



# ASTHMA AMONG ADULTS IN ARKANSAS, 2008



In Arkansas,  
1 in 8 adults  
have been  
diagnosed with  
asthma at  
some point in  
their lives.

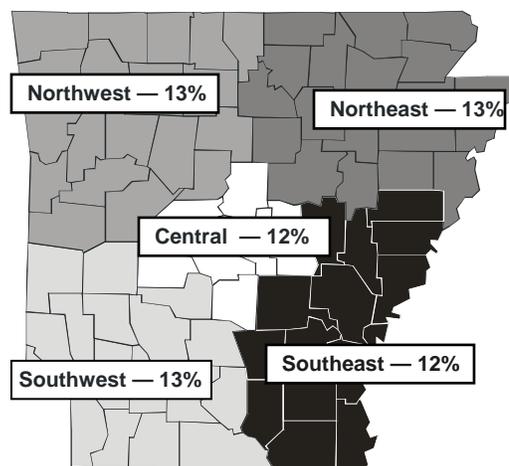
Arkansas  
Behavioral  
Risk Factor  
Surveillance  
System

## THE BURDEN OF ASTHMA

- ◆ People with asthma are sensitive to various triggers in the environment. These triggers cause them to become short of breath and can be severe enough to require emergency medical attention.
- ◆ Asthma can be treated and controlled to prevent life-threatening symptoms from occurring.
- ◆ According to the Centers for Disease Control and Prevention, the number of reported asthma cases has risen in the U.S. since 1980.
- ◆ Nearly 275,000 Arkansas adults (13%) have had asthma at some point in their lives.

### PUBLIC HEALTH REGION

The map to the right shows how estimated lifetime asthma rates vary by public health region in Arkansas.



## RACE AND GENDER

Estimated Lifetime Asthma Rates by Race and Gender, 2008		
	Male Percent (95% Confidence Interval)*	Female Percent (95% Confidence Interval)*
Race/Ethnicity		
Black	17% (10.1, 26.2)	13% (9.5, 17.9)
White	11% (9.3, 13.9)	13% (11.5, 15.5)

\*As a general rule, estimates are considered significantly different if the confidence intervals do not overlap.

Arkansas adults with a high school education or less are more likely to be diagnosed with asthma, compared to adults who have completed college.

For more information, visit <http://brfss.arkansas.gov>

### Estimated Lifetime Asthma Rates in Arkansas, 2008

Percent (95% Confidence Interval)*	
<b>Age</b>	
18-24	17% (10.8, 24.7)
25-34	14% (10.7, 18.2)
35-44	12% (9.0, 14.6)
45-54	13% (10.6, 16.0)
55-64	13% (10.7, 14.8)
65+	10% (8.8, 11.9)
<b>Education</b>	
Less than High School	16% (11.9, 19.9)
High School	14% (11.9, 17.4)
Some College	13% (10.9, 16.1)
College Degree	9% (7.4, 11.2)
<b>Metropolitan vs. Non-Metropolitan **</b>	
Metropolitan	13% (11.0, 15.2)
Non-Metropolitan	13% (11.0, 14.6)

\*As a general rule, estimates are considered significantly different if the confidence intervals do not overlap.

\*\*Metropolitan areas of Arkansas include center cities, counties containing center cities, and suburban counties. Any areas outside of metropolitan areas are considered non-metropolitan.

#### TRENDS OVER TIME

The graph below shows how lifetime asthma rates have changed by race since 2000 in Arkansas and the U.S.

