

# Managing Your Asthma

For people with asthma, understanding asthma management and treatment options will help you take control of your asthma.

## Steps to help keep your asthma under control:<sup>9</sup>

1. Make your medical visits more productive.
2. Create an asthma management plan.
3. Assess and monitor your control.
4. Understand your medication.
5. Reduce asthma triggers.



Find more information on asthma via the following resources:

[www.cdc.gov/asthma](http://www.cdc.gov/asthma)  
[www.lung.org/asthma](http://www.lung.org/asthma)

**Produced by:**  
Epidemiology, Analysis & Visualization Section

### References and data sources:

- <sup>1</sup> CDC Asthma <https://www.cdc.gov/asthma/>
- <sup>2</sup> CDC The Economic Burden of Asthma in the US, 2008-2013 Annals of the American Thoracic Society, 2018.
- <sup>3</sup> CDC Most Recent Asthma Data [https://www.cdc.gov/asthma/most\\_recent\\_national\\_asthma\\_data.htm](https://www.cdc.gov/asthma/most_recent_national_asthma_data.htm)
- <sup>4</sup> National Survey of Children's Health, 2022

## What Causes Asthma?

No one knows exactly what causes asthma. Asthma tends to run in families and may be inherited, and environmental factors may also play a key role. Scientists continue to explore what causes asthma, but we do know that these factors play an important role in the development of asthma:<sup>9</sup>



Allergies



Genetics



Environment



Respiratory Infection

## Asthma Triggers

The most common asthma triggers include:



Tobacco Smoke



Dust Mites



Outdoor Air Pollution



Cockroaches



Pets

# Asthma in South Carolina

Asthma is a chronic disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma cannot be cured, but it can be controlled and managed with adequate access to medical care, medications, trigger avoidance, and self-management.<sup>1</sup>



**3,602 people died** of asthma in 2022.<sup>3</sup>

## Asthma in the U.S.

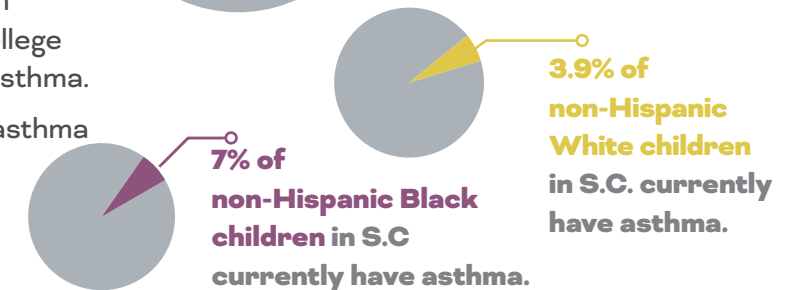
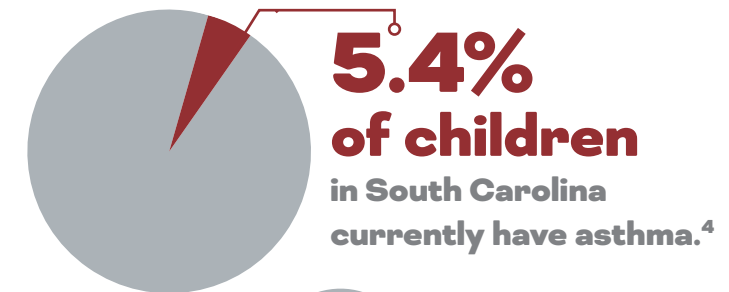
Asthma continues to be a serious public health problem in the United States.

**4.7 million children** + **20.3 million adults**  
in the United States are estimated to have asthma.<sup>3</sup>

Asthma costs the United States an estimated **\$80 billion** each year.<sup>2</sup>

## Asthma in South Carolina

- In adults, **9% currently have asthma.**<sup>4</sup> More females (11.5%) than males (6.2%) currently have asthma, and more residents with less than high school graduation (10.8%) than college graduates (7.9%) currently have asthma.
- **64 South Carolinians died** from asthma in 2022,<sup>6</sup>



- <sup>5</sup> SC BRFSS, 2022
- <sup>6</sup> SC DPH Vital Statistics
- <sup>7</sup> CDC YRBSS
- <sup>8</sup> SC RFA Inpatient Discharges and Emergency Department Visits
- <sup>9</sup> American Lung Association <https://www.lung.org/lung-health-diseases/lung-disease-lookup/>

# Uncontrolled Asthma is a Common Reason People Seek Medical Attention



In 2022, there were **15,983 emergency department (ED) visits** and **1,445 hospitalizations** for asthma.<sup>8</sup>

The rate of ED visits and hospitalizations were **higher for females than males** and



**five times higher** for black residents than white residents.

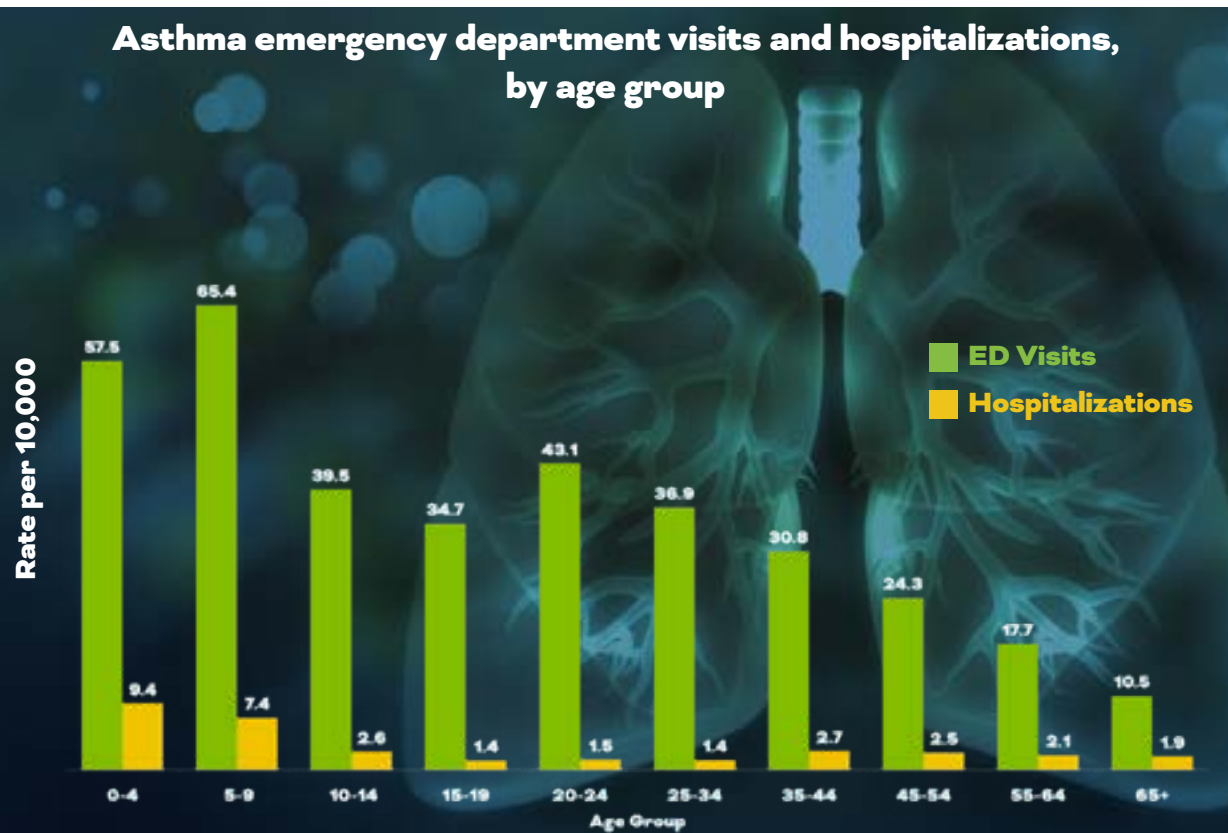
In 2022, ED charges for asthma were more than

**\$67 million**

In 2022, hospitalization charges were more than

**\$41 million**

## Asthma emergency department visits and hospitalizations, by age group



ED visits and hospitalizations due to asthma were **highest in younger age groups**. Those less than 10 years of age had ED visits four times higher than those 55 years and older.

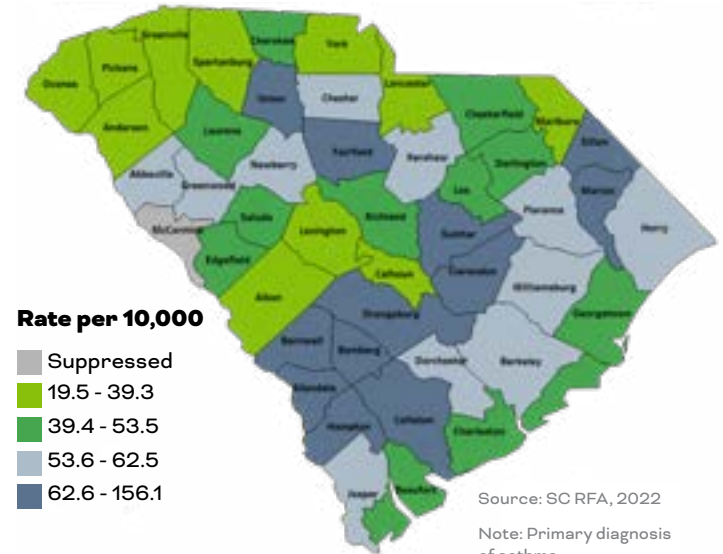
Source: SC RFA, 2022

# Asthma Among Children

Children suffer the most from asthma in South Carolina.

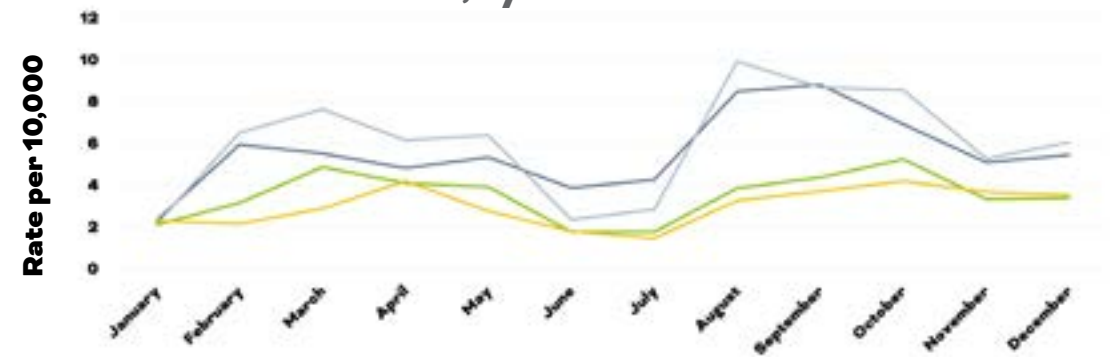
- Asthma was the fourth leading cause of children's hospitalizations in fiscal year 2022.
- In 2022, among those **19 and under**, there were **6,109 ED visits** and **624 hospitalizations** for asthma.
- ED charges were more than \$20 million for asthma among children and hospitalization charges were more than \$11 million in 2022.
- The counties along the I-95 corridor had the highest rates of hospitalizations and ED visits among children in 2022.

## Asthma Hospitalizations and Emergency Department Visits Among Children 0-19



Source: SC RFA, 2022  
Note: Primary diagnosis of asthma.

## Asthma Hospitalizations and Emergency Department Visits Among Children, by Month of Admission



Source: SC RFA, 2022

In South Carolina, asthma hospital admissions follow seasonal patterns. More children are hospitalized for asthma in the fall, and fewer are hospitalized in the summer. A major contributor to the fall increase in asthma hospitalizations is thought to be increasing rates of respiratory infections associated with children going back to school. Other possible contributing factors include pollen and mold.