

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Childhood Asthma Hospitalizations

DID YOU KNOW?

- Asthma is one of the most common chronic disorders in childhood. In 2011, it affected an estimated 7.1 million children under 18 years in the United States. Of those, 4.1 million suffered from an asthma attack or episode.
- Asthma is the third leading cause of hospitalization among children under the age of 15. Approximately 29% of all asthma hospital discharges in 2009 were in those under 15, however only 21% of the U.S. population was less than 15 years old.
- Asthma is one of the leading causes of school absenteeism.
- The annual direct health care cost of asthma in the United States is approximately \$50.1 billion; indirect costs (e.g. lost productivity) add another \$5.9 billion, for a total of \$56 billion.

WHERE WE WERE (BASELINE):

In Shasta County, there were 42.5 asthma hospitalizations per 10,000 children ages 0-4 years in 1999-2001.

WHERE WE ARE:

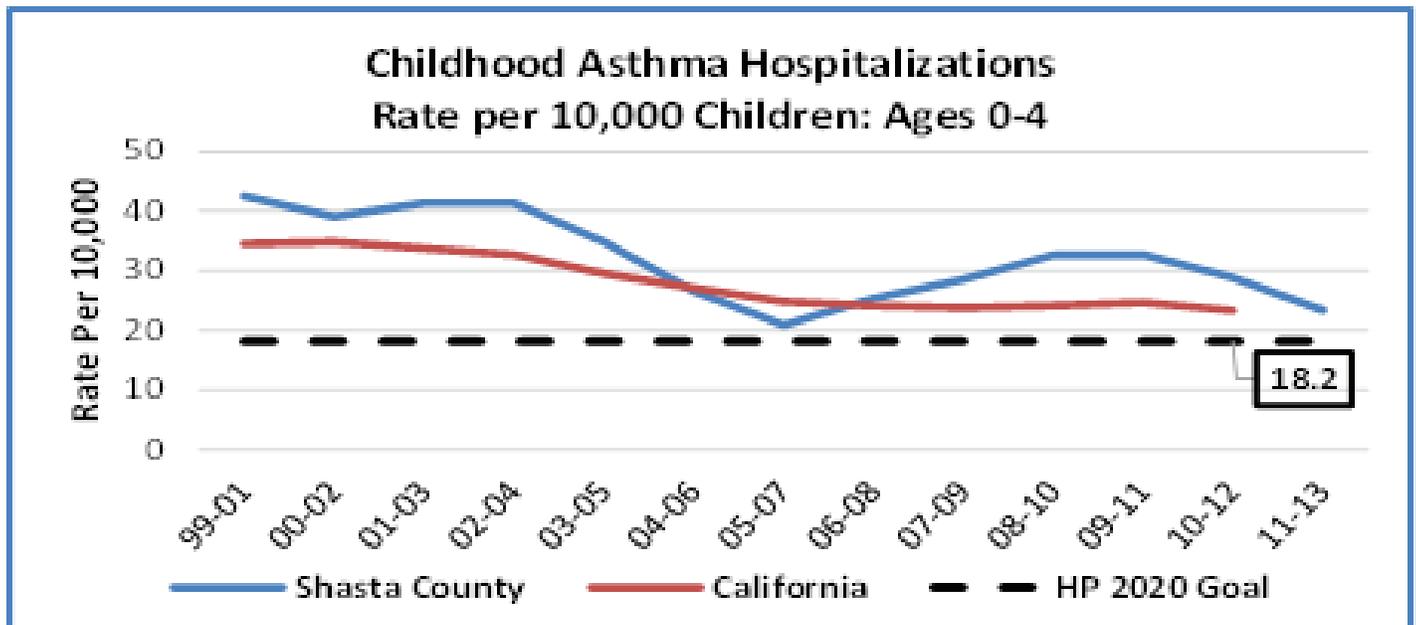
In Shasta County, there were 23.4 asthma hospitalizations per 10,000 children ages 0-4 years in 2011-13.

WHERE WE ARE AIMING:

The Healthy People 2020 goal is to reduce hospitalization for asthma among children under age 5 years to 18.2 per 10,000.

DEFINITION:

Number of discharges with a principal diagnosis of asthma (ICD-9-CM code 493) among children under age 5 years.



Contributing Staff: Ali Abadi and Stephanie Taylor. Last updated: May 2016.

Find more health information at www.shastahhsa.net. Click on "Health and Safety," then "Current Health Concerns." Questions? Email shastahealthdata@co.shasta.ca.us

KEY POINTS:

- In 2010, 13.1% of adults and 12.5% of children in California had been diagnosed with asthma at some point in their lives (lifetime asthma); 7.9% of adults and 7.4% of children had current asthma.
- During 2011-13, the asthma hospitalization rate in children age 0-4 years in Shasta County was 23.4 per 10,000; higher than the national target of 18.2/10,000.
- In 2012, the asthma hospitalization rate in 0-4 year old children in California was 22.1 per 10,000.

PRIMARY PREVENTION ACTIVITIES:

- Currently, there are no fail-safe preventive measures or cures for asthma. However, asthma can be controlled by taking medication properly and regularly (including in the absence of symptoms); by avoiding contact with environmental “triggers” such as cockroaches, dust mites, furry pets, mold, tobacco smoke and certain chemicals; and by having access to and regular appointments with a primary medical home.
- If pregnant, do not smoke. Keep tobacco and other smoke away from babies and children and out of the home and car.
- Decrease motor vehicle air pollution (see section on Air Quality) and avoid new housing developments or schools being located immediately adjacent to freeways.

From the Desk of **Andrew Deckert,** **MD, MPH** *Shasta County Public Health Officer*



Asthma is a chronic lung disease that inflames and narrows the airways. It can cause periods of wheezing, chest tightness, shortness of breath and coughing. It affects people of all ages, but it usually begins during childhood. Asthma can be a life-threatening disease if not properly managed.

Factors like respiratory infections and colds, cigarette smoke, allergic reactions to different allergens, air pollution, stress and exercise can trigger asthma attacks. Any of these can lead to hospitalization.

Avoiding the allergens and pollutants and controlling the factors that trigger the attacks should be combined with regular health visits and medication usage.

To your health!