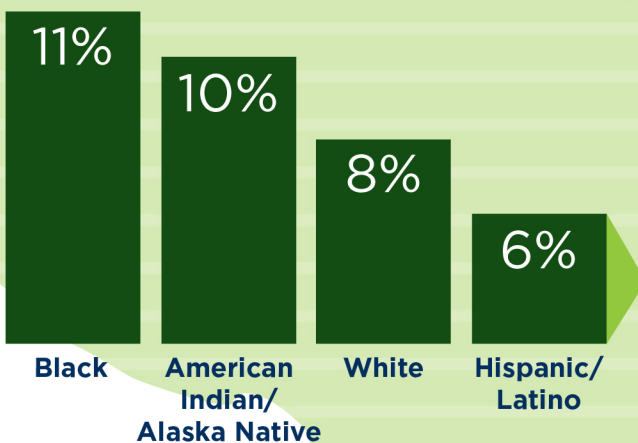


# ASTHMA in our communities

About **1 in 13** people in the U.S. has asthma. Some groups face a larger burden.

## U.S. asthma rates by race/ethnicity



Asthma rates differ among Hispanic/Latino people. While 6% of Mexican Americans have asthma, 15% of Puerto Rican Americans do.



Compared to white people,

- American Indians/Alaska Natives are **41%** more likely to die of asthma
- Hispanics/Latinos are **2x** more likely to visit the ER for asthma
- Black children are **5x** more likely to be admitted to the hospital for asthma

## Different factors can make asthma harder to manage:



### Access to health care

More than 1/3 of all Hispanic/Latino people lack a regular doctor.



Finding a culturally sensitive doctor can help manage asthma.



### Indoor air quality

American Indian/Alaska Native kids are often exposed to secondhand smoke from commercial tobacco.



Not allowing cigarette smoke in shared indoor spaces can reduce a common asthma trigger.



### Other health conditions

Black adults have the highest rates of obesity, a risk factor for developing asthma.



Losing 5-10% of extra weight can reduce symptoms.

## The good news?

If you have asthma, there are steps you can take to try to manage it.

- Know its symptoms:** coughing, wheezing, chest tightness, shortness of breath.
- Talk to your doctor** and create an asthma action plan to:
  - ✓ Understand your medications.
  - ✓ Figure out your asthma triggers.
  - ✓ Track your symptoms.

