Asthma in Virginia

Asthma is a disease that affects your lungs.

It is one of the most common long-term diseases. Asthma causes wheezing, shortness of breath, chest tightness and coughing.

Breathing is like sucking from a straw.

9% Adults in Virginia with asthma

6% High schools students visited an ER or Urgent Care because of asthma in the past year

Virginia in 2013

7,582 People hospitalized due to Asthma

$20,648 Average Asthma Hospitalization Charge

$156,555,753 Total Asthma Hospitalization Charges

Control Asthma

Asthma cannot be cured, but with the right help, it can be controlled. Get started:

Find a health care provider

Keep a diary to monitor your symptoms

Work with your provider to develop an Asthma Action Plan

Regular medical care will help manage your asthma and can reduce use of the Emergency Room

Identify your environmental triggers

Know Your Asthma Triggers

Reduce exposure to environmental asthma triggers:

MOLD

DUST MITES

ANIMAL DANDER

SECONDHAND SMOKE

COCKROACH DROPPINGS

Resources

Virginia Asthma Coalition Resources for Adults and Children

Virginia City/County Adult Asthma Hospitalization Data

Virginia asthma coalition

VDH VIRGINIA DEPARTMENT OF HEALTH
Healthy People in Healthy Communities
www.vdh.virginia.gov