Living in a rural area could put you at higher risk for chronic obstructive pulmonary disease, or COPD, a serious lung condition that can make it difficult to breathe.

How common is COPD?

COPD is:
- the 6th leading cause of death in the U.S.
- the cause of more than 140,000 deaths per year
- more than 2x as common in rural areas as in large cities

Why is COPD more common in rural areas?

Some jobs in rural industries put you at higher risk for COPD:
- Mining
- Farm work
- Manufacturing

Talk to your employer about protecting yourself from dust, fumes, and smoke.

Rural smoking rates are higher.

Cigarette smoking is the #1 cause of COPD
Smoking is nearly 2x as common in rural areas compared to cities

Don't smoke or vape. It's never too late to quit.

Getting medical care can be harder in rural areas.

Rural counties average 7 doctors per 10,000 residents

People in rural counties travel an average 18 miles for medical care

Ask about telehealth and phone visits, which can make it easier to talk to a health professional.

Talk to a healthcare provider about:
- symptoms like wheezing, chest tightness, ongoing cough with mucus, or shortness of breath
- vaccines for flu, RSV, pneumococcal disease, and COVID-19
- COPD management after a diagnosis

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