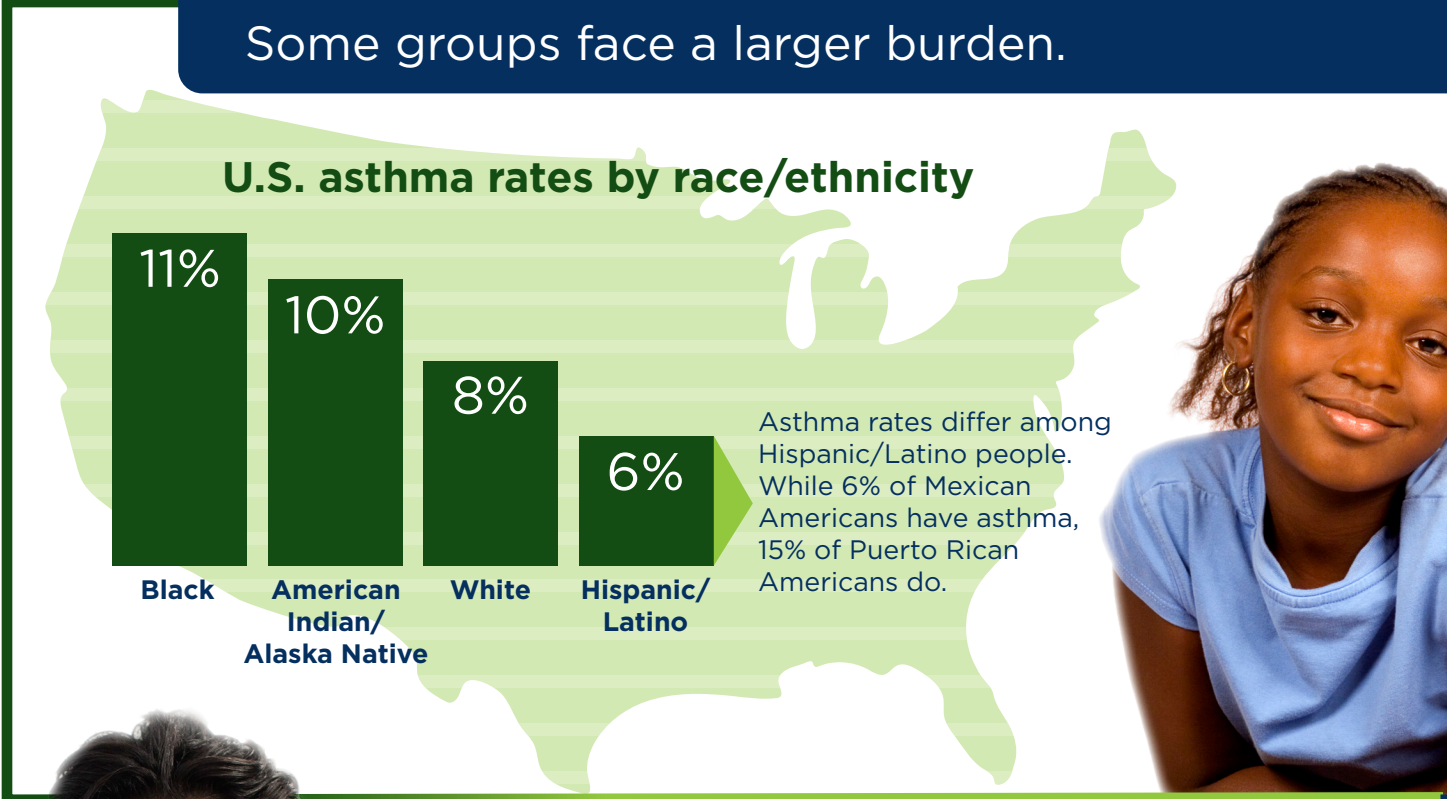


ASTHMA in our communities

About **1 in 13** people in the U.S. has asthma. Some groups face a larger burden.



- Compared to white people,
- American Indians/Alaska Natives are **41%** more likely to die of asthma
 - Hispanics/Latinos are **2x** more likely to visit the ER for asthma
 - Black children are **5x** more likely to be admitted to the hospital for asthma

Different factors can make asthma harder to manage:

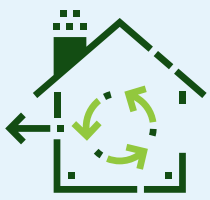


Access to health care

More than 1/3 of all Hispanic/Latino people lack a regular doctor.



Finding a culturally sensitive doctor can help manage asthma.



Indoor air quality

American Indian/Alaska Native kids are often exposed to secondhand smoke from commercial tobacco.



Not allowing cigarette smoke in shared indoor spaces can reduce a common asthma trigger.



Other health conditions

Black adults have the highest rates of obesity, a risk factor for developing asthma.



Losing 5-10% of extra weight can reduce symptoms.

The good news?

If you have asthma, there are steps you can take to try to manage it.

- Know its symptoms:** coughing, wheezing, chest tightness, shortness of breath.
- Talk to your doctor** and create an asthma action plan to:
 - ✓ Understand your medications.
 - ✓ Figure out your asthma triggers.
 - ✓ Track your symptoms.

