About 1 in 13 people in the U.S. has asthma. Some groups face a larger burden.

U.S. asthma rates by race/ethnicity

- 11% Black
- 10% American Indian/Alaska Native
- 8% White
- 6% Hispanic/Latino

Asthma rates differ among Hispanic/Latino people. While 6% of Mexican Americans have asthma, 15% of Puerto Rican Americans do.

Compared to white people,
- American Indians/Alaska Natives are 41% more likely to die of asthma
- Hispanics/Latinos are 2x more likely to visit the ER for asthma
- Black children are 5x more likely to be admitted to the hospital for asthma

Different factors can make asthma harder to manage:

Access to health care
More than 1/3 of all Hispanic/Latino people lack a regular doctor.

Finding a culturally sensitive doctor can help manage asthma.

Indoor air quality
American Indian/Alaska Native kids are often exposed to secondhand smoke from commercial tobacco.

Not allowing cigarette smoke in shared indoor spaces can reduce a common asthma trigger.

Other health conditions
Black adults have the highest rates of obesity, a risk factor for developing asthma.

Losing 5-10% of extra weight can reduce symptoms.

The good news?
If you have asthma, there are steps you can take to try to manage it.

- Know its symptoms: coughing, wheezing, chest tightness, shortness of breath.
- Talk to your doctor and create an asthma action plan to:
  - Understand your medications.
  - Figure out your asthma triggers.
  - Track your symptoms.

Learn more at nhlbi.nih.gov/breathebetter