

AsthmaStats

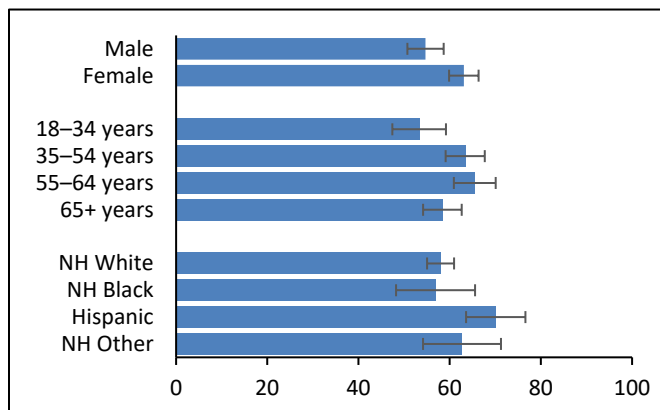
Uncontrolled Asthma Among Adults, 2019

Sixty Percent of Adults with Current Asthma had Uncontrolled Asthma

Uncontrolled asthma is associated with significant health and economic costs because of frequent and intense episodes of symptoms that may increase risk of emergency department visits, hospitalizations, and work and school absenteeism. Asthma control status was classified as well-controlled or uncontrolled asthma based on the national asthma guidelines.*

60.1% of adults with current asthma[†] had uncontrolled asthma. Percentage of uncontrolled asthma was higher among females (63.1%) than males (54.7%), Hispanics (70.1%) than non-Hispanic White adults (58.0%), and ages 55–64 years (65.5%) than ages 18–34 years (53.3%). No other significant differences were observed by demographic characteristics. The percentage of adults with uncontrolled asthma varies by state but does not seem to follow a specific geographic pattern. The percentage ranged from 41.7% in New Jersey to 72.4% in Missouri and Utah (See table).

Percentage With Uncontrolled Asthma by Demographics



Abbreviation: NH, Non-Hispanic; SE, Standard error; CI, confidence interval

Characteristic	Percent	95% CI	SE	y-error bar
Male	54.7	50.7–58.6	2.03	4.0
Female	63.1	59.8–66.2	1.65	3.2
18–34 years	53.3	47.4–59.2	3.00	5.9
35–54 years	63.4	59.0–67.6	2.19	4.3
55–64 years	65.5	60.8–69.9	2.34	4.6
65+ years	58.4	54.1–62.6	2.16	4.2
NH White	58.0	55.0–60.9	1.51	3.0
NH Black	56.9	48.1–65.3	4.42	8.7
Hispanic	70.1	63.2–76.2	3.32	6.5
NH Other	62.7	53.8–70.8	4.36	8.5

CDC's National Asthma Control Program (NACP) was created in 1999 to help the millions of people with asthma in the United States gain control over their disease. The NACP conducts national asthma surveillance and funds states to help them improve their asthma surveillance and to focus efforts and resources where they are needed.

STATE	Adults with Current [†] and Uncontrolled Asthma*	
	%	% 95% CI
Total**	60.1	57.5–62.6
AZ	57.9	45.6–69.3
CA	61.1	53.4–68.3
CT	54.7	44.2–64.8
FL	67.8	58.6–75.8
GA	71.0	56.9–82.0
HI	49.6	40.1–59.1
IL	52.8	44.0–61.4
IN	62.5	54.0–70.3
IA	54.4	46.0–62.5
KS	60.4	51.8–68.4
KY	71.0	60.2–79.8
ME	60.0	51.3–68.0
MA	42.7	34.4–51.4
MI	60.7	54.0–67.1
MN	61.9	56.6–67.0
MO	72.4	63.5–79.9
MT	59.6	51.5–67.2
NE	58.6	50.9–66.0
NV	70.0	58.3–79.6
NH	55.9	47.8–63.6
NJ	41.7 ^{††}	20.3–66.9
NM	66.6	54.2–77.1
NY	61.4	48.8–72.6
OH	62.3	54.2–69.7
OR	59.3	51.8–66.4
PA	55.0	46.0–63.6
RI	53.2	41.4–64.7
TX	60.8	49.0–71.5
UT	72.4	66.1–77.9
VT	54.3	43.5–64.7
WI	58.5	48.3–68.1
PR	58.8	49.5–67.4

Source: Behavioral Risk Factors Surveillance System (BRFSS)—Adult Asthma Call-back Survey Data, 2019

Note: data not available for [AL, AK, AR, CO, DC, DE, ID, LA, MD, MS, NC, ND, OK, SC, SD, TN, VA, WA, WV, WY]

*National Asthma Education and Prevention Program Expert panel report 3: Guidelines for the Diagnosis and Management of Asthma, 2007. Available at: https://www.ncbi.nlm.nih.gov/books/NBK7232/pdf/Bookshelf_NBK7232.pdf

[†]Includes persons who answered "yes" to the questions: "Have you ever been told by a doctor, nurse, or other health professional that you had asthma?" and "Do you still have asthma?"

**Includes listed states and Puerto Rico.

^{††}Unreliable estimate, RSE>0.30



Centers for Disease Control and Prevention
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