

## Asthma Facts

### **Asthma continues to be a serious public health problem in the United States.**

According to the U.S. Centers for Disease Control and Prevention (CDC), in 2022:

- An estimated 26.8 million people, including 4.5 million children, had asthma.<sup>1</sup>
- About 11.4 million people with asthma, including nearly 2.4 million children, reported having had one or more asthma attacks in the past 12 months.<sup>2</sup>

Uncontrolled asthma is a common reason people seek medical attention.

- In 2019, there were 4.9 million physician office visits with asthma as the primary diagnosis.<sup>3</sup>
- In 2020, asthma was the primary diagnosis for nearly 1 million emergency department visits and almost 95,000 people were hospitalized because of asthma.<sup>4</sup>
- According to the CDC, almost 10 people in the U.S. die from asthma each day. There were 3,602 deaths attributed to asthma in 2022.<sup>5</sup>

Asthma is a common chronic disease in children.

- In 2022, the prevalence of asthma in children was 6.2 percent, meaning about 1 in 16 children had asthma.<sup>1</sup>
- In 2013, approximately 13.8 million missed school days were reported due to asthma.<sup>6</sup>

Non-Hispanic Blacks have a higher asthma mortality rate than people of other races or ethnicities.

- In 2021, non-Hispanic Black Americans had a higher asthma death rate of 24.4 deaths per million persons compared with non-Hispanic whites (9.8 deaths per million persons), Hispanics (5.8 deaths per million persons), and other non-Hispanics (6.8 deaths per million persons).<sup>7</sup>

### **Economic costs of asthma are high.**

- The annual economic cost of asthma in 2013, including medical costs and lost school and workdays, amounted to more than \$81.9 billion.<sup>8</sup>
- Research has projected that the total 20-year costs (direct and indirect) associated with uncontrolled asthma will be \$963.5 billion. Additionally, American adolescents and adults will lose an estimated 15.5 million quality-adjusted life years (QALYs) over this 20-year period because of uncontrolled asthma.<sup>9</sup>
- A 2024 study found that children and adolescents who had a medical event due to asthma, such as an emergency department visit or hospital stay, had \$3,363 in additional annual medical expenditures compared to children and adolescents who did not have a medical event due to asthma.<sup>10</sup>

### **Reducing exposure to environmental factors, such as indoor asthma triggers, is important for asthma management.**

- On average, Americans spend about 90 percent of their time indoors.<sup>11</sup>
- Indoor environmental factors called asthma triggers, which include dust mites, mold, cockroaches, pet dander and secondhand smoke, can cause, trigger, or exacerbate asthma symptoms.<sup>12</sup>
- With an asthma action plan that includes medical treatment and control of environmental triggers, people with asthma can lead healthy, active lives.<sup>13</sup>

## References

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