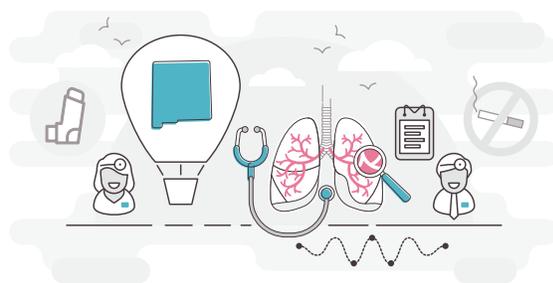


Clearing the Air

A Quarterly New Mexico Asthma Data Report



Volume 1, Issue 1

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ASTHMA PREVALENCE IN NEW MEXICO: A COMMON CONDITION ON THE RISE

Asthma is a common chronic condition that affects the airways in the lungs. In New Mexico, about 1 in 10 (9.9%) adults and 1 in 13 (7.5%) children (<18 years of age) report having asthma. This represents about 194,453 New Mexicans. Asthma is responsible for significant costs associated with medical care and absenteeism (an estimated \$320,800,000 for NM in 2020¹). Uncontrolled asthma significantly impacts one's quality of life and ability to go to work or attend school.

Although we do not yet have interventions to prevent the onset of asthma, we do know that asthma control to prevent morbidity and improve quality of life for individuals who have the disease can be achievable through taking medications and avoiding triggers that cause an asthma attack. This report summarizes the current prevalence, or how common asthma is in our communities.

ISSUE HIGHLIGHTS



In New Mexico, 1 in 10 adults and 1 in 13 children currently have asthma.



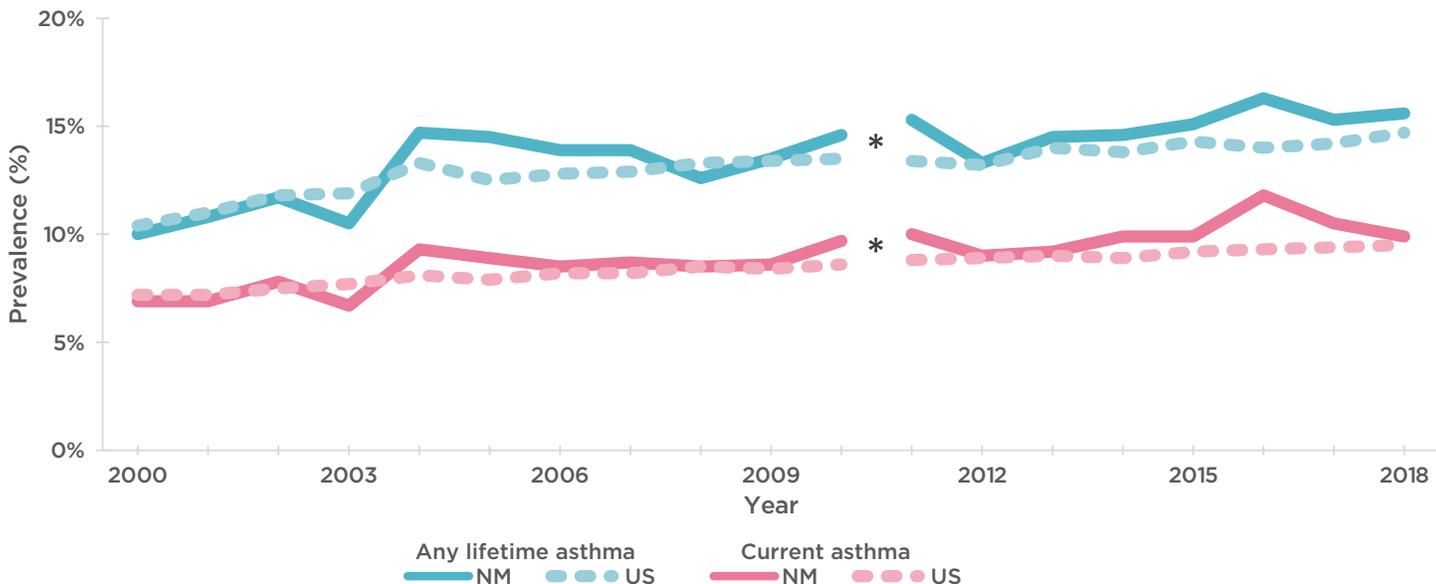
Adults with asthma are twice as likely to report poor mental health compared to those without it.



Asthma is most common among those living in households making less than \$25,000 a year.

ADULT ASTHMA

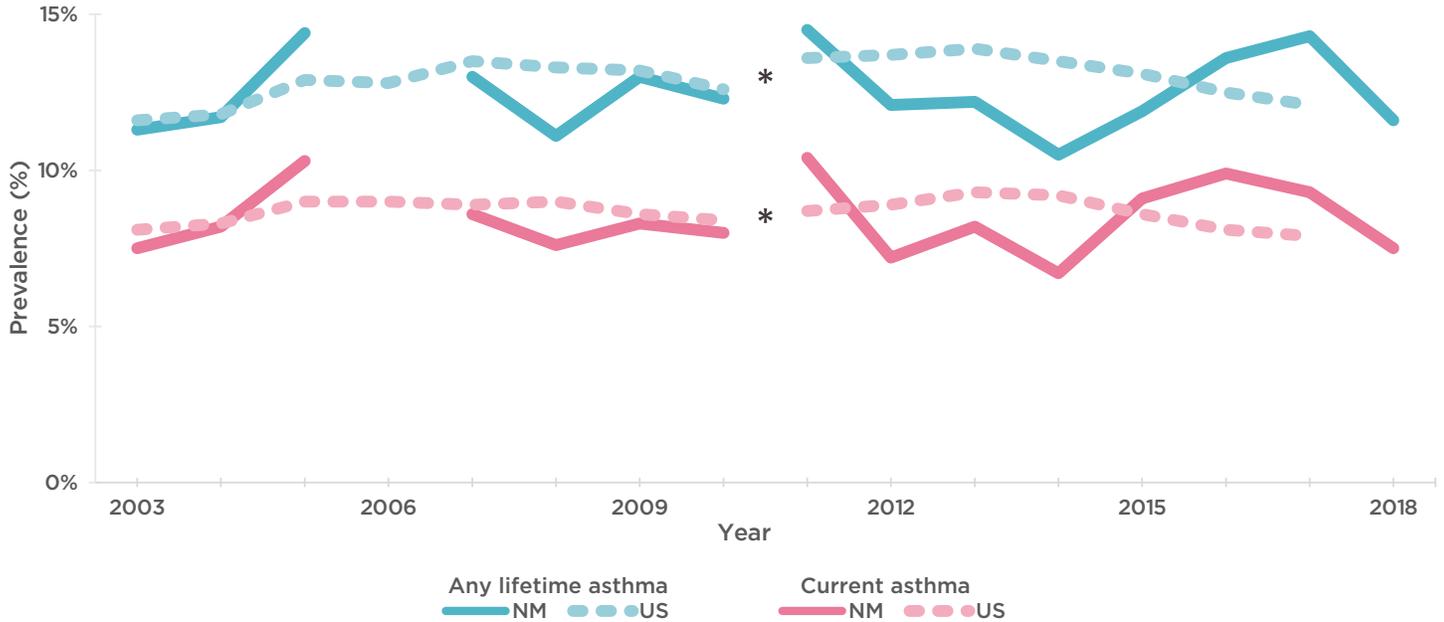
In 2018, 9.9% of New Mexico adults report currently having asthma, and 15.6% report ever being diagnosed with asthma. Both are higher than the United States overall, and show an increasing trend.



*In 2011, the survey methodology changed. The data from years prior to 2011 are not directly comparable to data from 2011 and beyond.

CHILD ASTHMA

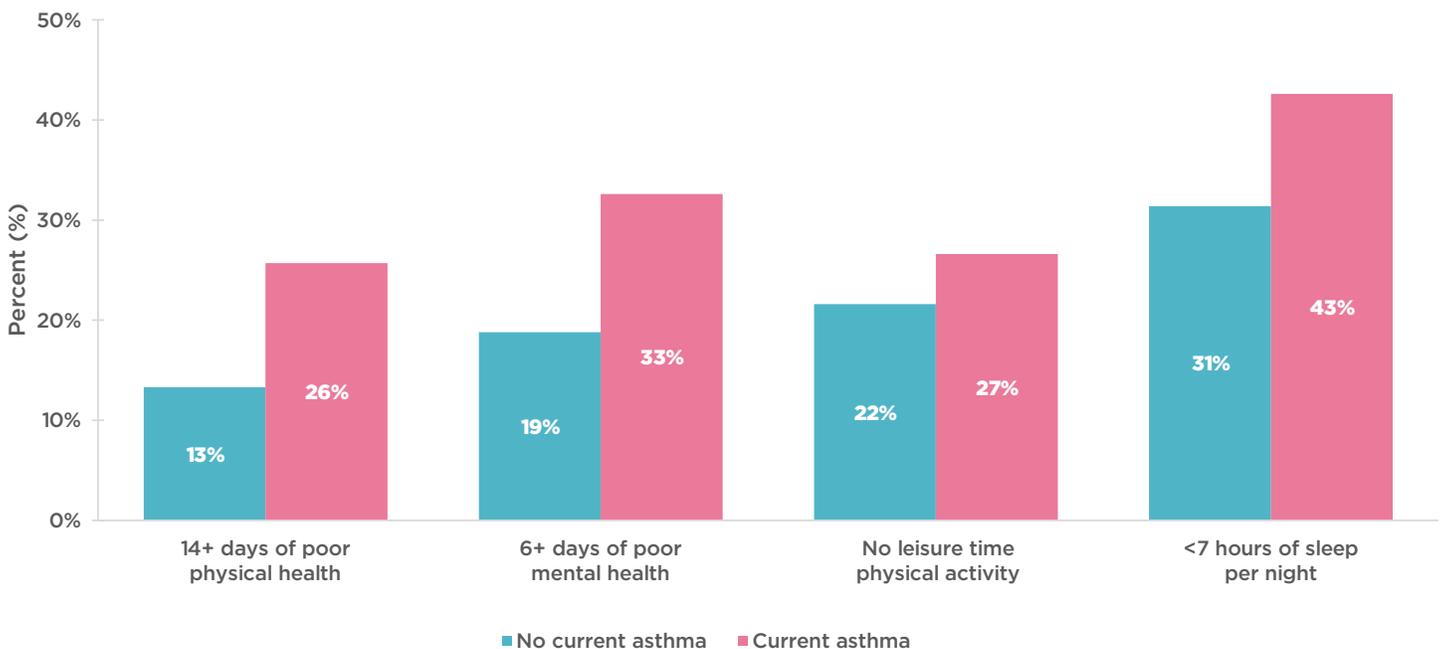
In 2018, 7.5% of New Mexico children were reported as currently having asthma, and 11.6% were reported as ever being diagnosed with asthma. Since 2003, childhood asthma prevalence in NM and the US has remained consistent.



*In 2011, the survey methodology changed. The data from years prior to 2011 are not directly comparable to data from 2011 and beyond. Note: New Mexico childhood asthma prevalence data was not collected in 2006.

ASTHMA AND QUALITY OF LIFE

Adults with current asthma are significantly more likely to report more days of poor mental and physical health, less physical activity, and less sleep compared to those without asthma. All of these can contribute to a lower quality of life and an increased risk of other conditions.



ASTHMA DISPARITIES

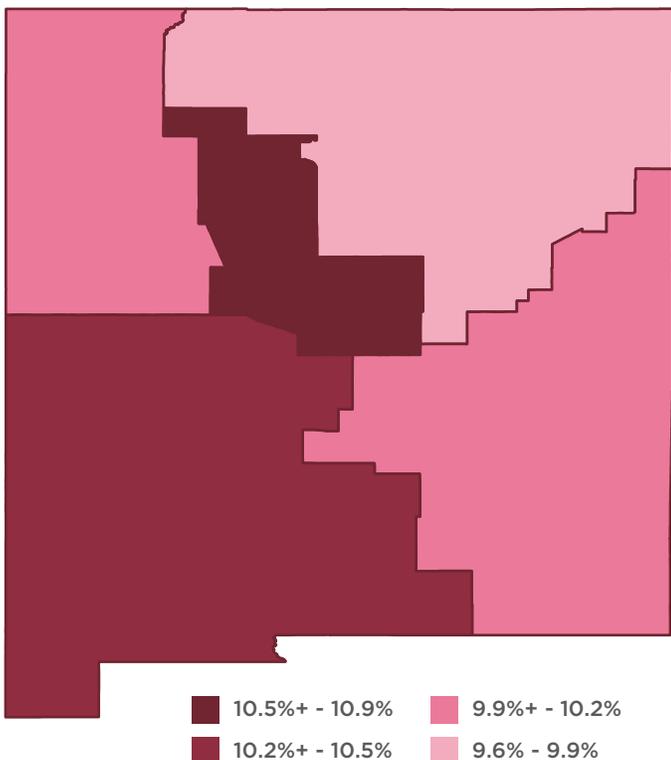
Asthma disproportionately affects certain portions of the New Mexico population. This may be due to genetic and biologic factors, but differences in one’s physical environment, socioeconomic status, access to health care, and health literacy may also play a role. The chart below highlights some of these differences. By understanding these differences we can better focus resources and efforts to address disease among these populations.

- As children, asthma is more common among males, but as adults, females are more likely to report having asthma.
- The proportion of children and adults with current asthma is highest among individuals living in the lowest income households.
- Asthma is most common among Black/African American children and adults, and non-Hispanic White adults.
- The metro region (Bernalillo, Sandoval, Torrance, and Valencia counties) has the highest proportion of adults with asthma.

Strategies and priority actions to address preventable factors that impact disparities in the burden of asthma are available here:

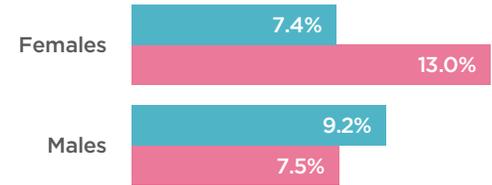
<https://ptfceph.niehs.nih.gov/activities/asthma/index.htm>
<https://aafa.org/asthmadisparities>

Public health region

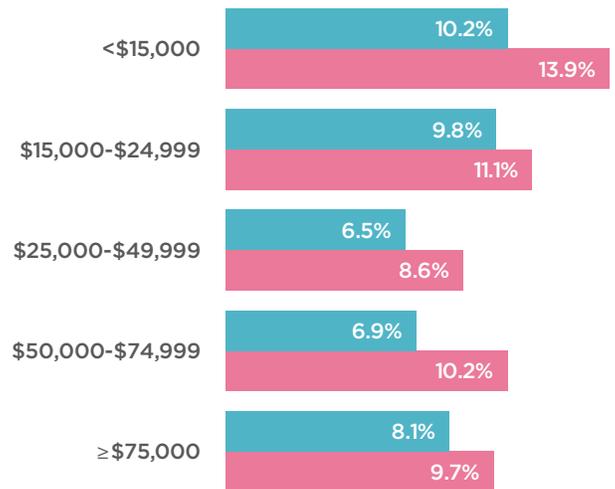


■ Children ■ Adults

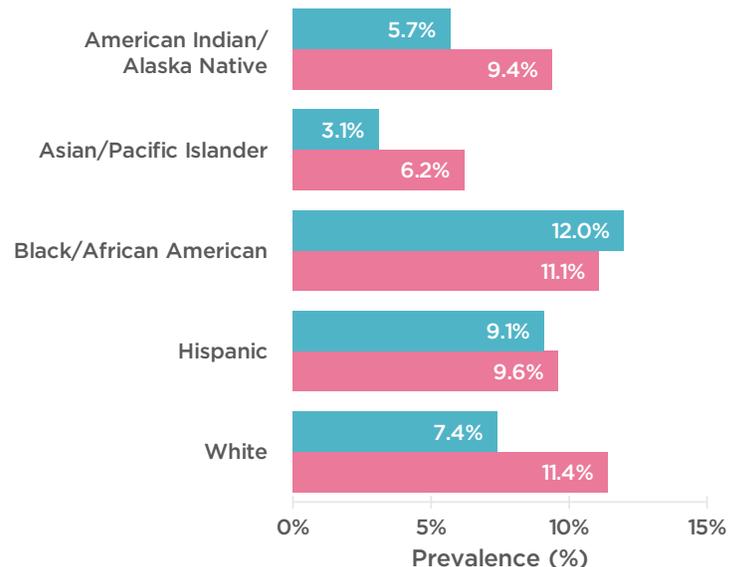
Gender



Household Income



Race/Ethnicity



2014-2018 BRFSS surveys combined, and percent of individuals reporting they have current asthma.

ASTHMA PREVALENCE AMONG NM CHILDREN AND ADULTS

	Children % (95% CI)	Adults % (95% CI)
Lifetime asthma—2018	11.6 (9.5–14.2)	15.6 (14.4–16.9)
Current asthma—2018	7.5 (5.8–9.8)	9.9 (8.9–10.9)
Gender*		
Female	7.4 (6.3–8.7)	13.0 (12.3–13.8)
Male	9.2 (8.0–10.6)	7.5 (6.9–8.1)
Public health region*		
Metro	8.6 (7.0–10.5)	10.8 (10.0–11.8)
Northeast	7.9 (6.1–10.2)	9.9 (9.0–10.9)
Northwest	8.9 (7.4–10.5)	9.5 (8.7–10.4)
Southeast	7.9 (6.4–9.7)	9.7 (8.8–10.7)
Southwest	8.0 (6.3–10.1)	10.4 (9.4–11.4)
Household income*		
<\$15,000	10.2 (7.7–13.3)	13.9 (12.5–15.6)
\$15,000-\$24,999	9.8 (7.8–12.3)	11.1 (10.1–12.3)
\$25,000-\$49,999	6.5 (5.1–8.1)	8.6 (7.7–9.6)
\$50,000-\$74,999	6.9 (5.2–9.0)	10.2 (8.9–11.7)
\$75,000+	8.1 (6.5–10.1)	9.7 (8.7–10.8)
Race/Ethnicity*		
American Indian/Alaska Native	5.7 (4.4–7.4)	9.4 (8.2–10.9)
Asian/Pacific Islander	3.1 (1.0–9.4)	6.2 (3.4–10.8)
Black/African American	12.0 (6.5–21.2)	11.1 (7.3–16.4)
Hispanic	9.1 (7.9–10.4)	9.6 (8.9–10.5)
White	7.4 (6.0–9.2)	11.4 (10.7–12.1)

*2014-2018 BRFSS surveys combined, and percent of individuals reporting they have current asthma. 95% CI: 95% confidence interval.

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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<https://nmhealth.org/about/erd/eheb/ap/>

DATA SOURCES & REFERENCES

The New Mexico Department of Health Behavioral Risk Factor Surveillance System (BRFSS): The BRFSS is an annual health-related telephone survey that collects uniform, state-specific data about residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.
<https://nmhealth.org/about/erd/ibeb/brfss/>

Lifetime asthma: Respondent answered yes to, “Have you ever been told by a doctor, nurse, or other health professional that you had asthma?”

Current asthma: Respondent answered yes to, “Do you still have asthma?”

Other references:

1. Nurmagambetov T, Khavjou O, Murphy L, Orenstein D. State-level medical and absenteeism cost of asthma in the United States. *J. Asthma.* 2017;54(4):357-370.

