

Health-Related Quality of Life

among Mississippi Adults with Asthma, 2011



MISSISSIPPI STATE DEPARTMENT OF HEALTH

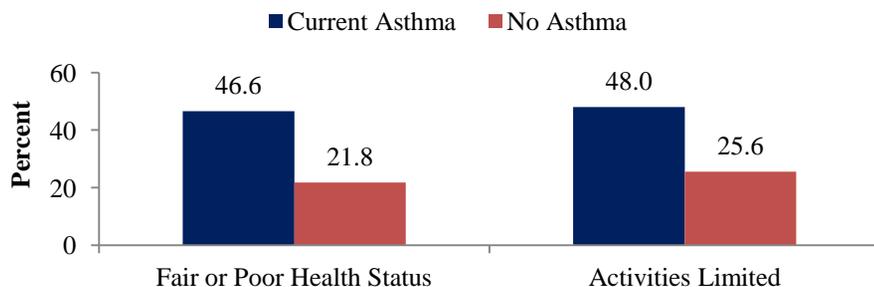
Asthma is a common chronic disease that causes the airways of the lungs to tighten and swell. Asthma cannot be cured, but it can be controlled.

Health-Related Quality of Life (HRQOL) is the way a person describes his or her physical and mental health over time. Doctors and other health professionals use HRQOL to measure the effects of chronic illness among patients' day-to-day lives. Adults with well-controlled asthma should report a good HRQOL. Unfortunately, many Mississippi adults with asthma report poor quality of life and asthma-related limitations in daily activities.

HEALTH-RELATED QUALITY OF LIFE AND ASTHMA

In 2011, 46.6% of Mississippi adults with asthma reported their health status as either fair or poor compared to only 21.8% of adults without asthma. 48.0% of all Mississippi adults with asthma reported that their activities were limited due to health problems, compared to only 25.6% of adults without asthma.

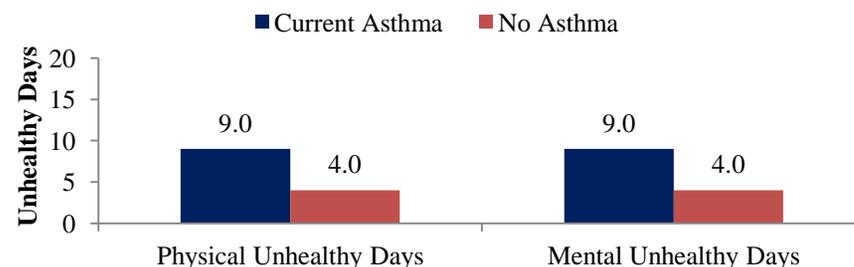
Adults who reported their health status as either fair or poor and whose activities were limited by health problems
Mississippi, 2011



UNHEALTHY DAYS AMONG MISSISSIPPI ADULTS WITH ASTHMA

Mississippi adults with asthma report more physical and mental unhealthy days than adults without asthma. In 2011, Mississippi adults with asthma reported more than twice as many physical unhealthy days and mental unhealthy days per month compared to adults without asthma.

Average adult physical and mental unhealthy days per month by asthma status - Mississippi, 2011



FOR MORE INFORMATION, CONTACT:

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American Lung Association of Mississippi: (601) 206-5810

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Data Source: Mississippi Behavioral Risk Factor Surveillance System (BRFSS), 2011