



Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services

Paul R. LePage, Governor

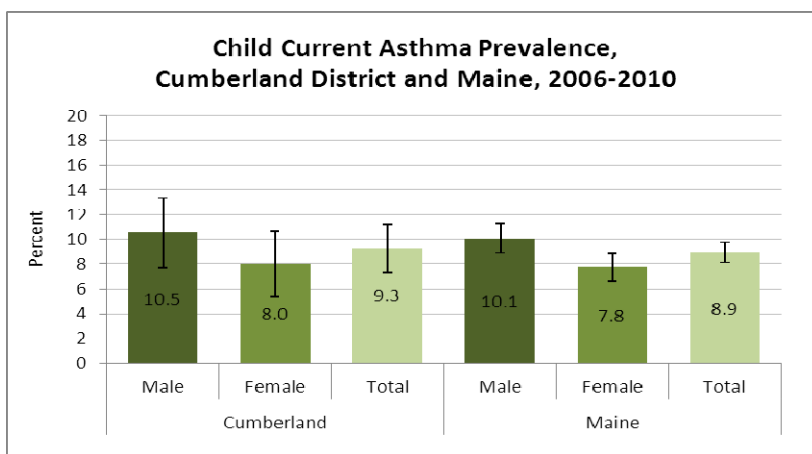
Mary C. Mayhew, Commissioner

Asthma in Cumberland Public Health District

Asthma is a chronic disease that affects the lungs and airways. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. There is no cure for asthma but it can be controlled with medication and by avoiding breathing in substances that irritate the lungs.

Prevalence of Current Asthma Among Children, 2006-2010

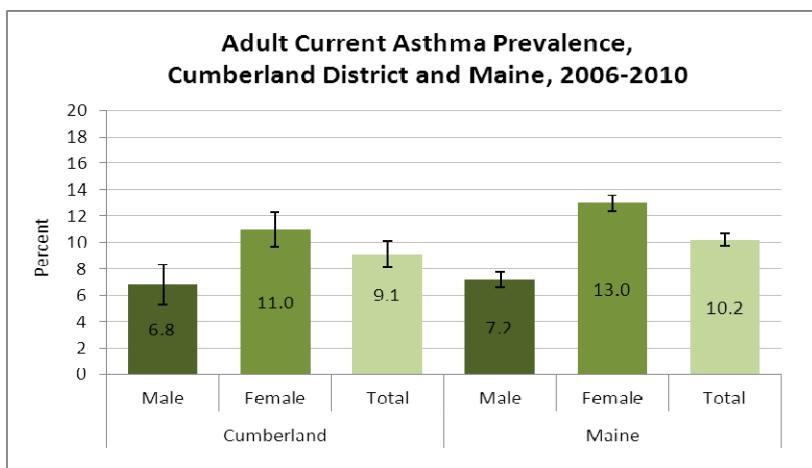
About 1 in 11 (9.3%) children under the age of 18 in the Cumberland District currently have asthma. This rate is not significantly higher than the Maine state rate. Although prevalence looks higher among males than females in both Cumberland District and the state, these differences are not statistically significant.



Data Source: Behavioral Risk Factor Surveillance System

Prevalence of Current Asthma Among Adults, 2006-2010

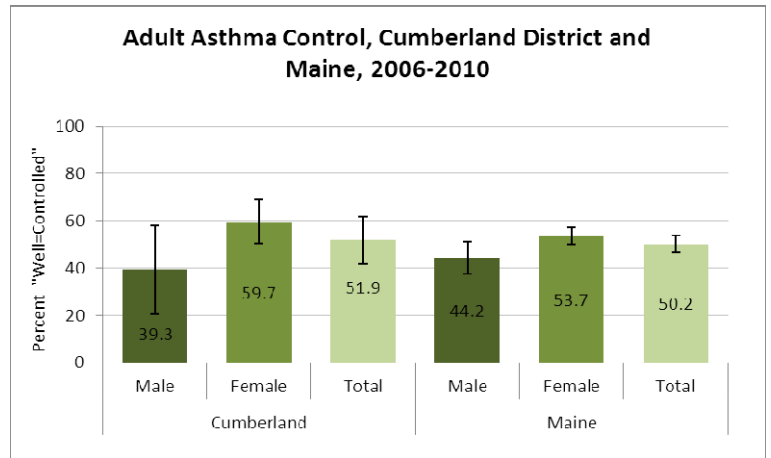
One in 10 adults (9.1%) in Cumberland District reported having current asthma. This is not significantly different from the percent of Maine adults who reported having current asthma. Prevalence is significantly higher among females than males in both Cumberland District and the state.



Data Source: Behavioral Risk Factor Surveillance System

Adult Asthma Control, 2006-2010

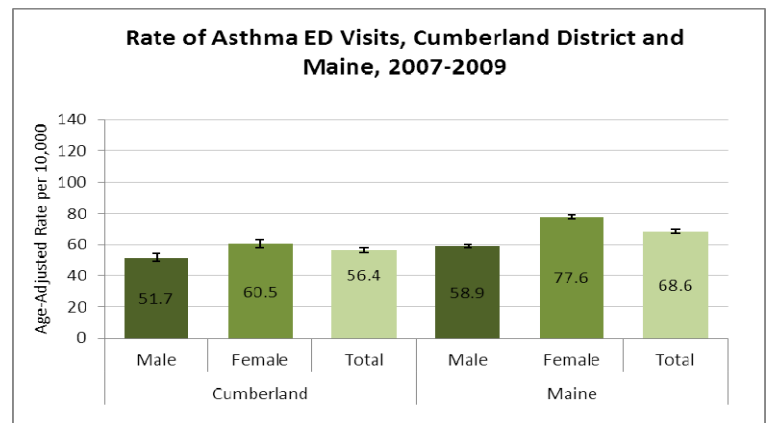
Asthma can be controlled with proper medication use, following a written asthma action plan, and avoiding triggers that make asthma worse. About half (51.9%) of Cumberland District adults have “well-controlled” asthma (based on their reports of symptoms, nighttime awakenings, and use of rescue medications). Although asthma control looks better among females than males in both the Cumberland District and the state, these differences are not statistically significant.



Data Source: Asthma Call-Back Survey

Emergency Department Visits Due to Asthma, 2007-2009

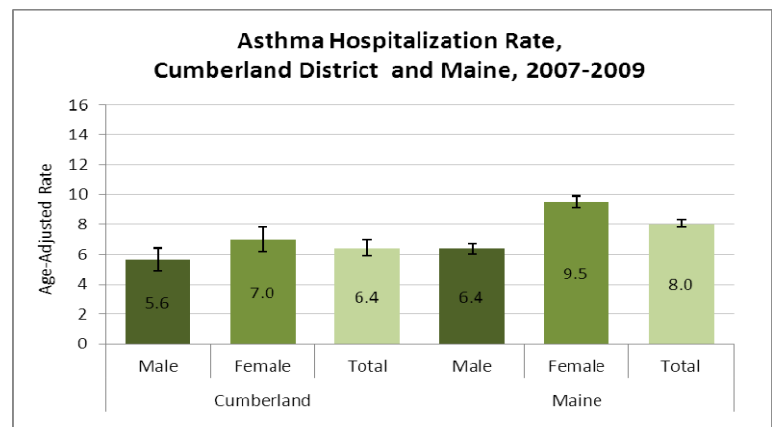
Each year, about 1,471 emergency department (ED) visits of Cumberland District residents are due to asthma. The age-adjusted ED visit rate is 56.4 per 10,000 population. This is significantly lower than the statewide rate. Females are significantly more likely than males to visit the ED because of their asthma in both Cumberland District and the state.



Data Source: Maine Hospital Outpatient and Inpatient Data, MHDO

Asthma Hospitalizations, 2007-2009

Each year, asthma is the primary reason for more than 179 hospitalizations of Cumberland District residents. The age-adjusted hospitalization rate is 6.4 per 10,000 population. This is significantly lower than the statewide rate for the same time period. There are no significant gender differences in the asthma hospitalization rate in Cumberland District.



Data Source: Maine Inpatient Data, Maine Health Data Organization

Asthma Mortality, 1999-2009

Between 1999 and 2009, 21 residents of Cumberland District died due to asthma. The age-adjusted death rate was 0.6 per 100,000 population (95% confidence interval 0.4 - 1.0). This rate is not significantly different from the statewide rate of 0.9 per 100,000.

UTechnical Notes

Age-adjusted rates are adjusted to the year 2000 United States standard population.

The Confidence Interval (CI) is a range of values within which we believe the underlying, true value will be included. Most often, a 95% CI is given, which means that there is a 95% chance the range given includes the true value. These intervals are represented as bands in the figures above. In general, if the CIs overlap, the numbers are not statistically different.

Asthma Control: Overall Level of Control is based upon 3 factors: symptoms, nighttime awakenings, and rescue medication use, each of which is a summary measure based upon respondents' reports of frequency of symptoms, nighttime awakenings, and use of rescue medications. Briefly, all three components must be "well-controlled" in order to score an overall level of "well-controlled."

For more information about asthma in Maine, call the Maine CDC Asthma Program at 207-287-3041

or visit their website at: <http://www.maine.gov/dhhs/mecdc/population-health/mat/>.

This publication was supported in part by the U.S. Center for Disease Control and Prevention (CDC), National Asthma Control Program, Cooperative Agreement Numbers 5U59EH000496-04. Contents of this publication are solely the responsibility of the authors and do not necessarily represent the official view of the U.S. CDC.

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.



Published December 2013