

# Even with asthma, you can give it your all.

American Indians/Alaska Natives have higher asthma rates than in other U.S. communities. That gap is largest for kids. Native children are 2.5 times more likely to have asthma than white children.

## THE GOOD NEWS?

If you have asthma, you can take steps to control symptoms and lead a full and active life.



**Talk to a healthcare provider about making an asthma action plan.**

[nhlbi.nih.gov/breathebetter](https://nhlbi.nih.gov/breathebetter)



National Heart, Lung,  
and Blood Institute

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