Asthma Data Pages

2019 Behavioral Risk Factor Surveillance Survey
2018 Adult Asthma Call-Back Survey
2015-2017 Child Asthma Call-Back Survey

Department of Health Surveillance
Published February 2022
# Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Summary</td>
<td>3</td>
</tr>
<tr>
<td>Asthma Prevalence in Vermont</td>
<td>4</td>
</tr>
<tr>
<td>Asthma Co-Morbidities</td>
<td>18</td>
</tr>
<tr>
<td>Asthma Risk Factors</td>
<td>22</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>33</td>
</tr>
<tr>
<td>Asthma Management</td>
<td>39</td>
</tr>
<tr>
<td>Indications of Poor Asthma Management</td>
<td>49</td>
</tr>
<tr>
<td>U.S. Comparisons</td>
<td>58</td>
</tr>
<tr>
<td>Data Sources and Notes</td>
<td>63</td>
</tr>
<tr>
<td>Asthma Resources</td>
<td>64</td>
</tr>
</tbody>
</table>
Executive Summary

In 2019, Vermont had the second highest prevalence among US states and territories for adult current asthma and the fortieth highest for child current asthma.

The prevalence of adult and child asthma has not changed significantly in Vermont in recent years. About 1 in 8 (12%) adults and 1 in 12 (8%) children have current asthma.

19% of adults who smoke every day have current asthma, a statistically higher rate than Vermonters in general (12%).

41% of adults and 25% of children do not have well-controlled asthma.

Registered asthma action plans in schools have increased in recent years. In the 2018-2019 school year, 53% of students with current asthma had an asthma action plan on file.
Asthma Prevalence in Vermont

Who has asthma in Vermont?
Who has asthma in Vermont?

1 in 8 (≈ 59,000) adults have current asthma.

1 in 12 (≈ 9,000) children have current asthma.
Who has asthma in Vermont?

**Adult lifetime** and **current** asthma have not changed significantly over time.

<table>
<thead>
<tr>
<th>Year</th>
<th>Lifetime Asthma</th>
<th>Current Asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>2014</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>2015</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>2016</td>
<td>16%</td>
<td>10%</td>
</tr>
<tr>
<td>2017</td>
<td>18%</td>
<td>12%</td>
</tr>
<tr>
<td>2018</td>
<td>17%</td>
<td>12%</td>
</tr>
<tr>
<td>2019</td>
<td>18%</td>
<td>12%</td>
</tr>
</tbody>
</table>

**Child lifetime** and **current** asthma have not changed significantly over time.

<table>
<thead>
<tr>
<th>Year</th>
<th>Lifetime Asthma</th>
<th>Current Asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>15%</td>
<td>11%</td>
</tr>
<tr>
<td>2014</td>
<td>13%</td>
<td>8%</td>
</tr>
<tr>
<td>2015</td>
<td>15%</td>
<td>10%</td>
</tr>
<tr>
<td>2016</td>
<td>13%</td>
<td>8%</td>
</tr>
<tr>
<td>2017</td>
<td>12%</td>
<td>7%</td>
</tr>
<tr>
<td>2018</td>
<td>13%</td>
<td>9%</td>
</tr>
<tr>
<td>2019</td>
<td>13%</td>
<td>8%</td>
</tr>
</tbody>
</table>

*An individual is considered to have **lifetime asthma** if they have ever been told by a health care professional that they had asthma.

*An individual is considered to have **current asthma** if they responded that they still have asthma.

Vermont Department of Health Source: 2019 BRFSS
Who has asthma in Vermont?

**Women** have a higher prevalence of current asthma than **men**.

Current asthma prevalence does not differ between **LGBT** and **non-LGBT** Vermonters.

<table>
<thead>
<tr>
<th>Group</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>9%</td>
</tr>
<tr>
<td>Women</td>
<td>14%</td>
</tr>
<tr>
<td>LGBT</td>
<td>15%</td>
</tr>
<tr>
<td>Non-LGBT</td>
<td>12%</td>
</tr>
</tbody>
</table>

Vermont Department of Health Source: 2019 BRFSS

*Group is significantly different from other groups within demographic breakdown.*
Who has asthma in Vermont?

Current asthma prevalence does not differ between BIPOC Vermonters and white Vermonters.

Vermonters 65 and older are less likely to have current asthma than Vermonters in general.

*Individuals who self-identified that they were of Hispanic, Latino/a, or Spanish origin and/or responded that their race is one or more of the following: Black or African American, American Indian or Alaska Native, Asian, Pacific Islander.

Vermont Department of Health Source: 2019 BRFSS

* Group is significantly different from all Vermonters.
Who has asthma in Vermont?

Vermonters with a disability are two times more likely to have current asthma than those without a disability.

Vermonters who own homes are less likely to have current asthma than those who rent.

Vermont Department of Health Source: 2019 BRFSS

* Group is significantly different from other groups within demographic breakdown.
Who has asthma in Vermont?

**Homemakers and those unable to work** are more likely to have current asthma than Vermonters in general.

<table>
<thead>
<tr>
<th>Group</th>
<th>% with Asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employed</td>
<td>10%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>14%</td>
</tr>
<tr>
<td>Homemaker</td>
<td>22%</td>
</tr>
<tr>
<td>Student</td>
<td>16%</td>
</tr>
<tr>
<td>Retired</td>
<td>9%</td>
</tr>
<tr>
<td>Unable to work</td>
<td>28%</td>
</tr>
</tbody>
</table>

All Vermonters: 12%

* Group is significantly different from all Vermonters.
Who has asthma in Vermont?

Adults who did not graduate from high school are more likely to have current asthma than Vermonters in general. Those who graduated from college are less likely to have asthma.

<table>
<thead>
<tr>
<th></th>
<th>&lt;High School</th>
<th>High School</th>
<th>Some College</th>
<th>College Grad.</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Vermonters</td>
<td>26%</td>
<td>11%</td>
<td>12%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Adults in families with income less than 125% of the federal poverty level are more likely to have current asthma than Vermonters in general.

<table>
<thead>
<tr>
<th></th>
<th>&lt;125%</th>
<th>125%-249%</th>
<th>250%-349%</th>
<th>350%+</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Vermonters</td>
<td>19%</td>
<td>16%</td>
<td>9%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Vermont Department of Health Source: 2019 BRFSS

* Group is significantly different from Vermonters in general.
Who has asthma in Vermont?

**Vermonters insured by Medicaid** have higher current asthma prevalence than **Vermonters in general**.

Those insured by the military, CHAMPUS or Veterans Affairs have a lower current asthma prevalence than **Vermonters in general**.

Vermont Department of Health Source: 2018 BRFSS

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**Asthma Prevalence in Vermont**

- **6%** Military/CHAMPUS/VA
- **8%** Purchased on Own
- **11%** Purchased via Employer
- **12%** Medicare
- **19%** Medicaid
- ******* Indian Health Service
- ******* Other

* Group is significantly different from Vermont population.
*** Sample size too small to report
Current adult asthma prevalence in each county is like that of Vermont as a whole.

Current child asthma prevalence in Bennington county is higher than that of Vermont as a whole.


*** Sample size too small to report.
In recent years, Vermont counties have had the same adult asthma prevalence as the statewide rate.

Bennington's asthma prevalence was higher in 2008-2010, and Rutland's was higher in 2012-2013.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Addison</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Bennington</td>
<td>Higher</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Caledonia</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Chittenden</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Essex</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Franklin</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Grand Isle</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Lamoille</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Orange</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Orleans</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Rutland</td>
<td>Higher</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Washington</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Windham</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Windsor</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
</tbody>
</table>

Vermont Department of Health Source: BRFSS 2008-2019
In recent years, Bennington county has had a higher child asthma prevalence than the statewide rate.
Current adult asthma prevalence in St. Johnsbury’s health district is lower than Vermont as a whole.

Current child asthma prevalence in Bennington’s health district is higher than that of Vermont as a whole.


*** Sample size too small to report.
Current adult asthma prevalence in St. Johnsbury’s hospital service area is lower than Vermont as a whole.

Current child asthma prevalence in each hospital service area is like that of Vermont as a whole.


*** Sample size too small to report.
Asthma Co-Morbidities

How does asthma interact with other conditions?
Adults **with current asthma** are more likely to rate their health negatively than those **without asthma**.
Vermonters with current asthma are more likely to report having another chronic disease than those without current asthma.

Significant difference between individuals with and those without current asthma.

Vermont Department of Health Source: 2019 BRFSS
Are Vermonters with obesity at higher risk for asthma?

Adults who are **obese** are more likely to have current asthma than the Vermont population in general.

Adults with current asthma are more likely to be obese than those without asthma.‡

<table>
<thead>
<tr>
<th>Weight Category</th>
<th>Current Asthma</th>
<th>No Asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>39%</td>
<td>25%</td>
</tr>
<tr>
<td>Overweight</td>
<td>27%</td>
<td>33%</td>
</tr>
<tr>
<td>Normal Weight</td>
<td>32%</td>
<td>39%</td>
</tr>
<tr>
<td>Underweight</td>
<td>2%</td>
<td>3%</td>
</tr>
</tbody>
</table>

* Significantly different from another group of comparison.

‡Estimates are age-adjusted to the 2000 U.S. standard population.

Vermont Department of Health Source: 2019 BRFSS
Asthma Risk Factors

What factors increase the risk of having or exacerbating asthma?
Are Vermonters who smoke at higher risk for asthma?

**Adults who smoke every day are more likely to have current asthma than Vermonters in general.**

<table>
<thead>
<tr>
<th>Smoking Frequency</th>
<th>Never Smoked</th>
<th>Former Smoker</th>
<th>Some Days</th>
<th>Every Day</th>
<th>All Vermonters</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>11%</td>
<td>11%</td>
<td>10%</td>
<td>19%</td>
<td>12%</td>
</tr>
</tbody>
</table>

**Adults with current asthma are more likely to smoke every day than those without current asthma.‡**

<table>
<thead>
<tr>
<th>Smoking Frequency</th>
<th>Current Asthma</th>
<th>No Asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Day</td>
<td>19% (50%)</td>
<td>11% (56%)</td>
</tr>
<tr>
<td>Some Days</td>
<td>3% (27%)</td>
<td>4% (28%)</td>
</tr>
<tr>
<td>Former Smoker</td>
<td>27% (29%)</td>
<td>28% (28%)</td>
</tr>
<tr>
<td>Never Smoker</td>
<td>28% (50%)</td>
<td>56% (56%)</td>
</tr>
</tbody>
</table>

‡Data are age adjusted to the 2000 U.S. standard population

* Significantly different from another group of comparison.

Vermont Department of Health Source: 2019 BRFSS
In 2019, adults with current asthma were more likely to smoke than adults without asthma.‡

* Smoking rates are significantly different from each other.

Vermont Department of Health Source: 2011-2019 BRFSS

‡Data are age adjusted to the 2000 U.S. standard population.
Are Vermonters who use cannabis at higher risk for asthma?

Adults who use cannabis have a similar rate of asthma as those who do not use cannabis.

In 2019, the rate of cannabis use was the same for adults with and adults without current asthma.

Vermont decriminalizes cannabis-use

Vermonters using cannabis

- Some of the data sources referenced in this document use the term “marijuana” to refer to cannabis. We have used “cannabis” to reflect updated terminology.

Vermont Department of Health Source: 2012-2019 BRFSS

+ Data not available for 2014.
What environmental factors are adults with current asthma exposed to in the home?

More than half of adults with current asthma report indoor pets, carpet in the bedroom and pets in the bedroom.

- Indoor Pets: 75%
- Carpet in Bedroom: 54%
- Pets in Bedroom: 51%
- Cook with Gas: 40%
- Woodstove/Fireplace Used: 25%
- Seen Rats or Mice: 14%
- Seen or Smelled Mold: 11%
- Anyone Smoke in Home: 9%

83% of adults with current asthma report 2 or more triggers in their home.

Vermont Department of Health Source: 2018 Adult Asthma Call-Back Survey (ACBS)
What environmental triggers are children with current asthma exposed to in the home?

Most children with current asthma are exposed to indoor pets and gas cooking stove in the home.

- Indoor Pets: 76%
- Cook with Gas: 51%
- Carpet in Bedroom: 45%
- Pets in Bedroom: 43%
- Woodstove/Fireplace Used: 40%
- Seen Rats or Mice: ***
- Seen or Smelled Mold: ***
- Anyone Smoke in Home: ***

84% of children with current asthma are exposed to 2 or more triggers at home.

- 4+ Triggers: 48%
- 2-3 Triggers: 36%
- 0-1 Trigger: 16%

Vermont Department of Health Source: 2015-2017 Child ACBS

*** Sample size too small to report.
Do Vermonters have Work Related Asthma (WRA)?

More than half of adults with current asthma have **WRA**.

More than a quarter of adults with asthma report that their *previous* and/or *current* job has exacerbated their asthma.

- Previous Job Exacerbated: 29%
- Previous Job Caused: 13%
- Current Job Exacerbated: 27%
- Current Job Caused: ***

*** Sample size too small to report.

Vermont Department of Health Source: 2018 Adult ACBS
Adults with WRA miss on average 10.1 days of work in a year, compared to .7 days for those with asthma but without WRA.
Approximately 10% of adults with current asthma have not been able to buy asthma medication due to cost in recent years.
Adults with current asthma were more likely to receive the flu vaccine in 2019 than those without asthma.
Both populations received the flu vaccine at a higher rate in 2019 than in 2018.
Adults with **current asthma** have received the one-time pneumonia vaccine at a higher rate than those **without asthma** in recent years.

Vermont Department of Health Source: 2011-2019 BRFSS

* Significantly different from another group of comparison.
Quality of Life

How does having current asthma affect Vermonters’ quality of life?
How are adults with current asthma affected by their asthma?

1 in 3 (33%) adults report activity limitation in the last month.

1 in 6 (16%) adults report missing at least one day of work in the last year.

1 in 5 (19%) adults report sleep disruption in the last month.
How are children with current asthma affected by their asthma?

1 in 3 (31%) children had activity limitation in the last month.

More than 1 in 6 (18%) children missed at least one day of school in the last 12 months.
How severe is asthma in Vermont?

24% of adults have moderate persistent or severe persistent asthma.

- 56% Mild Intermittent
- 19% Mild Persistent
- 15% Moderate Persistent
- 9% Severe Persistent

9% of children have moderate persistent or severe persistent asthma.

- 70% Mild Intermittent
- 21% Mild Persistent
- 9% Moderate Persistent
- 9% Severe Persistent

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS
55% of adults with current asthma had an exacerbation in the past year.

41% of adults had one or more exacerbations in the past 3 months.

The duration of the most recent exacerbation lasted for hours, days or weeks for about half of adult respondents.

- Hours, Days or Weeks: 49%
- Minutes: 51%

Vermont Department of Health Source: 2018 Adult ACBS
61% of children with current asthma had an exacerbation in the past year.

36% of children had one or more exacerbation in the past 3 months.

The duration of the most recent exacerbation lasted for hours, days or weeks for about 4 in 10 children.

Vermont Department of Health Source: 2015-2017 Child ACBS

*** Sample size too small to report.
Asthma Management

How are Vermonters and their health care providers managing asthma?
How well-controlled is asthma in Vermont?

1 in 8 adults have poorly controlled asthma.

- Poorly Controlled: 12%
- Not Well-Controlled: 29%
- Well-Controlled: 58%

1 in 17 children have poorly controlled asthma.

- Poorly Controlled: 6%
- Not Well-Controlled: 19%
- Well-Controlled: 75%

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS
What preventative measures do **adults** and **children** with current asthma have in the home?

Half or more of all **adults** have bathroom fans, kitchen fans and mattress covers.

- **Bathroom Fan**: 69%
- **Kitchen Fan**: 50%
- **Mattress Cover**: 49%
- **Hot Water Laundry**: 34%
- **Pillow Cover**: 38%
- **Dehumidifier**: 31%
- **Air Cleaner**: 28%

More than half of **children** have bathroom fans and kitchen fans.

- **Bathroom Fan**: 75%
- **Kitchen Fan**: 64%
- **Mattress Cover**: 30%
- **Hot Water Laundry**: 34%
- **Pillow Cover**: 32%
- **Dehumidifier**: 44%
- **Air Cleaner**: 15%

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS
How are Vermonters educated on asthma management?

More children are provided education on exacerbations than adults.

- Taught what to do during exacerbation: 83% (Adult) vs. 99% (Child)
- Taught to recognize early symptoms: 72% (Adult) vs. 89% (Child)
- Taken an asthma management course: 9% (Adult) vs. 37% (Child)
- Advised to modify home environment: 27% (Adult) vs. 37% (Child)

*** Sample size too small to report.

†Estimates are age-adjusted to the 2000 U.S. standard population

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS
How are Vermonters educated on asthma management?

Most adults and children with asthma were educated on inhaler-use by a provider.

- **Doctor showed inhaler use**
  - Adults: 99%
  - Children: 93%

- **Doctor watched inhaler use**
  - Adults: 79%
  - Children: 80%

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS
How are Vermonters using the health care system to manage their asthma?

52% of adults with current asthma had at least 1 routine visit for asthma in the past year.

About 1 in 20 adults used emergency services to manage their asthma.

64% of children with current asthma had at least 1 routine visit for asthma in the past year.

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS

*** Sample size too small to report.
Are Vermonters with asthma receiving asthma action plans?

1 in 5 adults received an asthma action plan from a provider.‡

3 in 5 children received an asthma action plan from a provider.

‡Estimates are age-adjusted to the 2000 U.S. standard population

Vermont Department of Health Source: 2018 Adult ACBS, 2015-2017 Child ACBS
The percentage of children with asthma with a registered asthma action plan in school has steadily increased in recent years. Since 2017, more students with asthma have had a registered asthma action plan than have not.
How are Vermonters using medication to treat their asthma?

Half of adults with current asthma used asthma medication in the last week. Almost all adults who used asthma medication in the past 3 months used an inhaler.

- Last Week: 50%
- 1 Week to Less Than 3 Months: 17%
- 3+ Months: 32%
- Never: 2%

Vermont Department of Health Source: 2017-2018 Adult ACBS
How are Vermont adults using inhalers?

Most adults with current asthma used one or both types of inhalers in the past three months.

- Rescue: 27%
- Controller: 9%
- Both: 24%
- Neither: 39%

Most adults do not use a spacer with their inhaler.

- No Spacer: 62%
- Control: 8%
- Rescue: 25%
- Both: 5%

Vermont Department of Health Source: 2017-2018 ACBS
Indications of Poor Asthma Management

How are Vermonters affected by poor asthma management?
The rate of ED visits for Vermonters with a **primary diagnosis** of asthma in 2015\(^+\) was similar to recent years.

Emergency Department Visits for Asthma (rate per 10,000)

- **Any mention diagnosis** refers to visits where a patient was coded as having asthma, but asthma may not have been the primary diagnosis or reason for the visit.
- **Primary Diagnosis** refers to visits where asthma was the primary diagnosis.

\[^+\] See note in Data Sources (page 65) regarding (i) changes to the Hospital Discharge data which occurred during these times and (ii) why 2015 is the most recent year of data available.

Vermont Department of Health Source: VUHDDS 2006-2015
Who is using Emergency Departments for their asthma?

Female Vermonters have a higher rate of ED visits with asthma as a primary diagnosis than male Vermonters. Males under the age of 15, however, have a higher rate of ED visits than females of the same age.

Primary Asthma Diagnosis (rate per 10,000)
Who is using Emergency Departments for their asthma?

St. Albans, Newport, Middlebury, Rutland and Springfield hospital service areas (HSAs) have higher ED visit rates than the statewide rate. Burlington, Barre and Bennington HSAs have a lower rate of ED visits.

Vermont Department of Health Source: VUHDDS 2015
The rate of hospitalizations with a primary diagnosis of asthma decreased from 2009 to 2015.  
Hospital Discharges with an Asthma Diagnosis (rate per 10,000) 

Any mention diagnosis  
- 58.5 (2006)  
- 59.4 (2007)  
- 59.8 (2008)  
- 62.5 (2009)  
- 63.3 (2010) 

Primary Diagnosis  
- 5.7 (2006)  
- 6.4 (2007)  
- 5.8 (2008)  
- 6.7 (2009)  
- 5.3 (2010) 

- 65.8 (2011)  
- 64.8 (2012)  
- 72.0 (2013)  
- 72.5 (2014)  
- 75.4 (2015) 

+ See note in Data Sources (page 65) regarding (i) changes to the Hospital Discharge data which occurred during these times and (ii) why 2015 is the most recent year of data available.
Who is being hospitalized for asthma in Vermont?

**Female Vermonters** have a higher rate of hospitalizations with a primary diagnosis of asthma than **male Vermonters**.

Primary Asthma Diagnosis (per 10,000)

Vermont Department of Health Source: VUHDDS (2015)
Who is being hospitalized for asthma in Vermont?

Newport and Rutland hospital service areas (HSAs) have higher hospitalization rates than the statewide rate.

Burlington, Middlebury and Brattleboro HSAs have a lower rate of hospitalizations.
In 2015, hospitalization and ED visits primarily for asthma accounted for $6.4 million in charges.

The average charge for an ED visit for asthma was $1,700.

The average charge for a hospitalization for asthma was $14,700.
114 Vermonters have died in the past 10 years due to a primary cause of asthma.

In 2019, the death rate due to asthma was 1.4 per 100,000 Vermonters.

Vermont Department of Health Source: 2009-2019 Vermont Vital Records
U.S. Comparisons
How does Vermont’s asthma prevalence compare to that of the U.S.?
In 2019, Vermont had the second highest rate of adult current asthma among US states and territories. Maine had the highest rate of current asthma at 11.8%, compared to Vermont’s 11.7%.

Map source: CDC: BRFSS Prevalence and Trends Data
In 2019, Vermont ranked 40th for the rate of child current asthma among US states and territories.

Map Source: [CDC Asthma Data Visualizations](https://www.cdc.gov/asthma/maps.html)
Since 2007, the prevalence of current asthma in adult Vermonters has been higher than that of the US adult population.

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Vermont Department of Health Source: 2006-2019 BRFSS

* Groups are significantly different.

+ Due to methodology changes beginning in 2011, comparisons between data collected in 2011 and later and that from 2010 and earlier should be made with caution.
Since 2007, the prevalence of current asthma among Vermont youth has been similar to that of the US child population.

Due to methodology changes beginning in 2011, comparisons between data collected in 2011 and later and that from 2010 and earlier should be made with caution.

Vermont Department of Health Source: 2007-2019 BRFSS
Data Sources and Notes

Behavioral Risk Factor Surveillance System (BRFSS): Annual telephone survey conducted by individual state health departments with support from the CDC regarding health risk factors, health conditions and preventative measures. One of the optional modules completed in the State of Vermont provides data on asthma prevalence in children. BRFSS data is weighted so that it is representative of the Vermont population. All analyses completed with BRFSS data utilized weighted data.

Asthma Call Back Survey (ACBS): In Vermont, this survey is conducted for both adults and children with asthma and collects more detailed information on asthma risk factors, control, severity, and self-management. Information collected for the youth ACBS is reported by a parent or guardian. Due to small sample size of the child data sets, child data for combined years 2015-2017 is presented.

Vermont Uniform Hospital Discharge Data Set (VUHDDS): Hospital and emergency department discharge data are collected from in-state hospitals and from hospitals in bordering states. The VUHDDS data set was narrowed to only include Vermont residents for this analysis. A primary asthma diagnosis refers to when asthma was listed as the first diagnosis code. Any asthma diagnosis refers to when asthma is listed as any of the twenty diagnosis codes.

• Patients admitted to the hospital from the ED are included in the hospital discharge data set and are not included in the ED data set.
• In 2009, the NH Department of Health and Human Services and the Department of Information Technology (DoIT), internalized the processing of their dataset. This change in the program may explain some of the differences between the 2010 data provided to VT and data provided to VT for prior years.
• MA data is not included beginning in 2014 and moving forward, but analyses show minor impact of this change.
• In quarter 4 of 2015, coding for the data set changed from ICD9 to ICD10. The ICD9 coding for asthma (493) did not transfer directly in ICD 10 (J45); some ICD9 asthma codes (493.2) translate to ICD10 codes for COPD (J44). Therefore, direct comparison is not possible between data derived from ICD9 and ICD10 coded data.

Vermont Vital Statistics System (Vitals): Monitors vital events, including deaths. Information on the cause of death is obtained from a physician and reported on the death certificate. Asthma was identified as underlying cause of death: J45 or J46.

School Nurse Report: Annual web-based survey conducted by the Maternal and Child Health Division that includes information on access to health care, insurance coverage, asthma status and presence of asthma action plans at schools for all school-age children. Standardized methodology for asking asthma-related questions was implemented in 2014-2015.
Resources to Reduce the Burden of Asthma among Vermonters

① Vermont Asthma Program: http://healthvermont.gov/prevent/asthma/index.aspx


③ Find support for you or a loved who is ready to quit smoking: http://802quits.org/

④ CDC vaccination guidelines for those with asthma: https://www.cdc.gov/asthma/flu.html
Learn more about asthma in Vermont:

Vermont Asthma Program:
http://healthvermont.gov/prevent/asthma/index.aspx

Vermont Asthma Surveillance:
http://healthvermont.gov/research/asthma/asthma_surv.aspx

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