



## What is Asthma?

Asthma causes the airways to narrow, swell and produce extra mucus making breathing difficult. Both environmental and genetic factors are thought to contribute to the development of asthma. While there is no cure for asthma, it can be managed.<sup>1</sup>

## Why Does it Matter?

Asthma costs 10 Americans their lives everyday, yet most deaths are preventable with proper treatment.<sup>2</sup> Asthma also costs the U.S. \$81.9 billion annually.<sup>3</sup> In Bexar County, asthma cost residents almost \$37.3 million in hospital fees in 2017.<sup>3</sup> The occurrence and impact of asthma can be reduced by managing risk factors for asthma, educating those affected by the disease, and providing proper treatment.

## Bexar County Key Points:

- \* Asthma prevalence and rates have decreased since 2015.
- \* Non-Hispanic Blacks experience higher asthma hospitalization than non-Hispanic Whites and Hispanics.
- \* The Rate of asthma hospitalization is almost 5x higher in children than in adults
- \* Zip codes 78002 and 78229 have the highest asthma hospitalization rates among all Bexar county zip codes.
- \* As children, males experience more asthma hospitalization than females. This pattern switches in adulthood, where females have higher hospitalization rates than males.

**In 2017, the prevalence of self-reported asthma among Bexar county adults surveyed was 10%.** This is a 30.5% decrease since 2015 (Fig 1). In Texas overall, non-Hispanic Blacks report a higher prevalence of asthma than non-Hispanic Whites and Hispanics (Fig 2).

Fig 1. Percent (%) of Adults (18+) Reporting They Were Ever Told They Had Asthma<sup>4</sup>

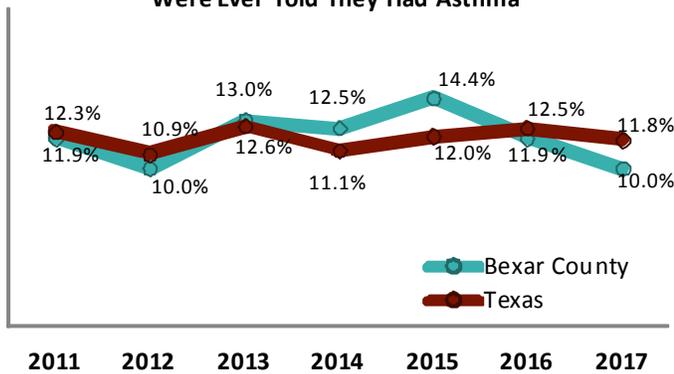
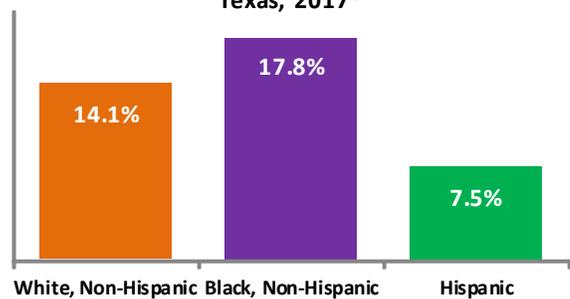


Fig 2. Percent (%) of Adults (18+) Reporting They Were Ever Told They Had Asthma, Texas, 2017<sup>4</sup>



**In 2017, the overall asthma hospitalization rate for Bexar County was 5.9 per 10,000 population.** While this is a slight decrease since 2015, Bexar County's rate is consistently higher than the rate for Texas overall (Fig 3).

**Non-Hispanic Blacks carry a higher burden of asthma in Bexar County:** In 2017, the rate of asthma hospitalization was more than 2 times higher for non-Hispanic Blacks compared to Non-Hispanic Whites and Hispanics (Fig 4).

Fig 3. Asthma as Primary Diagnosis: Hospitalization rates (all ages)<sup>3,5</sup>

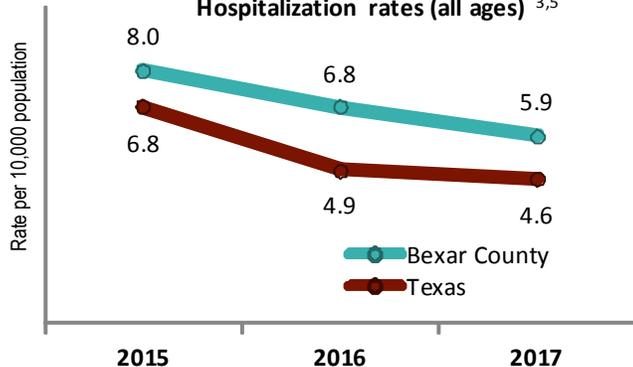
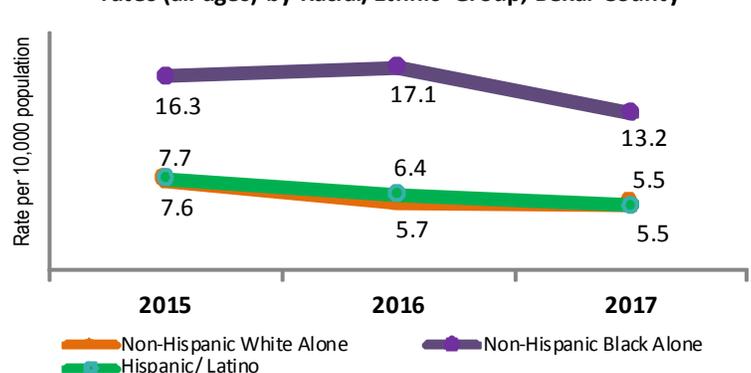
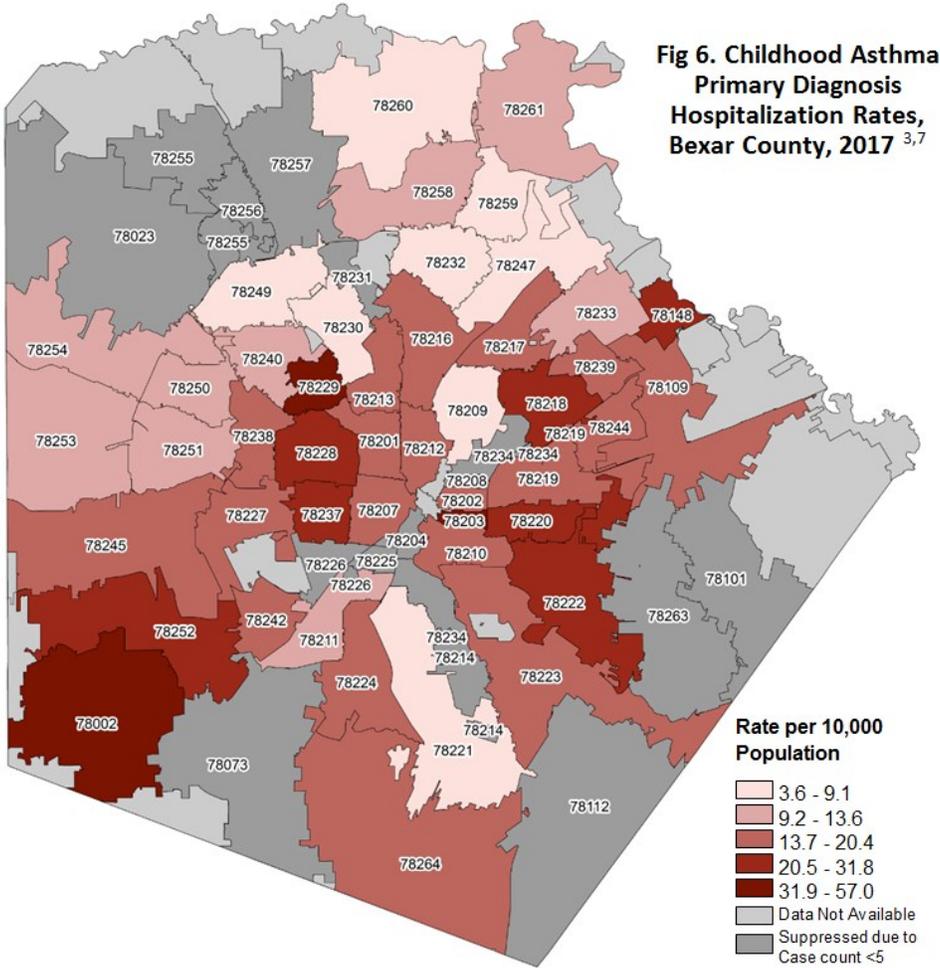


Fig 4. Asthma as Primary Diagnosis: Hospitalization rates (all ages) by Racial/Ethnic Group, Bexar County<sup>3,6</sup>



# Asthma in Bexar County - 2017 Report

**In 2017, the childhood (<18) asthma hospitalization rate for Bexar County was 14.8 per 10,000 population.** This is a slight decrease from the 2016 rate (16.8 per 10,000). Childhood asthma hospitalization rates vary across zip codes in Bexar County, with zip codes 78002 and 78229 showing the highest rate (Fig 6).



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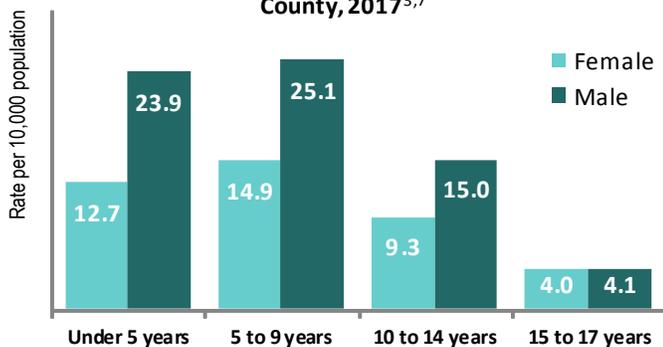
**References:** **1** Mayo Clinic. Asthma. <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>. **2** Asthma and Allergy Foundation of America. Asthma Facts and Figures. <https://www.aafa.org/asthma-facts/>. **3** Texas Hospital Inpatient Discharge Public Use Data File, Texas Department of State Health Services; ICD-10 diagnosis codes used: J45. **4** Behavioral Risk Factor Surveillance System Survey Data, Centers for Disease Control and Prevention. **5** U.S. Census Bureau, 1-Year Estimates, Table B01001. **6** U.S. Census Bureau, 1-Year Estimates, Table DP05. **7** U.S. Census Bureau, 5-Year Estimate, Table B01001.

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**In Bexar County, male children experience asthma more than female children.** For those under 10 years of age, the male asthma hospitalization rate is double the rate of females (Fig 7). This trend switches in adulthood, with the rate of asthma hospitalization in women more than double when compared to men (Fig 8).

**Overall, the rate of Childhood Asthma Hospitalization was nearly 5 times that of Adults in 2017.**

**Fig 7. Childhood Asthma Primary Diagnosis Hospitalization Rates, by Age and Sex, Bexar County, 2017<sup>3,7</sup>**



**Fig 8. Adult Asthma Primary Diagnosis Hospitalization Rates, by Sex, Bexar County, 2015-2017<sup>3,5</sup>**

