

# Childhood Asthma Q & A

During our 2021 annual phone survey, we spoke with 85 parents of children diagnosed with asthma. The following summarizes their responses.

## How old was your child when they were first diagnosed with asthma?

0 to 3 years 44.4%  
4 to 10 years 55.6%

## How long ago has it been since you last spoke with your doctor about your child's asthma?

Within the past year 75.5%  
1 to less than 3 years 13.4%  
More than 3 years 11.1%

## How long ago has it been since your child last took asthma medication?

Less than 1 day 25.3%  
1 to 6 days 13.0%  
1 week to 3 months 12.5%  
3 months or more 49.2%

## During the past two weeks, how many days was your child symptom free?

Everyday 78.9%  
7 to 13 days 9.4%  
1 to 6 days 10.5%  
Zero days 1.2%

## During the past 30 days, how much have you limited your child's activities because of asthma?

Not at all 72.8%  
A little 21.8%  
A moderate amount 2.3%  
A lot 3.1%

## During the past 12 months, has your child had an episode or asthma attack?

Yes 100.0%  
No 0.0%

## During the past three months, how many asthma attacks has your child had?

None 66.5%  
One 12.4%  
More than one 21.1%

## During the past 12 months, have you had to visit the ER for your child's asthma?

Yes 24.6%  
No 75.4%

## During the past 12 months, how many times did you visit the ER for your child's asthma?

Once 15%  
More than once 10%  
None 85%

## Has a health professional ever given you an asthma action plan for your child?

Yes 73%  
No 27%

## Has a health professional ever advised you to change things in your home and/or at school to improve your child's asthma?

Yes 35.5%  
No 64.5%

## Have you ever taken a course or class on how to manage your child's asthma?

Yes 29%  
No 71%

Asthma is a common disease affecting the lungs. There is no cure for asthma, but it can be controlled. With treatment, a person with asthma can live an active life. If left untreated, asthma can severely impact a person's life.

Asthma affects the airways in the lungs. People with asthma have airways that are extra sensitive to different things in the environment such as cigarette smoke, dust mites and mold. When people with asthma breathe in these things, their airways become inflamed and swollen. Air can't get through the airways and it is harder to breathe.

Asthma is a chronic disease. It is a lifelong condition that can cause permanent damage if it is not treated properly. Asthma is not contagious, but it often runs in families that have a history of asthma and allergies. Asthma is the most common chronic disease of childhood and the number one reason why children miss school.



**Data Source:** Missouri Department of Health and Senior Services, Missouri Behavioral Risk Factor Surveillance System, 2021. Retrieved July 28, 2023, from <http://www.health.mo.gov/data/brfss/data>

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