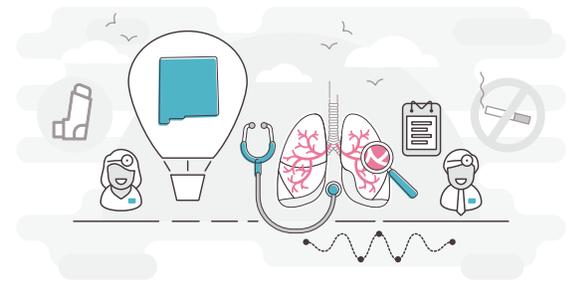


# Clearing the Air

## A Quarterly New Mexico Asthma Data Report



Volume 1, Issue 2

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### ASTHMA-RELATED EMERGENCY DEPARTMENT VISITS IN NEW MEXICO

Asthma is a common chronic lung disease affecting people of all ages and is characterized by episodic and reversible attacks or exacerbations of wheezing, breathlessness, chest tightness, and coughing. Asthma emergency department (ED) visits are notable indicators of poorly controlled asthma in a population, as asthma symptoms can be managed with proper education, clinical treatment, appropriate medication, and environmental management. Poor asthma control is associated with increased ED visits and significant medical costs<sup>1</sup>. Patients who present to the ED may not have a primary care physician or primary care home, and thus are seeking care in the ED. Every year throughout the United States, 1 in 6 children with asthma visits the ED<sup>2</sup>. This report summarizes trends in asthma-related ED visits in New Mexico.

### ISSUE HIGHLIGHTS



Since 2015, childhood asthma-related ED visits have decreased 36%.



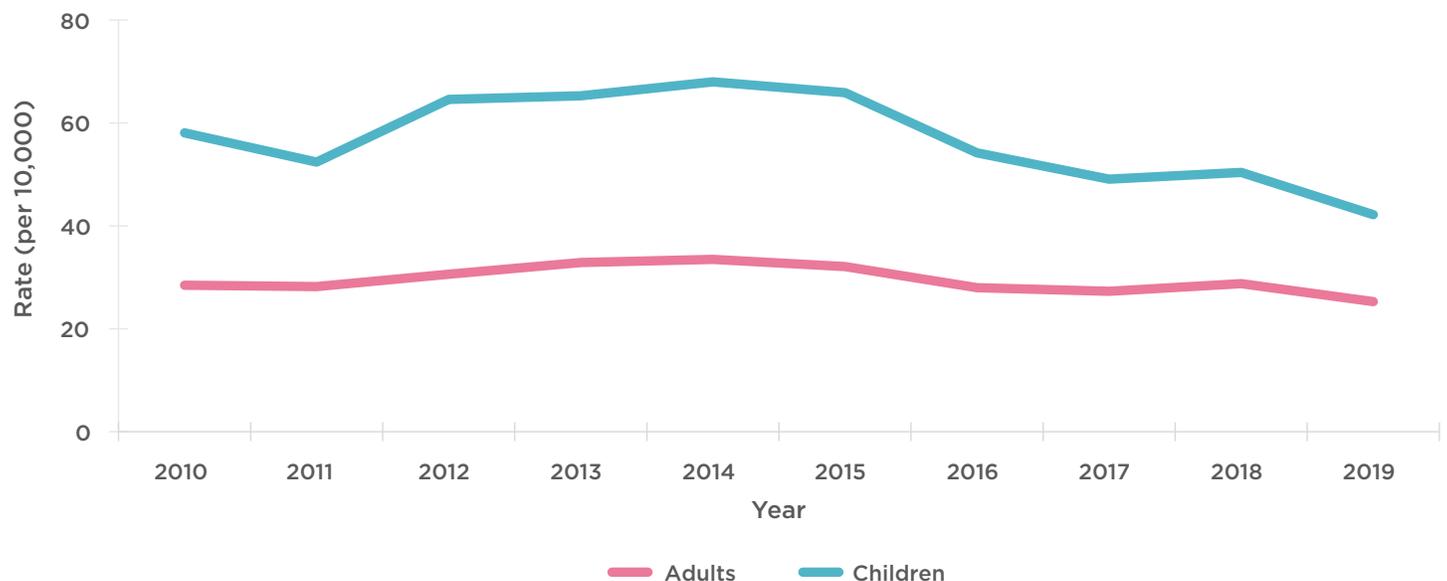
Asthma-related ED visits are highest in the Spring.



ED visit rates are highest among boys 0-9 years old.

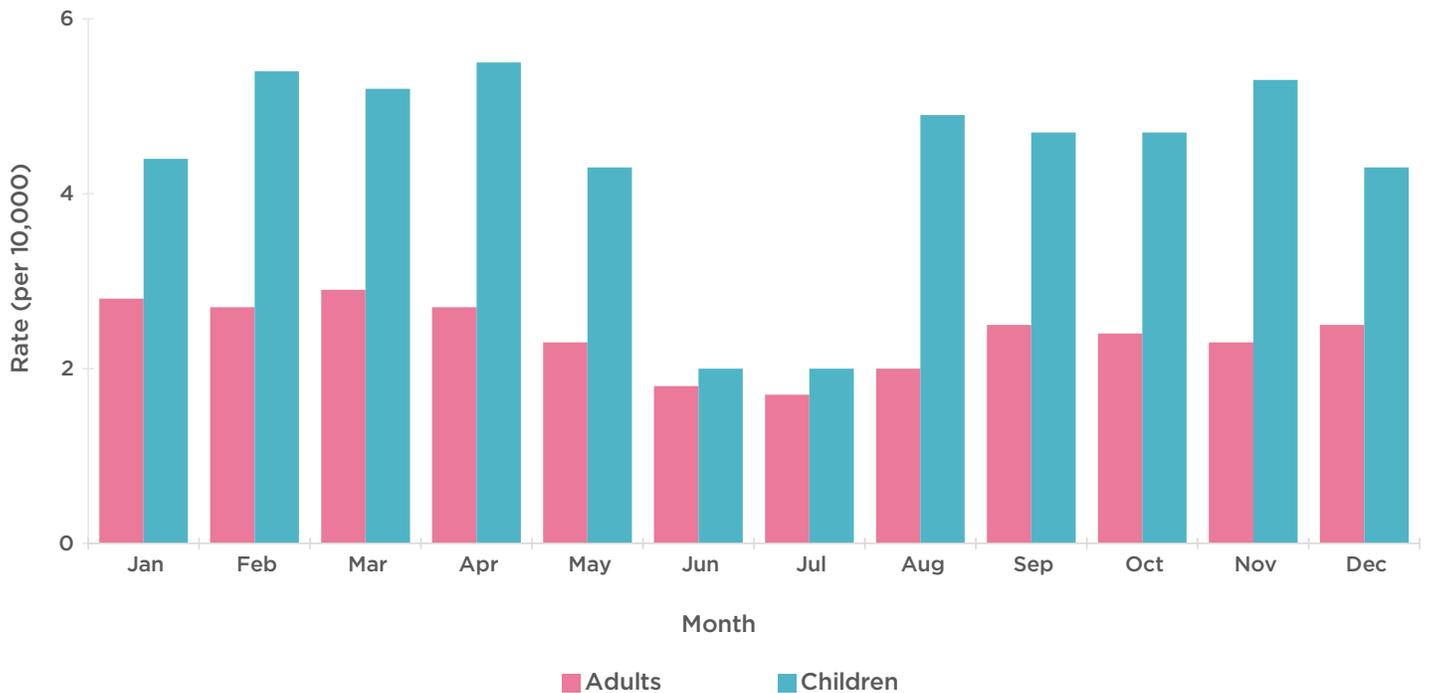
### ANNUAL TRENDS IN RATES OF ASTHMA-RELATED ED VISITS IN NM

In 2019, 2,014 children (rate of 42.2 per 10,000) and 4,112 adults (rate of 25.4 per 10,000) went to the ED due to their asthma. Rates are about twice as high among children compared to adults. Since 2010, childhood and adult asthma-related ED rates have decreased by 27% and 11%, respectively.



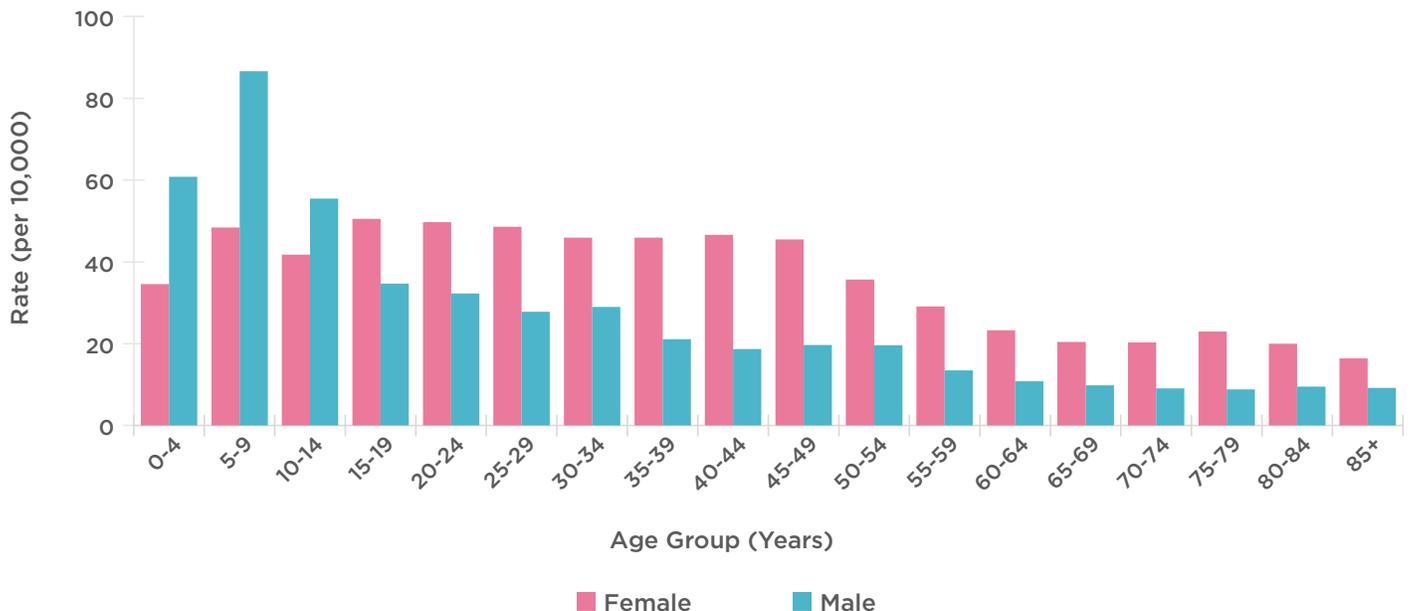
## ASTHMA-RELATED ED VISIT RATES BY MONTH

In New Mexico, asthma-related ED visits are highest in the spring months (February, March, and April) and the lowest during the summer months (June and July). The highest rates are among children.



## NM ASTHMA-RELATED ED VISIT RATES BY AGE AND GENDER

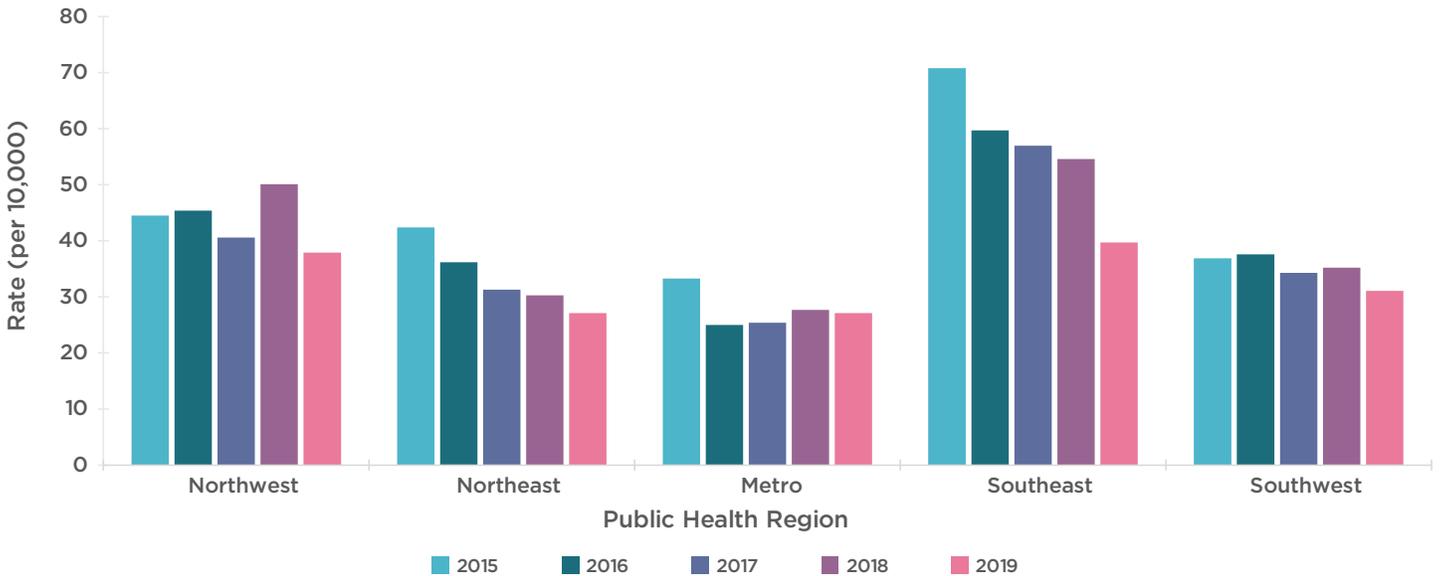
Boys, ages 0-14 years old have the highest asthma-related ED visit rates. ED visit rates decline as males get older. Females experience consistent asthma-related ED visit rates from around 5 years old through age 50. Rates are higher among females compared to males starting in the mid-teenage years.



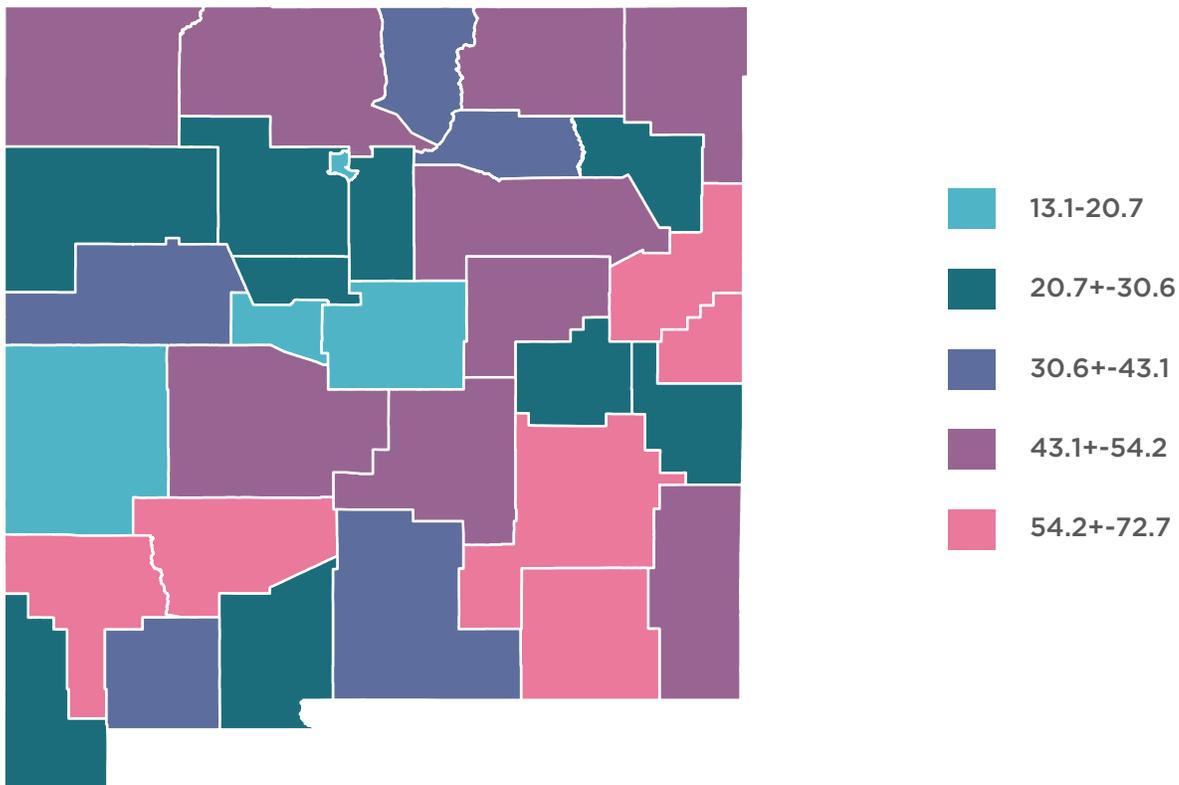
## ASTHMA-RELATED ED VISIT RATES BY GEOGRAPHY

The highest asthma-related ED visit rates are in the Southeast (SE) and Northwest (NW) health regions. Since 2015, there has been a 44% decrease in asthma-related ED visit rates in the SE. The NW region has not experienced as dramatic a decline (15%), and the Metro health region has seen a general increase over the past 4 years. Over the past 5 years, the counties with highest rates are Chaves, Curry, Eddy, Grant, Quay, and Sierra.

## ASTHMA-RELATED ED VISITS RATES BY HEALTH REGION AND YEAR



## ASTHMA-RELATED ED VISITS RATES BY COUNTY, 2015-2019



All age groups; Age-adjusted rates, per 10,000 population.

# ASTHMA ED VISIT RATES AMONG NM CHILDREN AND ADULTS

	Children	Adults	Overall*
Overall ED visit rate—2019	42.2	25.3	30.8
<b>Gender—2015-2019</b>			
Female	42.6	36.5	40.1
Male	62.0	19.8	31.1
<b>Public Health Region—2019</b>			
Metro	35.0	23.1	27.1
Northeast	38.5	19.8	27.1
Northwest	48.5	33.0	37.9
Southeast	59.4	31.6	39.7
Southwest	51.6	26.3	31.1

Rates are per 10,000 population; \*Age-adjusted rate.

## DATA SOURCES & REFERENCES

### *The New Mexico Department of Health sit Dataset:*

These data include ED visits of individuals who are discharged from 36 of New Mexico's acute care, non-federal hospital facilities. Data and more information available from <https://www.nmtracking.org/epht-view/health/breathing/Asthma.html>

*Asthma-related ED visit definition:* classified as primary or principal diagnosis code ICD-9-CM 493XX or ICD-10-CM J45.

### Other references:

1. Bender B, Zhang L. Negative affect, medication adherence, and asthma control in children. *J Allergy Clin Immunol.* 2008; 122(3):490-495.
2. Centers for Disease Control and Prevention. Controlling Childhood Asthma and Reducing Emergencies (CCARE). Available from: <https://www.cdc.gov/asthma/ccare.htm>

## RESOURCES

### Local programming:

New Mexico Asthma Control Program: <https://nmhealth.org/about/erd/eheb/ap/>

Get involved with the New Mexico Council on Asthma: <https://www.nmasthma.org/>

### Learn more about asthma:

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/asthma>

National Heart, Lung, and Blood Institute (NHLBI): <https://www.nhlbi.nih.gov/health-topics/asthma>

American Lung Association (ALA) Asthma Basics course: <https://www.lung.org/asthma-basics>

### Explore more data:

New Mexico Indicator-Based Information System: <https://ibis.health.state.nm.us/>

New Mexico Environmental Public Health Tracking Program: <https://www.nmtracking.org/>

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