

# COPD in Rural Communities

Living in a rural area could put you at higher risk for chronic obstructive pulmonary disease, or COPD, a serious lung condition that can make it difficult to breathe.

## How common is COPD?

COPD is:



the **6th** leading cause of death in the U.S.



the cause of more than **140,000** deaths per year



more than **2x** as common in rural areas as in large cities

## Why is COPD more common in rural areas?

Some jobs in rural industries put you at higher risk for COPD:



Mining



Farm work



Manufacturing

Take action

Talk to your employer about protecting yourself from dust, fumes, and smoke.

Don't smoke or vape. It's never too late to quit.

Take action



Rural smoking rates are higher.

Cigarette smoking is the **#1** cause of COPD

Smoking is nearly **2x** as common in rural areas compared to cities



Getting medical care can be harder in rural areas.



Rural counties average **7** doctors per **10,000** residents



People in rural counties travel an average **18** miles for medical care

Take action

Ask about telehealth and phone visits, which can make it easier to talk to a health professional.

Talk to a healthcare provider about:

**symptoms** like wheezing, chest tightness, ongoing cough with mucus, or shortness of breath

**vaccines** for flu, RSV, pneumococcal disease, and COVID-19

**COPD management** after a diagnosis