



Children and Asthma in Chicago

Survey Highlights

Children and Asthma in America is a landmark survey of the current state of asthma and asthma management among children in the United States. A parallel survey of a community sample of children with asthma and children without asthma in the Chicago area provides additional insights into asthma management and its burden at the local level. Both surveys conclude that a **significant number of children with asthma do not have their condition under control, falling far short of national treatment goals established by the National Heart, Lung, and Blood Institute (NHLBI)**. The survey findings reveal that more than half (58%) of all children with asthma in Chicago had a severe asthma attack in the past year and nearly one-third (31%) had an asthma attack so bad they thought their life was in danger. Other key findings are highlighted below and on the reverse side.

The Burden of Asthma Affects Individuals, Their Families and the Healthcare System in Chicago

The survey collected information both about the lives of 83 children four to 18 years of age with asthma and 301 children of the same age range without asthma in Chicago. The results show that the quality of life of children with asthma is substantially lower than that for children without asthma.

- Only 28% of children with asthma reported their health to be excellent as compared to 53% of children without asthma.
- As many as 23% of children with asthma avoided activities due to their asthma, while only 4% of children without asthma avoided activities for any health reasons.
- Asthma is also a burden on the healthcare system with 8% of children with asthma hospitalized in the past year for asthma as compared to 3% of children without asthma hospitalized for any reason. Additionally, 17% of children with asthma had an emergency room visit in the past year for their asthma, while only 13% of children without asthma required an emergency room visit for any reason.

Widespread Misunderstanding Exists in Chicago about Asthma Causes, Treatments and Symptom Prevention

The survey reveals many respondents were uninformed about asthma causes, treatments and symptom prevention. Many patients and parents were unaware of the two main underlying causes of asthma symptoms – airway inflammation and bronchoconstriction. In fact, the majority of asthma cases (58%) believed only the symptoms of asthma could be treated.

- Roughly half of respondents were unaware that there are medications to treat inflammation (49%) and bronchoconstriction (47%).
- As many as three in five respondents (60%) who used quick-relief medicine in the past four weeks said they used it at least three times a week – and over one third (37%) used it daily.
- Only 52% of the children classified as having moderate or severe asthma reported that they/their child took a prescription medicine for daily maintenance therapy during the past four weeks; as many as one-third (33%) incorrectly named a short-acting beta₂-agonist as a long-term asthma control medicine.

Patients Are Not Following Many Standards of Care for Asthma Management

The survey suggests that many of the recommendations established by NHLBI related to ongoing monitoring of asthma are not being followed.

- Forty-three (43%) of children with asthma did not have the recommended two doctor visits for their asthma in the past 12 months.
- More than half (58%) of children with asthma did not have a written Asthma Action Plan.
- Only 57% of those children whose symptoms in the past four weeks were considered moderate or severe reported having a peak flow meter.

Asthma Control in Children in Chicago: **Missing the Mark**

The National Heart, Lung, and Blood Institute (NHLBI) has set national treatment goals for asthma control. The *Children and Asthma in America* survey reveals the state of asthma in children in Chicago still falls far short of these goals.

NHLBI Goals of Therapy	CHILDREN AND ASTHMA IN AMERICA Survey Findings for Chicago
Symptoms Minimal or no chronic asthma symptoms during the day or night	In the past four weeks: <ul style="list-style-type: none"> ■ 54% or more than 1/2 experienced daytime, nighttime or exercise-induced symptoms ■ 17% of children experienced daytime symptoms 3 times a week to daily ■ 11% of children experienced symptoms at night once a week to daily
Emergency Visits Minimal or no exacerbations (including hospitalizations or emergency room visits)	In the past year: <ul style="list-style-type: none"> ■ 17% have visited the emergency room ■ 8% have been kept overnight ■ 23% or nearly 1 out of 4 reported having an unscheduled acute care visit
Missed Work and/or School No limitations on activities; no school/parent's work missed	<ul style="list-style-type: none"> ■ 43% of the children in the survey missed school or daycare in the past year as a result of their asthma, with an average of more than 3 days missed ■ 27% or more than 1 in 4 parents of children with asthma have missed work in the past year due to their child's condition ■ 59% or more than 1/2 of children with asthma were limited 'a lot' or 'some' by their condition in one or more activities such as sports, having pets, sleeping, doing well in school, and/or activities with friends and family outdoors or at school
Use of Rescue Inhalers Minimal use of short-acting beta-agonists	<ul style="list-style-type: none"> ■ 60% of those who used a quick-acting rescue medication in the past 4 weeks said they used it 3 times a week to daily
Written Asthma Action Plan Having a written Asthma Action Plan	<ul style="list-style-type: none"> ■ 58% of children with asthma did not have a written Asthma Action Plan
Healthcare Professional Visits Visit your healthcare professional to monitor your asthma at least 2 times per year	<ul style="list-style-type: none"> ■ 27% or 1/4 of children with asthma had not seen their health care professional about their condition in the past year; another 16% had done so only once in the past 12 months ■ 51% have not had a lung function test in the past 12 months

About the Survey

Children and Asthma in America was conducted by Schulman, Ronca and Bucuvalas, Inc. (SRBI), a national research firm specializing in health issues. The community sample in Chicago consisted of approximately 400 children. A total of 83 interviews were completed with a Chicago sample of parents of children with asthma (or the child if they were 16 to 18 years old) and 301 interviews with parents of comparably aged children without asthma. All interviews were conducted from February to June 2004, and assessed knowledge, attitudes and behavior regarding children and asthma. The maximum expected sampling error associated with a sample of this size would be +/- 5 percentage points at the 95 percent confidence level. The survey was released on behalf of AsthmaActionAmerica®, a national asthma education campaign supported by leading organizations committed to improving asthma care in the U.S., and was funded by GlaxoSmithKline. GlaxoSmithKline is a research-based pharmaceutical company and a world leader in respiratory care.

