

# ASTHMA - MYTH VS FACT



Department of  
Health

Asthma Program

**What is asthma?** Asthma is a chronic (long-term) disease that affects the lungs. In response to allergens, irritants, or other stressors, the airways of people with asthma narrow, and swell and produce extra mucus, making breathing difficult. Asthma symptoms include coughing (especially at night or early morning), wheezing, shortness of breath, and chest tightness.

## MYTH

“Asthma isn’t very common.”

## FACT

In 2021, about **10.43% (1 in 10) adults** in Ohio had current asthma.  
**5.87% (1 in 17) children** in Ohio had current asthma.<sup>1</sup>

## MYTH

“Asthma isn’t serious.”

## FACT

- In 2021, asthma was the cause of approximately **39,943** emergency department visits, **4,548** in-patient hospitalizations, and **123 deaths** in Ohio.<sup>2,3,4</sup>
- In 2022, asthma was the cause of approximately **41,995** emergency department visits, **5,565** in-patient hospitalizations, and **132 deaths** in Ohio.<sup>2,3,4</sup>

## MYTH

“Asthma is something that children grow out of.”

## FACT

- In 2022, **11.39% (about 1 in 9) adults** in Ohio had current asthma.  
**6.81% (about 1 in 15) children** in Ohio had current asthma.<sup>1</sup>
- Although a child’s asthma can get better or worse over time, **for most people, asthma is present the rest of their lives.**<sup>5</sup>

## Key Points for Living with Asthma

- Everyone needs their own Asthma Action Plan.
- You can prevent and control asthma attacks.
- Work with your healthcare provider to create a plan that works for you.

## Program Contact Information:

Join the conversation and become a member of the Asthma Collaborative Improvement Committee. The committee holds monthly meetings from January through October and aims to unite healthcare professionals, community groups, and other stakeholders to improve asthma care in our community. Continuing Education is provided for Nursing, Sanitarian, and Social Work. Sign up for the [Asthma Collaborative Improvement Committee](#) today!

- Sign up for free email updates from the [Ohio Department of Health Asthma Program](#).
- Access the [Centers for Disease Control and Prevention: Asthma Action Plan](#)
- Access the [National Institutes of Health: My Asthma Wallet Card](#)
- To request the Asthma Action Plan Template in other languages such as Arabic, Chinese, Dutch, French, German, Italian, Karen, Nepali, Russian, Somali, and Ukrainian, please contact [asthma@odh.ohio.gov](mailto:asthma@odh.ohio.gov).
- [Asthma@odh.ohio.gov](mailto:Asthma@odh.ohio.gov)
- <https://odh.ohio.gov/know-our-programs/asthma-program>

## References:

<sup>1</sup> Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System, Years 2021 & 2022.

<sup>2</sup> United States Department of Health and Human Services (US DHHS), Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Single Race Population Estimates, on CDC WONDER Online Database, Years 2021 & 2022.

<sup>3</sup> Ohio Hospital Association Clinical-Financial Data Set, Years 2021 & 2022.

<sup>4</sup> Ohio Department of Health, Center for Health and Vital Statistics, Years 2021 & 2022.

<sup>5</sup> Mayo Clinic. Do some children outgrow asthma? <http://www.mayoclinic.org/diseases-conditions/childhood-asthma/expert-answers/outgrow-asthma/faq-20058116>;