

Taking Control of Asthma

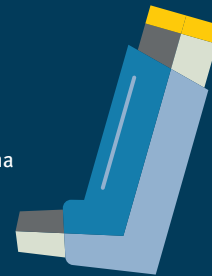
Using quick-relief medications more than **2 DAYS PER WEEK** is considered **overuse**

and may indicate inadequate asthma control and the need to initiate or intensify anti-inflammatory medications.

Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS), Asthma Callback Survey, 2006–2010.

Nearly **24.3%** of all adults and **18.7%** of all children with self-reported active asthma **overused quick-relief medications in the past 3 months.**

Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS), Asthma Callback Survey, 2006–2010.



Less than half of people with asthma reported being taught how to avoid triggers. **Almost half (48%) of adults who were taught how to avoid those triggers did not follow this advice.**

(2008) Centers for Disease Control and Prevention, *Vital Signs*, May 2011.



On average, **38.4%** of children and **50.0%** of adults with current asthma reported having uncontrolled asthma.

Uncontrolled asthma has a significant cost to families and society, since it relates to an increase in **EMERGENCY DEPARTMENT VISITS, HOSPITALIZATIONS, AND WORK OR SCHOOL ABSENTEEISM.**

Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS), Asthma Callback Survey, 2006–2010.