### What You Need to Know About Asthma

- Asthma is a chronic lung disease that makes breathing difficult when uncontrolled.
- Causes wheezing, coughing, chest tightness and shortness of breath.
- Asthma affects all ages, races and both genders and it often begins in childhood.

#### NEW MEXICO CHILDREN

**Between 2011-2012, approximately 9% (about 47,000) of children ages 0-17 had asthma.** (Source: NM, US BRFS 2011-2012)

**Between 2007-2010, approximately 43% of school-age children with asthma missed at least one day of school in the past 12 months.** (Source: BRFS ACBS 2007-2010)

**Between 2010 - 2012, children ages 0-4 had the highest asthma ED visit and hospitalization rates** (Source: NM ED data 2010-2012)

**Between 2010-2012, male children had higher asthma ED and hospitalization rates than females** (Source: NM DOH hospitalization data, 2000-2012)

- Asthma can be controlled.
- A person with asthma can live a normal, active, healthy life.
- Consult with a health care provider, take medication as prescribed, remain physically active, and avoid your triggers (things that worsen symptoms).

### NEW MEXICO DEPARTMENT OF HEALTH

**For More Information**

New Mexico Asthma Control Program

Environmental Health Epidemiology Bureau

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[nmhealth.org/eheb/asthma.shtml](http://nmhealth.org/eheb/asthma.shtml)

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We don’t know what causes asthma, but it can be controlled
New Mexico Asthma Control Program from 2000—2014

About Us
The New Mexico Asthma Control Program is funded by the Centers for Disease Control and Prevention, National Center for Environmental Health. The Asthma Control Program partners with communities to reduce the asthma burden.

What We Do

**Conduct Asthma Surveillance** by collecting and analyzing data from hospitals, emergency departments, schools, tribal governments and others. Results are disseminated to community stakeholders and the general public.

**Develop working partnerships** to raise awareness of asthma disparities. Partners are healthcare providers, health plans, hospitals, NGOs, state agencies, schools, childcare centers and tribe-affiliated groups.

**Incorporate scientific-based education interventions** for pre and school-age children and healthcare providers to reduce asthma rates.

**Evaluate our work** by measuring the impact of our work on our communities and programs statewide.

We focus on activities to increase asthma awareness and improve control of asthma. Below are some of our program activities since 2000.

### Reports
- Annual statewide adult and childhood asthma prevalence and death rates due to asthma
- *Breathing Easy in New Mexico: Addressing the Burden of Asthma Through Action - 2014-2019*
- Medical Provider Impressions of Asthma in Lea County July 2010

### Education for Professionals
- Physician Asthma Care Education (PACE), 2011

### Education for Patients & Families
- Asthma education for families of children with asthma enrolled in Children Medical Services Asthma Clinics, 2004-2008
- Asthma self-management education to patients through Certified Asthma Educators, 2010, 2011
- American Lung Association *Asthma Nights* for communities, 2013
- *Rural Tour*— in partnership with various healthcare providers— an asthma education intervention for 6 communities across state, 2008

### Education for Child Care Providers
- *Asthma and Allergy Essentials for Child Care Providers©*, 2006, 2007

To Learn More about Asthma

**For Families**
- American Lung Association
  www.lung.org
- Allergy & Asthma Network of Asthmatics
  www.aanma.org
- Asthma & Allergy Foundation of America
  www.aafa.org/index.cfm?id=8
- CDC Basic Facts on Asthma
  www.cdc.gov/asthma/faqs.htm

**For Kids**
- Bam! Body and Mind
  www.cdc.gov/bam
- Breath Easies
  www.noattacks.org
- KidsHealth.org
  kidshealth.org/kid/centers/asthma_center.html
- NIEHS Kids
  kids.niehs.nih.gov
- Quest for the Code® Asthma Game
  asthma.starlight.org

To Learn More about Asthma