.3,a,b
- In Washington asthma rates among 10th graders, Asians were lower rates than Whites.3,a,b
- 14% 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
- 47% of Washington 10th graders with asthma reported using rescue inhalers at least once a week in the previous 4 weeks, while 14% 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 23 percent reported smoking marijuana within the previous 30 days.3,a,c,f
- About 19 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
- In a 2014 survey of Washington state principals:5
  - 98.6% high schools routinely use school records to identify and track students with a current diagnosis of asthma.
  - 74% high schools provide referrals to any organizations or health care professionals not on school property for students diagnosed with or suspected to have asthma.
- From 2009-2013, there were two asthma deaths for Washington children under age 5. There were six asthma deaths among youth ages 5-14, and one among 15-19 year olds.6
- From 2010-2014, around 4149 Washington children under age 5 were hospitalized each year for asthma, for a rate of 189 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

**Definition:** Asthma is a chronic inflammatory disease of the airways characterized by reversible or episodic airway obstruction.

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Prevalence of current asthma by grade and sex

Data Sources
4. Centers for Disease Control and Prevention, Youth Risk Behavioral Survey Online data query accessed at: http://www.cdc.gov/healthyyouth/yrbs/index.htm Question used to calculate current asthma prevalence is not asked on YRBS in 2013.
5. School Health Profiles 2014: Principal Results. Washington State Department of Health, Chronic Disease Unit; Results from Washington State Office of Superintendent of Public Instruction via CDC’s Division of Adolescent and School Health

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?”

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