

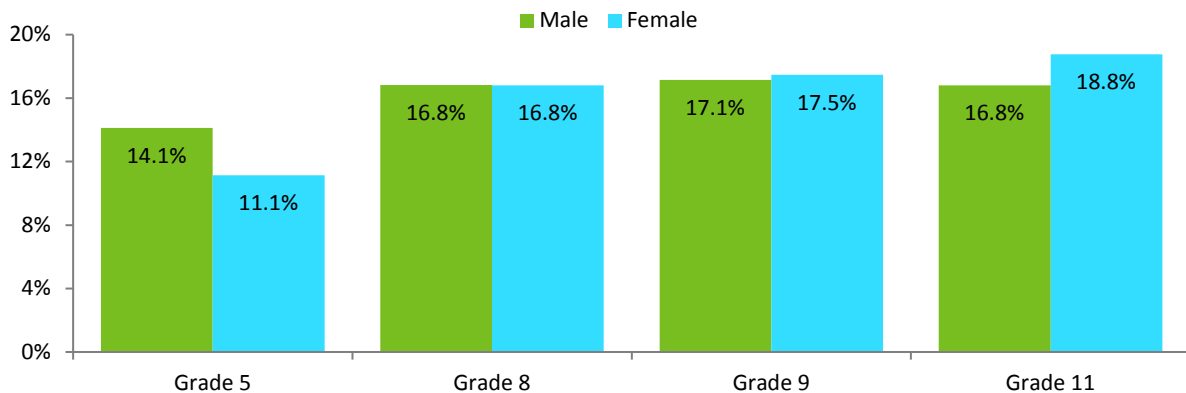
# Asthma in Minnesota Middle and High School Students Fall 2017

## Data from the 2016 Minnesota Student Survey

Asthma is a chronic disease causing airway swelling, mucus production, and tightening of the muscles around the airways. If not well-controlled, asthma can impact academic performance and can prevent students from participating in school activities. While asthma is a chronic disease that cannot be cured, it can be controlled with appropriate medical management and by minimizing exposures to factors that can trigger asthma attacks.

The data in this fact sheet come from the 2016 Minnesota Student Survey that was conducted among more than 160,000 students in grades 5, 8, 9 and 11 from schools across the state. The survey included the following question about asthma: “Has a doctor or nurse ever told you that you have asthma?” Overall, 16.1% of middle/high school students reported that they had ever been told they had asthma, including 12.6% of students in grade 5, 16.8% in grade 8, 17.3% in grade 9 and 17.8% in grade 11.

### Percent of youth reporting a history of asthma by grade and sex



Asthma prevalence is higher among boys than girls in grade 5, roughly equal between boys and girls in grades 8 and 9. By grade 11, prevalence of asthma is higher among girls than boys.

There are disparities in asthma prevalence by race/ethnicity among youth in Minnesota. American Indian and African American middle/high school students are more likely than other students to have been diagnosed with asthma.

### Percent of youth reporting a history of asthma by grade and race/ethnicity

	Grade 5	Grade 8	Grade 9	Grade 11
American Indian	17.0%	22.4%	23.6%	23.6%
Black/African/African-American	20.7%	24.3%	23.9%	26.1%
Somali	16.5%	19.1%	18.9%	19.3%
Hispanic	14.1%	16.5%	17.7%	16.7%
Asian/Pacific Islander	11.4%	13.3%	15.3%	13.6%
Hmong	7.4%	7.1%	8.7%	7.6%
White	11.8%	16.8%	17.4%	18.1%

There are also disparities in asthma prevalence by sexual orientation (asked only of grades 9 and 11).

### Percent of youth reporting a history of asthma by grade and sexual orientation

Sexual Orientation	Grade 9	Grade 11
Heterosexual (straight)	17.0%	17.5%
Bisexual	21.8%	23.9%
Gay or lesbian	25.0%	22.7%
Not sure (questioning)	16.8%	15.0%

### Responses to selected questions from students with a history of asthma compared to students without asthma

Responses	Students with asthma	Students without asthma
<b>PHYSICAL HEALTH:</b> Describes their health as excellent or very good	62.6%	70.8%
<b>PHYSICAL HEALTH:</b> Saw a doctor or nurse for a check-up or physical exam during the last year when not sick or injured	72.5%	66.6%
<b>PHYSICAL HEALTH:</b> Went to the nurse's office one or more times during the last 30 days	39.7%	33.8%
<b>PHYSICAL HEALTH:</b> Stayed home one or more times due to illness during the last 30 days	49.7%	43.2%
<b>PHYSICAL HEALTH:</b> Is obese (based on self-reported height and weight)	12.6%	9.7%
<b>PHYSICAL HEALTH:</b> 4 or less hours of sleep on a typical school night	6.1%	4.0%
<b>PHYSICAL HEALTH:</b> 5-6 hours of sleep on a typical school night	26.8%	22.1%
<b>PHYSICAL HEALTH:</b> 7-8 hours of sleep on a typical school night	48.7%	50.5%
<b>PHYSICAL HEALTH:</b> 9 or more hours of sleep on a typical school night	18.4%	23.5%
<b>PHYSICAL HEALTH:</b> Participates on sports teams, such as park and rec teams, school teams, in-house teams or traveling teams one or more days during a typical week	58.2%	57.4%
<b>PHYSICAL HEALTH:</b> Physically active for a total of at least 60 min. per day on 5 or more days during the last 7 days	50.0%	48.7%
<b>SHELTER:</b> Stayed in a shelter, somewhere not intended as a place to live, or someone else's home because she/he had no other place to stay during the past 12 months*	6.6%	5.2%
<b>MENTAL HEALTH:</b> Has a long-term mental health, behavioral or emotional problems. Long-term means lasting 6 months or more*	25.3%	16.1%
<b>MENTAL HEALTH:</b> Has ever been treated for a mental health, behavioral or emotional problem*	25.7%	16.6%
<b>MENTAL HEALTH:</b> Experienced a high degree of externalizing distress during the last 12 months (based on responses to questions about factors such as lying, bullying and fighting)*	38.1%	32.7%
<b>SMOKING:</b> Current smoker of cigarettes*	6.3%	4.6%
<b>SMOKING:</b> Current smoker of e-cigarettes*	13.0%	9.6%
<b>SMOKING:</b> Experienced <u>any</u> second hand smoke exposure during the last 7 days (on one or more days in same room or car with someone who was smoking)**	33.2%	27.5%
<b>SMOKING:</b> Experienced <u>repeated</u> second hand smoke exposure during the last 7 days (3 or more days in same room or car with someone who was smoking)**	19.9%	15.2%

\* Asked of grade 8, 9 and 11 students only

\*\* Asked of grade 5 students only