

# ASTHMA IN PEI

**Asthma** is a condition in which your airways narrow and swell and produce extra mucous. It can cause shortness of breath, chest tightness and trigger coughing and wheezing.

**1/10** Islanders (aged 20+) are living with asthma.

The rate of asthma among Islanders (aged 20+) has **DOUBLED** since 2000.

Among Adult Islanders, asthma is **MOST COMMON** in 20 - 34 year olds and among females.

## ASTHMA AND SOCIAL FACTORS



**INCOME**  
**1.8X**

Low-income Islanders are 1.8 times as likely to have asthma as high income Islanders.



**EDUCATION**  
**1.4X**

Islanders with lower education are 1.4 times as likely to have asthma as Islanders with a post-secondary education.



**EMPLOYMENT**  
**1.5X**

Islanders who were unemployed in the last year are 1.5 times as likely to have asthma as Islanders who were employed.



**MARITAL STATUS**  
**1.4X**

Single Islanders are 1.4 times as likely to have asthma as Islanders who are married.



**PARENTAL STATUS**  
**1.6X**

Single parents are 1.6 times as likely to have asthma as Islanders who are not single parents.

These social factors play a large role in one's risk of having/living with asthma.

It will take all levels of government, working together with individuals and communities, to address these social factors and reduce the burden of asthma in the Island population.

## THINGS YOU CAN DO TO REDUCE YOUR RISK

Quit smoking

Avoid exposure to allergens

Get vaccinated for influenza and pneumonia

Maintain a healthy weight

Get enough sleep each night



Chief Public Health Office, 2020

Data sources: Canadian Community Health Survey (2000-01, 2003, 2005, 2007 to 2014); Canadian Chronic Disease Surveillance System