ASTHMA in MINNESOTA

Asthma is a chronic disease of the airways that makes breathing difficult. Asthma can be challenging and disruptive for those who have it, and for family, friends and caregivers. Asthma is different for everyone, and its symptoms and onset varies greatly from person to person. There is no cure for asthma but with proper treatment, people who have asthma can live normal, healthy lives.

Asthma is **Common**

Approximately **488,420** Minnesotans have asthma; **418,716** adults and **69,704** children.

That's about:



1 in 11 adults AND **1 in 19 children**

WITH ASTHMA

Asthma is **Disruptive**

IN 2024, 37% of adults with active asthma did not have optimal control.

19% had limited activity due to asthma in the past 30 days

21% missed at least one day of work due to asthma

8% quit or changed jobs due to asthma

41% were ever given an asthma action plan

Work with your healthcare provider to create an asthma action plan (AAP) that works for you.

In 2024, there were

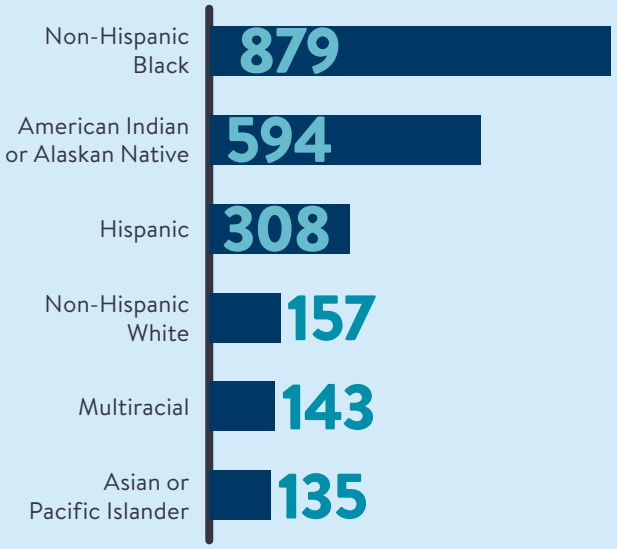
14,966 asthma-related emergency department visits and **1,358** asthma-related hospitalizations.

The burden of asthma is **not equally shared**

People in many racial/ethnic minority groups experience worse asthma-related health outcomes compared to non-Hispanic White people.

Emergency department visits for asthma

Per 100,000 people



2024 Minnesota BRFSS
2024 BRFSS Asthma Call-Back Survey
2024 Minnesota Hospital Association Hospital Discharge Data

Contact the asthma program

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