

Asthma Control among Male and Female Adults in Montana, 2013-2017

Asthma Prevalence

Asthma is a **common chronic disease** that impacts the **lungs**. Persons with asthma may experience **wheezing, breathlessness, chest tightness, and nighttime or early morning coughing.**¹

In 2017, about **14% of Montana adults** reported having ever been diagnosed with asthma and **9% of Montanan adults** reported current asthma, which is an estimated **97,000 adults statewide.**²

- **Slightly more than half (53%)** of Montana adults with current asthma are **female** (Figure 1)

Asthma Control

Well-controlled asthma is defined by the CDC as experiencing less than two days of symptoms per week, less than two days of nightly awakenings a month, and no activity limitations.

Asthma may be controlled by **eliminating triggers, visiting the doctor** for regular asthma checkups, and **taking medication appropriately.**³

However, persons with uncontrolled or poorly controlled asthma may experience more **emergency department visits, hospitalizations, and days of missed work or school.**³

- Between 2013 and 2017, **less than half (47%)** of Montana adults with current asthma indicated that it was **well-controlled.**⁴
- The **prevalence of well-controlled asthma was significantly higher among females** (51%) than among **males** (42%) (Figure 2)

Figure 1. Prevalence of Asthma Among Montana Adults, by Sex, Montana BRFSS, 2017

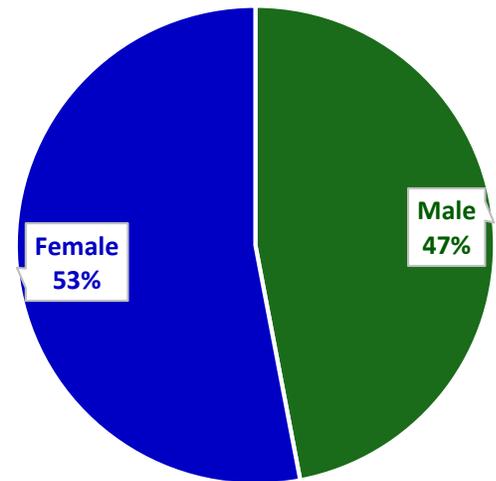


Figure 2. Prevalence of Controlled Asthma Among Montana Adults, by Sex, Montana ACBS, 2013-2017

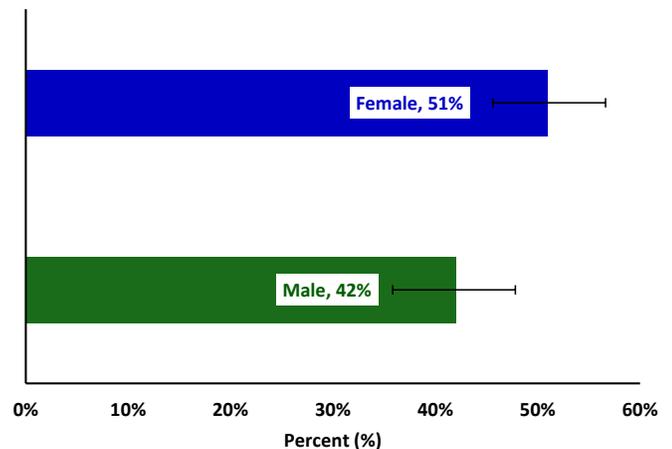


Figure 3. Percent of Montana Adults Who Saw a Doctor for Asthma in the Last Three Months, by Sex, Montana ACBS, 2013-2017

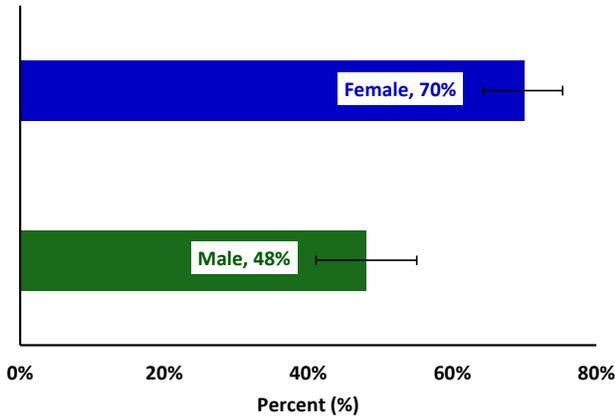


Figure 4. Percent of Montana Adults Who Use Asthma Medication, by Sex, Montana ACBS, 2013-2017

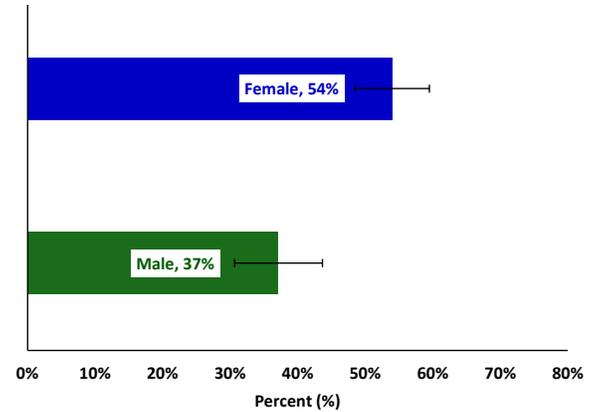
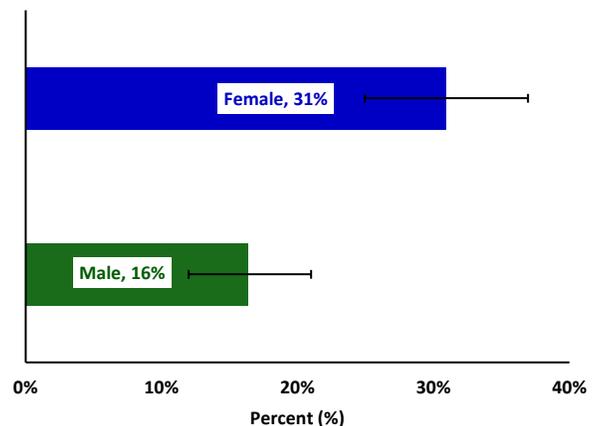


Figure 5. Percent of Montana Adults with an Asthma Management Plan, by Sex, Montana ACBS, 2013-2017



- The prevalence of **having seen a doctor for asthma** in the last three months was **significantly higher** among **females** (70%) than among **males** (48%) (Figure 3)
- The prevalence of **asthma medication use** in the last three months was **significantly higher** among **females** (54%) than among **males** (37%) (Figure 4)
- The prevalence of **having an asthma management plan** was **significantly higher** among **females** (31%) than among **males** (16%) (Figure 5)

Recommendations for Montanans with asthma

Regardless of symptoms, all Montanans with current asthma should:

- **See their doctor for a yearly checkup**
- Receive an **asthma action plan** from a doctor and follow the directions listed
- Use all **asthma medication as prescribed**, including both rescue inhalers and controller medication

CONTACT

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Resources

Visit the Montana Asthma Control website for more information:

1. Asthma control Program: <https://dphhs.mt.gov/asthma>

Data Source:

1. <https://www.cdc.gov/asthma/default.htm>
2. Behavioral Risk Factor Surveillance System, Montana, 2017
3. <https://www.cdc.gov/asthma/faqs.htm>
4. Asthma Call-Back Survey, Montana, 2013-2017