ASTHMA IN OHIO

COMMUNITY. KNOWLEDGE. ACTION.

Breathe Better Together

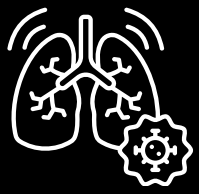
OHIO FEDERATION for Health Equity and Social Justice

What is Asthma ??

Asthma is a chronic (lifelong) lung disease affecting the airways and lungs, leading to inflammation/swelling, which can drastically affect airflow, making it difficult to breathe.

Common Symptoms:

Early Morning/Late Night Coughing
Chest Tightness
Wheezing
Shortness of Breath During Regular Activities



During serious episodes (Asthma Attacks) airways shrink, mucus builds up rapidly, and breathing becomes extremely difficult- requiring medication, and possibly immediate medical attention.

If left unmanaged, Asthma can cause permanent changes such as scarring of lung tissue which may make medications/treatment less effective.

What causes Asthma?



Respiratory Infection



Genetics



Environment & Lifestyle

AMERICA'S HEALTH RANKINGS/AHR

Where does Ohio stand?

#35 11.6% of adults have reported ever being told by a healthcare professional that they have asthma compared to 10.9% for the United States as a whole

#38 14.8 % (38th nationally) of women ages 18-44 compared to the U.S. at 12.4 %

#44 11.3 % of adults ages 65+ compared to the U.S. at 9.3 %

#33 7.2% of children ages 0-17 who currently have asthma compared to the U.S. at 6.8 %

The Asthma and Allergy Foundation of America, ranks the 100 most difficult U.S. cities to live in when you have asthma. A higher ranking means more challenges when living with asthma. Here's where Ohio cities made the list:

#5 - CLEVELAND
#35 - CINCINNATI
#37 - TOLEDO
#51 - DAYTON
#57 - COLUMBUS
#66 - AKRON

WHY DOES THIS MATTER?

- For adults in the U.S. asthma accounts for over 14 million missed workdays annually.
- Annually asthma accounts for over $80 billion in medical costs, work and school absenteeism, and other associated costs.

What can be done?

Think you or someone you know has asthma? Chat with a medical professional, everyone's experience with asthma varies, work with your provider to create a plan to suit your needs:

Symptom tracking • Breathing Exercises
Lifestyle Changes

WHILE THERE IS NO CURE FOR ASTHMA, YOU CAN CONTROL IT.

ENJOY THE ACTIVITIES YOU LOVE, EXPERIENCE FEWER SYMPTOMS, AND BREATHE BETTER !