Health-Related Quality of Life among Mississippi Adults with Asthma, 2011

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.

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.

FOR MORE INFORMATION, CONTACT:

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The Mississippi Health-Related Quality of Life Fact Sheet was supported by Cooperative Agreement Number 5U59EH000490 from the Centers for Disease Control and Prevention (CDC), National Center for Environmental Health, Air Pollution and Respiratory Health Branch. The contents of the fact sheet are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

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