



## Cowlitz County Health Department

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### Board of County Commissioners

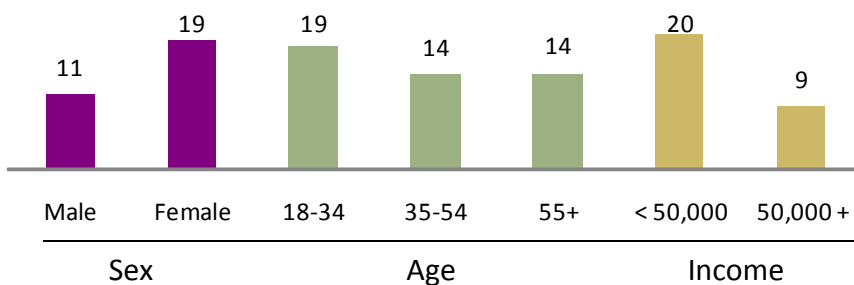
Mike Karnofski	District 1
George Raiter	District 2
Axel Swanson	District 3

# Asthma in Cowlitz County

In the United States, over 16.4 million adults and 7 million children have asthma. In Cowlitz County, an estimated 11,200 adults and 1,100 adolescents between the ages of 10 and 17 suffer from asthma.

Asthma is a long term, chronic disease that affects the lungs. It causes repeated episodes of wheezing, tightness of the chest, breathlessness, and coughing. Children with asthma may miss more days of school and be less active than their peers. Asthma is considered well controlled when the patient is able to avoid things that may trigger an attack, see a doctor regularly, and follow doctor's orders for the use of medication.

### Percent of Adults with Asthma in Cowlitz County, 2005-2007



Overall, 15% of adults in Cowlitz County currently have asthma compared to 9% in the state. Females and those living in households making less than 50,000 a year are more likely to have asthma.

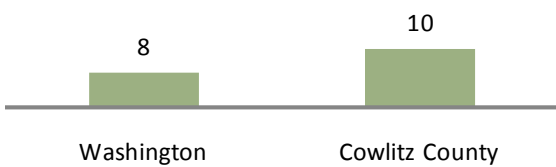
#### Common asthma triggers:

- Tobacco smoke
- Dust/dust mites
- Pet dander
- Mold/mildew
- Household chemicals
- Allergies
- Natural toxins (lead/asbestos/formaldehyde)

#### If your asthma is controlled:

- You can reduce your symptoms such as wheezing and coughing
- You will sleep better when you can breathe easier
- You will miss fewer days of work or school because of asthma symptoms
- You will make fewer trips to the Emergency Department for asthma treatment

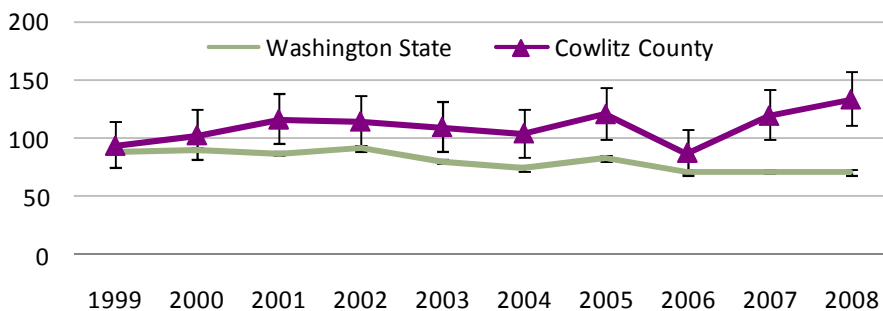
### Percent youth with asthma, 2008\*



\*6, 8, 10, & 12 graders who report having been told by a doctor they have asthma and who currently have asthma

In 2008, 10% of youth in Cowlitz County reported that a doctor has told them they have asthma and that they still have asthma, compared to 8% in Washington State.

### Rates (per 100,000) of Hospital Admission for Asthma, Cowlitz County and Washington State, 1999-2008



Hospitalization rates in Cowlitz County were 133 per 100,000, almost twice as high as the State's rate of 71 per 100,000. In recent years, the rates have increased in Cowlitz County.

Not all patients who visit the Emergency Department (ED) for Asthma are admitted to the hospital. In 2009, of 1698 patients who enter the ED with asthma as part of their clinical impression, 47% were treated and sent home without being admitted.

The Healthy Homes Program offers free In-Home Assessments to all residents of Cowlitz County. An assessment helps residents find asthma triggers in their homes, and then provides easy, low-to-no cost solutions to the problems found. Asthma sufferers should consider requesting an In-Home Assessment in order to use the information provided to reduce their attacks. For more information: [www.co.cowlitz.wa.us/health/CEHA/MHE.htm](http://www.co.cowlitz.wa.us/health/CEHA/MHE.htm)

**Data Sources:** 2008 Youth asthma data is from the Healthy Youth Surveys, grades 6, 8, 10 and 12 combined. Adult asthma data is from the 2005-2007 Behavioral Risk Factor Surveillance Surveys. Hospitalization data is from the Department of Health Comprehensive Hospital Abstract Reporting System (CHARS) and the St. John Emergency Room in Cowlitz County.