Asthma & Obesity

Asthma is one of the most common chronic diseases among children and adults worldwide. Obese adults are more likely to develop asthma than non-obese adults. Obesity is associated with the development of asthma symptoms, poor asthma control, and increased risk of asthma-related hospitalization and emergency department visits. In one study, over 22% of children who had asthma were obese, and 46% of children who had asthma and obesity reported uncontrolled asthma. Obesity may affect asthma by increasing lung inflammation, promoting airway remodeling, and reducing lung function. In addition, obesity may increase the risk of asthma exacerbations and asthma-related hospitalizations. These findings highlight the importance of weight management and the prevention of obesity in individuals with asthma to improve asthma control and reduce the burden of asthma and related complications.