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