Asthma is common among children 0-4 years

- About 5.7% of NJ children in this age group have asthma according to adults answering survey questions about children who are living in their household.
- Survey results also show that asthma is more common among children from lower income households and those who are Black or Hispanic/Latino.

Data Source: Behavioral Risk Factor Surveillance System, 2008-2010

http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

Asthma cannot be cured, but it can be controlled

- Only about 47% of NJ children aged 0-4 years with current asthma have well-controlled asthma. Well-controlled was defined as:
  - Symptoms on 8 or fewer days out of the last 30 days,
  - Difficulty sleeping on 2 or fewer nights out of the last 30 nights, and
  - No limitation of usual activities due to asthma in the past year

Parents and caregivers should always have a written asthma treatment plan from the child’s doctor or health professional to help maintain asthma control

- Only about 37% of NJ children 0-4 with current asthma were ever given a plan from a health professional

Data Source: Behavioral Risk Factor Asthma Call-back Survey, 2008-2010

http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

National Heart, Lung, and Blood Institute (NHLBI) guidelines help health care providers make decisions about asthma treatment

- Initial medications will depend on asthma severity, which is defined as intermittent or persistent based on:
  - Symptoms
  - Sleep interruptions
  - Activity limitations
  - Use of quick relief medications
  - Medical risks

- For patients with persistent asthma, long-term control medication should be taken on a schedule to help achieve and maintain asthma control

- At planned follow-up visits, asthma control should be reviewed with asthma patients to see if changes in medication are needed

http://www.nj.gov/health/fhs/asthma/
Proper medication use is important to achieve and maintain control of persistent asthma

- About 67% of New Jersey preschool aged children with current asthma use prescription medication for their asthma. Of these:
  - About 45% use long-term control medications designed to be taken daily to maintain control of asthma symptoms
  - About 60% use quick relief medications, used to provide fast relief for acute asthma symptoms
  - About 38% use both types of medications

Data Source: Behavioral Risk Factor Asthma Call-back Survey, 2008-2010

http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

When asthma is uncontrolled, it can lead to activity limitations, missed school days, missed work days, emergency department (ED) visits, hospitalizations, and even death.

- Among New Jersey children 0-4 years with current asthma:
  - About 44% experience activity limitation due to their asthma
  - Nearly 30% have an urgent doctor visit each year due to their asthma
  - About 22% have an ED visit each year due to their asthma

Data Source: Behavioral Risk Factor Asthma Call-back Survey, 2008-2010
http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

New Jersey children 0-4 years have the highest asthma hospitalization and ED visits rates by age group


http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

Black children 0-4 years in New Jersey continue to experience the highest asthma hospitalization and ED visits rates by race/ethnicity.

http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

For more information:

- New Jersey Asthma Awareness and Education Program (AAEP)
  www.nj.gov/health/asthma
- Pediatric Adult Asthma Coalition of New Jersey (PACNJ)
  www.pacnj.org

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http://www.nj.gov/health/fhs/asthma/
Asthma in NJ Preschool-age Children (0-4)

References:


- Centers for Disease Control and Prevention. Asthma Call-back Survey Data, 2008-2010. http://www.cdc.gov/asthma/ACBS.htm (source for discussions on asthma treatment, survey data on ER and urgent doctor visits, activity limitations and asthma control; source of information on child is the adult answering the survey)

- 2011 New Jersey Uniform Billing (UB) Patient Discharge Data: http://www.state.nj.us/health/healthcarequality/ub/ub92intro.shtml (source for hospitalizations and emergency department visits used to calculate rates)


http://www.nj.gov/health/fhs/asthma/