

Native Americans and Asthma

IN NORTH CAROLINA

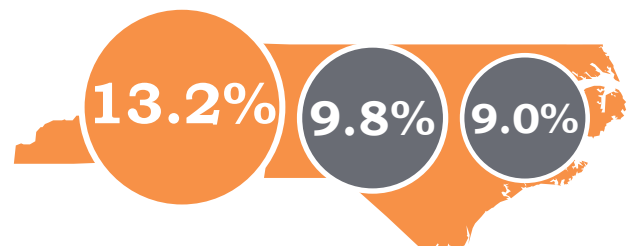
What is Asthma?

- Asthma is a chronic (long-term) lung disease that inflames and narrows the airways.¹
- Common signs and symptoms of asthma may include wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing.
- For people with asthma, contact with allergens or asthma triggers (like pollen, mold, animal dander, dust mites), secondhand tobacco smoke, air pollution, occupational hazards, exercise, and airway infections may make asthma symptoms worse. When asthma symptoms get intense and/or when there are additional symptoms, an asthma attack may occur.
- Severe asthma attacks may require emergency care, and they can cause death.



Why is asthma an important health issue for Native Americans?

Native Americans are more likely than Whites and African Americans to have asthma. In 2011, 13.2% of Native Americans in North Carolina reported having current asthma, compared to 9.0% of Whites and 9.8% of African Americans.²



Native Americans are more likely to be hospitalized for asthma: in North Carolina in 2011, the asthma hospitalization rate was 16 per 10,000 population for Native Americans, compared to 13.4 per 10,000 for Whites.³



In 2011, almost **1 in 7** **Native Americans** in North Carolina reported having current asthma.²

What can you do to control your asthma?⁴⁻⁶

- Work with your doctor or other healthcare provider to learn how to manage your asthma.
- Get a written asthma Action plan from your doctor. Make sure you understand it and have it updated at least once a year.
- Learn which medicines you should take and when you should take each of them.
- Identify the things that bring on your asthma symptoms – know your asthma triggers.
- Learn how to monitor your asthma and to recognize and respond quickly to warning signs of an attack.
- Participate in an asthma self-management class.
- Get a flu shot every year (available in the fall), especially if you are or will be pregnant during the flu season.

Where can I find more information about asthma?

- North Carolina Asthma Program: www.asthma.ncdhhs.gov or call (919) 707-5213
- Centers for Disease Control and Prevention: www.cdc.gov/asthma
- National Heart, Lung and Blood Institute: www.nhlbi.nih.gov/health/health-topics/topics/asthma/
- American Lung Association: www.lung.org/lung-disease/asthma/
- Environmental Protection Agency: www.epa.gov/iaq/iaqhouse.html

SOURCES:

¹ National Heart, Lung, and Blood Institute. What is Asthma? (<http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/>). Accessed June 27, 2013.

² North Carolina State Center for Health Statistics, Behavioral Risk Factor Surveillance System, 2011.

³ North Carolina State Center for Health Statistics, Asthma Hospitalization Data, 2011.

⁴ National Heart, Lung, and Blood Institute. So You Have Asthma (http://www.nhlbi.nih.gov/health/public/lung/asthma/have_asthma.pdf). Accessed July 13, 2013.

⁵ American Lung Association. Taking Control of Asthma (<http://www.lung.org/lung-disease/asthma/taking-control-of-asthma/>). Accessed July 13, 2013.

⁶ Centers for Disease Control and Prevention. Asthma: Flu Shots – Get Vaccinated (<http://www.cdc.gov/asthma/flu.html>). Accessed July 13, 2013.



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