



Asthma Facts

- 2.2 million people have asthma, including 1 in 8 children and 1 in 10 adults
- Australia has the 3rd highest prevalence of childhood asthma in the world
- Research has shown that approximately 60% of asthma deaths are preventable
- Up to 90% of people who have asthma inhalers do not use them correctly
- Asthma costs the Australian community over \$700 million each year - in terms of medical costs and lost productivity
- Asthma is the leading reason children visit hospital
- The peak for hospital admission rates occurs in the winter months
- One million school days are lost nationally each year due to Asthma
- Asthma affects 14% of people under 20 and 11% of adults
- Is more likely to affect boys - 15% than girls - 12%, but after the age of 15 it's more common in women than men
- The cause of asthma is unknown and there is currently no cure. However, a number of factors have been identified which increase the risk of asthma. Research continues into improvements in treatment and management and finding a cure
- The majority of people with asthma do not have a written asthma action plan, despite national guidelines over the last 20 years recommending their use for people with asthma.
- Regular physical activity is part of good asthma management. However exercise can trigger asthma if not properly managed
- With good management, people with asthma can lead normal, active lives

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