

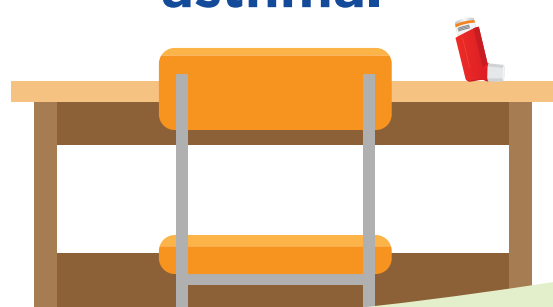


Asthma in Kids

Asthma is the most common chronic disease of childhood.

In an average classroom of **30** kids,

about **3** have **asthma**.



About **4** in **10** children who wheeze when they get colds or respiratory infections will be **diagnosed with asthma**.

An estimated 5 million children in the U.S. have asthma.

Among all U.S. children, asthma affects about:



11% of all children living in poverty

11% of all boys ages 5-14

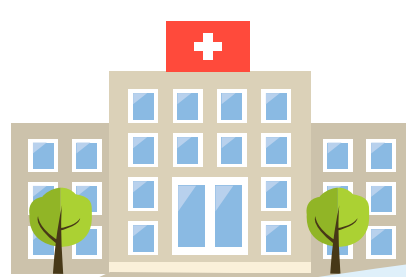
14% of all Black children

Each year, children with poorly managed asthma have more than:

10 million missed school days



74,000 hospital stays



767,000 trips to the emergency room



Children with asthma may experience:



Coughing



Wheezing



Chest tightness



Shortness of breath

If your child has asthma...

Work with their **healthcare provider** to:

- ✓ Develop an **asthma action plan**
- ✓ Identify and avoid **triggers**
- ✓ Take **medicines** as prescribed
- ✓ Watch for any **changes**

Share the **asthma action plan** with your child's caretakers and school.

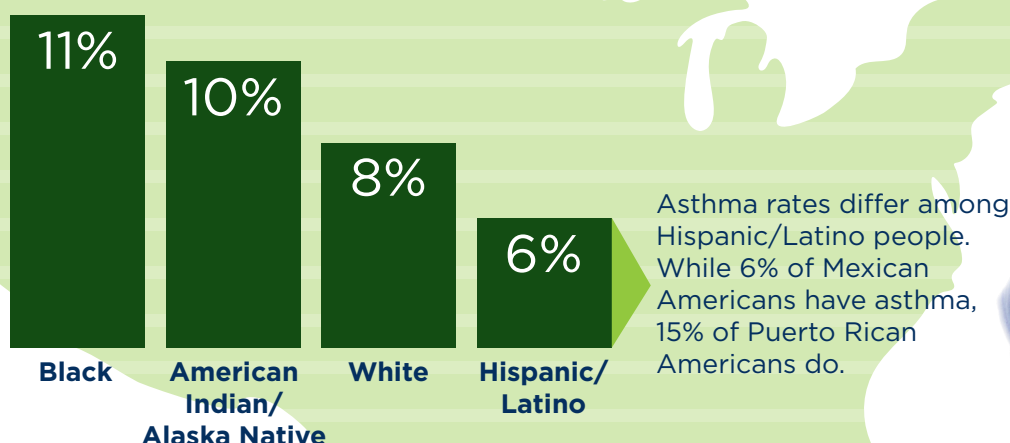
Your child can lead a full and active life with proper asthma management.



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



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:

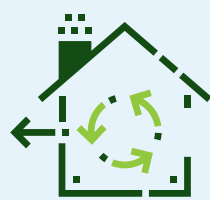


Access to health care

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.