



# ASTHMA BURDEN UPDATE

## ASTHMA BURDEN BRIEF

This edition focuses on asthma medication use according to the Asthma Call-Back Survey (ACBS).

Behavioral Risk Factor Surveillance Survey (BRFSS) respondents who report ever being diagnosed with asthma are eligible for the ACBS. The ACBS is conducted approximately two weeks after the BRFSS.

## MEDICATION USE

Asthma medication can save lives and ensures people with asthma live an active life in spite of their chronic condition. Nearly three quarters of adults (70.2%) and children (74.0%) diagnosed with asthma have used a prescription to manage their asthma. More adults and children have used a rescue medication (58.4% and 64.0%) than a control medication (46.5% and 42.7%).

### Prescription Medication Use Among Illinois Adults and Children Ever Diagnosed with Asthma, 2007-2010\*

	Adult	Children
<b>Any prescription</b>	70.2%	74.0%
<b>Rescue medication</b>	58.3%	64.0%
<b>Control medication</b>	46.5%	42.7%
<b>No prescription</b>	29.8%	26.0%

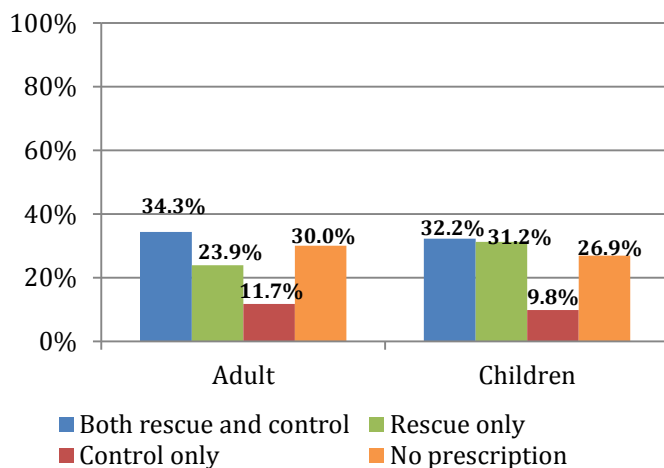
\* Source: Illinois Behavioral Risk Factor Surveillance System Asthma Call-Back Survey; Adult data 2007-2010; Child data 2007-2009. Note: There is no significance difference between adults and children.

## MEDICATION USE IN PAST 3 MONTHS

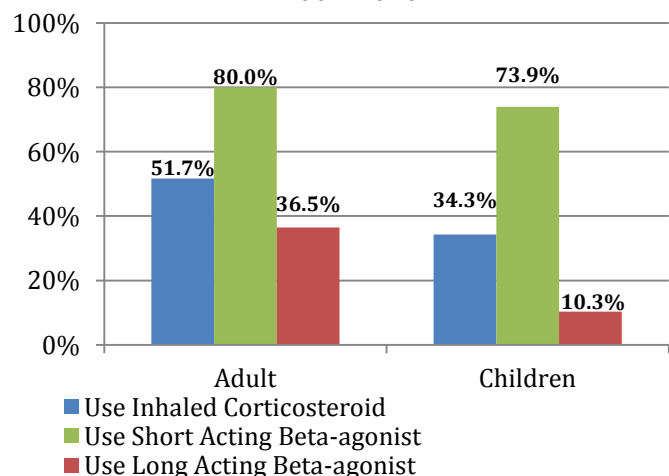
When asked about medication use in the past three months, about a third of adults and children reported using both a rescue and control medication. More children reported using a rescue medication (31.2%) than adults (23.9%). More adults reported using a control medication (11.7%) than children (9.8%).

Of those on a prescription, 80 percent of adults and 74 percent of children take a short acting beta-agonist (rescue medication). Adults also have higher rates of using an inhaled corticosteroid (controller medication) (51.7%) and long acting beta-agonist (36.5%) than children (34.3% and 10.3%).

### Prescription Medication Use in the Past 3 Months Among Illinois Adults and Children Diagnosed with Asthma, 2007-2010\*



### Prescription Medication Use in the Past 3 Months by Type Among Illinois Adults and Children Diagnosed with Asthma who Use a Prescription, 2007-2010\*



\* Source: Illinois Behavioral Risk Factor Surveillance System Asthma Call-Back Survey; Adult data 2007-2010; Child data 2007-2009. Note: There is no significant difference between adults and children.

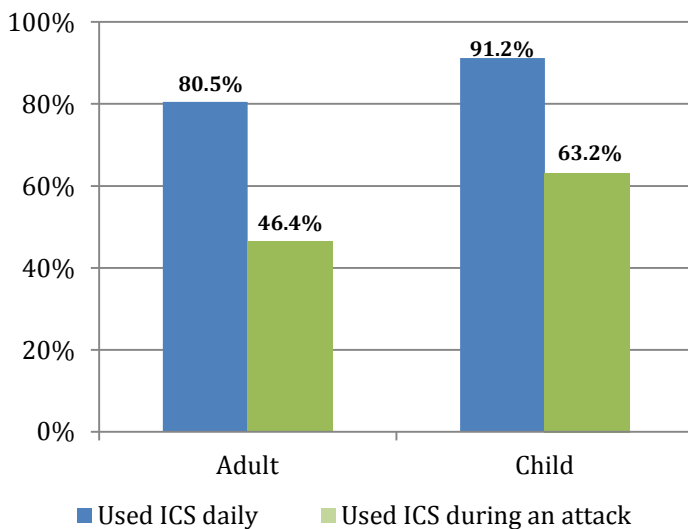
\* Source: Illinois Behavioral Risk Factor Surveillance System Asthma Call-Back Survey; Adult data 2007-2010; Child data 2007-2009. Note: There is a significant difference between adults and children on a long acting beta-agonist

## INHALED CORTICOSTEROIDS AND SHORT ACTING BETA-AGONIST

Inhaled corticosteroids (ICS), also known as inhaled steroids, are anti-inflammatory controller medications. Ninety-one percent of children and 81 percent of adults on an ICS use it daily. More children (63.2%) than adults (46.4%) on an ICS report using it during an asthma episode or attack.

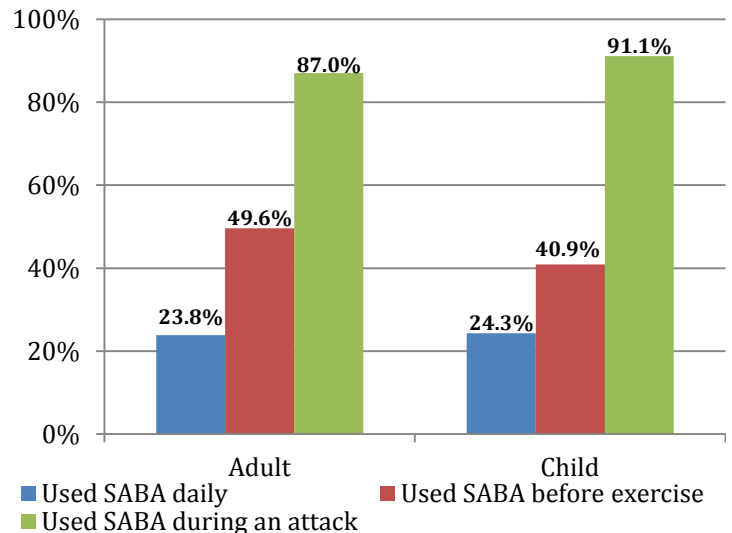
Short acting beta-agonists (SABA) are used for acute relief of asthma symptoms. Ninety-one percent of children and 87 percent of adults on a SABA use it only during an asthma episode or attack. Fifty-two percent of adults and 42 percent of children used a SABA before exercising. About a quarter of adults and children on a SABA use is daily. Taking a SABA everyday may indicate lack of asthma control.

**Inhaled Corticosteroid (ICS) Use Among Illinois Adults and Children on ICS, 2007-2010\***



\* Source: Illinois Behavioral Risk Factor Surveillance System Asthma Call-Back Survey; Adult data 2007-2010; Child data 2007-2009.  
Note: There is no significant difference between adults and children.

**Short Acting Beta-agonist (SABA) Use Among Illinois Adults and Children on SABA, 2007-2010\***



\* Source: Illinois Behavioral Risk Factor Surveillance System Asthma Call-Back Survey; Adult data 2007-2010; Child data 2007-2009.  
Note: There is no significant difference between adults and children.

## PROPER USE OF MEDICATION

The proper use of rescue and control medication is important in managing asthma. Asthma medications are intended as a rescue medication, as a control medication, or for exercise (or a combination). Knowing and taking prescribed medication at the appropriate time (during an attack, for routine or before exercises) is imperative to treating asthma.

From 2007-2010\*:

- 39.9 percent adults and 23.8 percent children on inhaled control medication took their medication properly (in other words, they did not use them as rescue inhalers).
- 63.3 percent adults and 64.2 percent children on inhaled rescue medication took their medication properly (in other words, they did not schedule to use them every day).
- 98.6 percent of adults and 100.0 percent of children on a Long Acting Beta-agonist (LABA) are also on an ICS.

\*Source: Illinois Behavioral Risk Factor Surveillance System Asthma Call-Back Survey; Adult data 2007-2010; Child data 2007-2009.  
Note: There is no significant difference between adults and children.