



# Asthma Among Adults in Idaho

## Facts and Figures

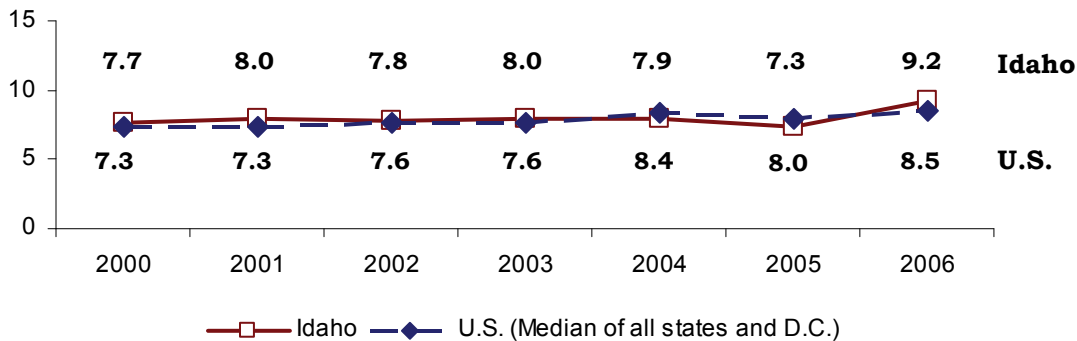
### 2006

Asthma is a chronic disease affecting the airways of the lungs. Irritants, or “asthma triggers”, cause inflammation and swelling of the airways which results in chest tightness, wheezing, coughing, and restricted breathing. Asthma can limit people’s activities, contribute to absenteeism from work and school, and can reduce overall quality of life (1).

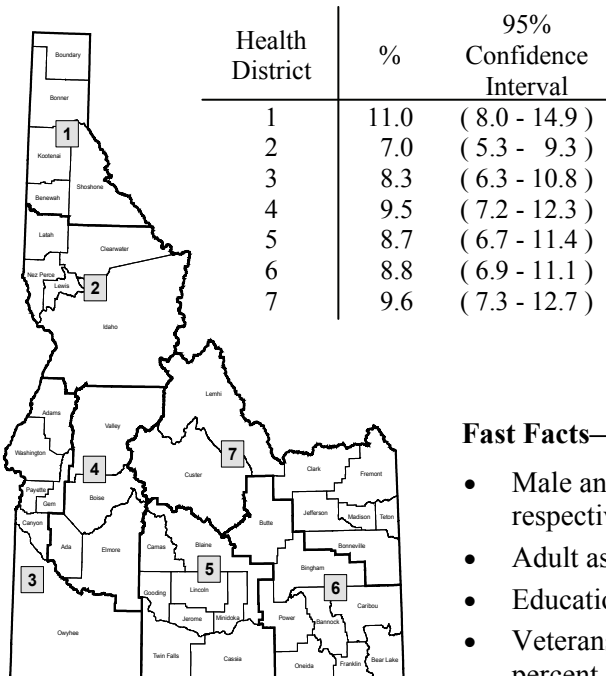
During the period of 2004 through 2006, asthma was recorded as the primary cause of death for a three year total of 59 Idaho adults. Asthma was also determined to be a contributing factor in an additional 106 adult deaths in Idaho making asthma a primary or contributing cause of death for about 55 Idaho adults per year (2004, 2005, and 2006 data on file at the Bureau of Vital Records and Health Statistics, Idaho Department of Health and Welfare).

Nationally, current asthma rates among adults have begun to level off after two decades of growth (2). Similarly, Idaho rates have remained relatively stable and close to the national rate for the last several years.

**Percent of Idaho and U.S. Adults With Current Asthma, 2000-2006**

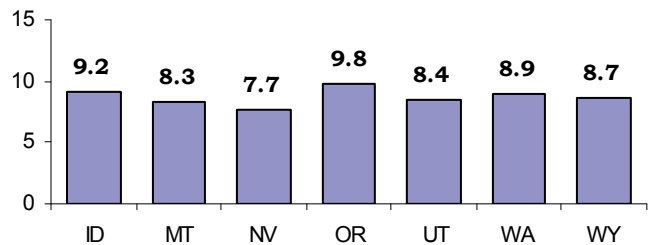


Among Idaho’s seven Health Districts, adult asthma rates were not significantly different.



Idaho’s adult asthma rate was not significantly different from its neighboring states (2).

**Percent of Adults With Asthma in Idaho & Neighboring States, 2006**

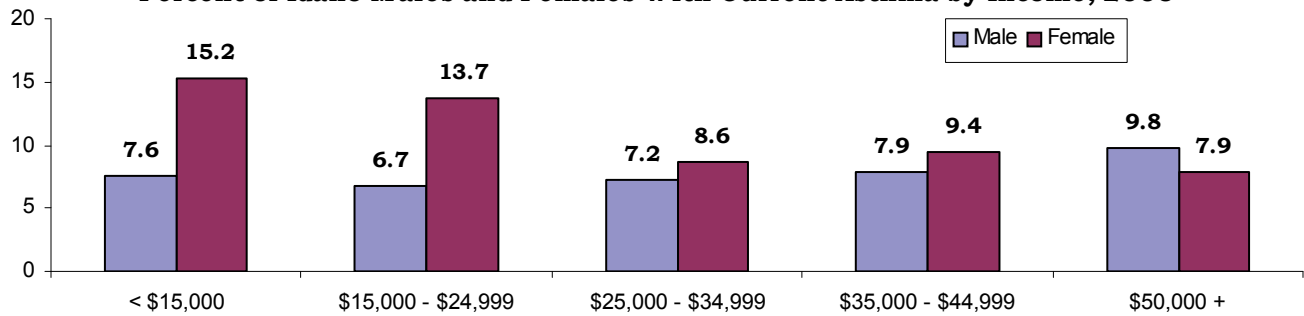


### Fast Facts—2006

- Male and female asthma rates (8.4 percent and 10.0 percent respectively) were not significantly different from one another.
- Adult asthma rates did not differ significantly by age group.
- Education level was not associated with the adult asthma rate.
- Veterans had a significantly lower asthma rate than non-veterans (6.5 percent and 9.7 percent respectively).

Overall rates for current asthma in males and females were similar, and overall asthma rates between various income categories were similar. Females in lower income groups, however, had double the rates of asthma than did males with the same income as well as higher rates than either males or females in higher income groups.

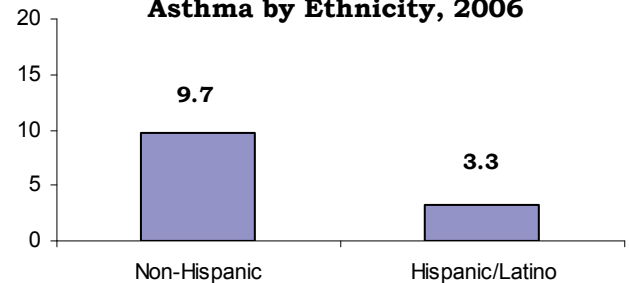
**Percent of Idaho Males and Females With Current Asthma by Income, 2006**



Idaho's 1.47 million people are mostly white (96.2 percent), American Indian (1.6 percent), Asian or Pacific Islander (1.4 percent), and black (0.9 percent). People reporting Hispanic or Latino ethnicity make up 9.5 percent of Idaho's population (3).

Small sample sizes make adult asthma rate comparisons by race unreliable. Adults who report having Hispanic or Latino ethnicity, however, were significantly less likely to have a current diagnosis of asthma.

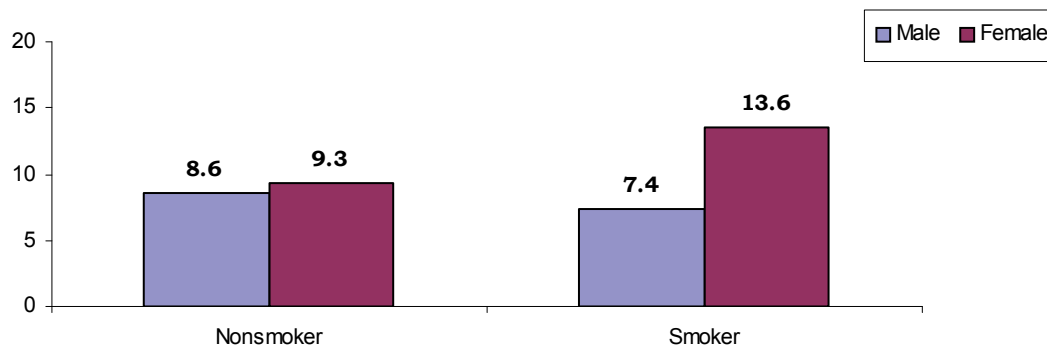
**Percent of Idaho Adults With Current Asthma by Ethnicity, 2006**



### Health Risks and Asthma ...

- Obese people (Body Mass Index  $\geq 30$ ) had a significantly higher rate of asthma than did those who were not obese (14.1 percent and 7.7 percent, respectively).
- Overweight people who were not obese (BMI  $\geq 25$  to  $<30$ ) had asthma rates similar to those who were not overweight.
- Those with no leisure time physical activity had asthma rates similar to those more physically active.
- People with diabetes were significantly more likely to have asthma than those without diabetes (12.7 percent and 8.9 percent, respectively).
- Current or former smokers had a significantly higher asthma rate than those who never smoked (11.0 percent and 8.0 percent, respectively).
- Female smokers had a significantly higher rate of current asthma than male smokers and were nearly 1.5 times more likely to have asthma than female nonsmokers.

**Percent of Idaho Males and Females With Current Asthma by Smoking Status, 2006**



### References

1. Weiss, Kevin B., et al. An economic evaluation of asthma in the United States. *The New England Journal of Medicine*. 326.n13 (March 26, 1992).
2. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System (BRFSS). <http://www.cdc.gov/brfss/> (accessed September 17, 2007).
3. National Center for Health Statistics. Estimates of the July 1, 2006, United States resident population from the Vintage 2006 postcensal series by county, age, sex, race, and Hispanic origin, prepared under a collaborative arrangement with the U.S. Census Bureau, August 16, 2007. Compiled by: Bureau of Vital Records and Health Statistics, Idaho Department of Health and Welfare (September, 2007).