

Pediatric Asthma: Baltimore, Maryland

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Purpose of Study

The purpose of this study is to examine the prevalence of asthma health disparities and how they affect children in Baltimore, Maryland.

Introduction

Asthma is a chronic disease of the airways, with excess mucus in your airways. Asthma affects 20% of people under 18 years of age in Baltimore City compared to 9.4% which is the national average.

Contributing Factors

Factors that can make asthma worse are dust mites, mold, pollen, tobacco, perfumes, pests (roaches), and strong emotions or stressful situations.

Genetics

Asthma can be inherited from your parents. If one parent has asthma a child is 3 times more likely to have asthma. If both parents have asthma the odds that the child will have asthma are doubled.

Prevention

- Stay away from your asthma triggers
- Pay attention to increasing quick-relief inhaler use
- Monitor your breathing
- Follow your asthma action plan
- See your health provider frequently

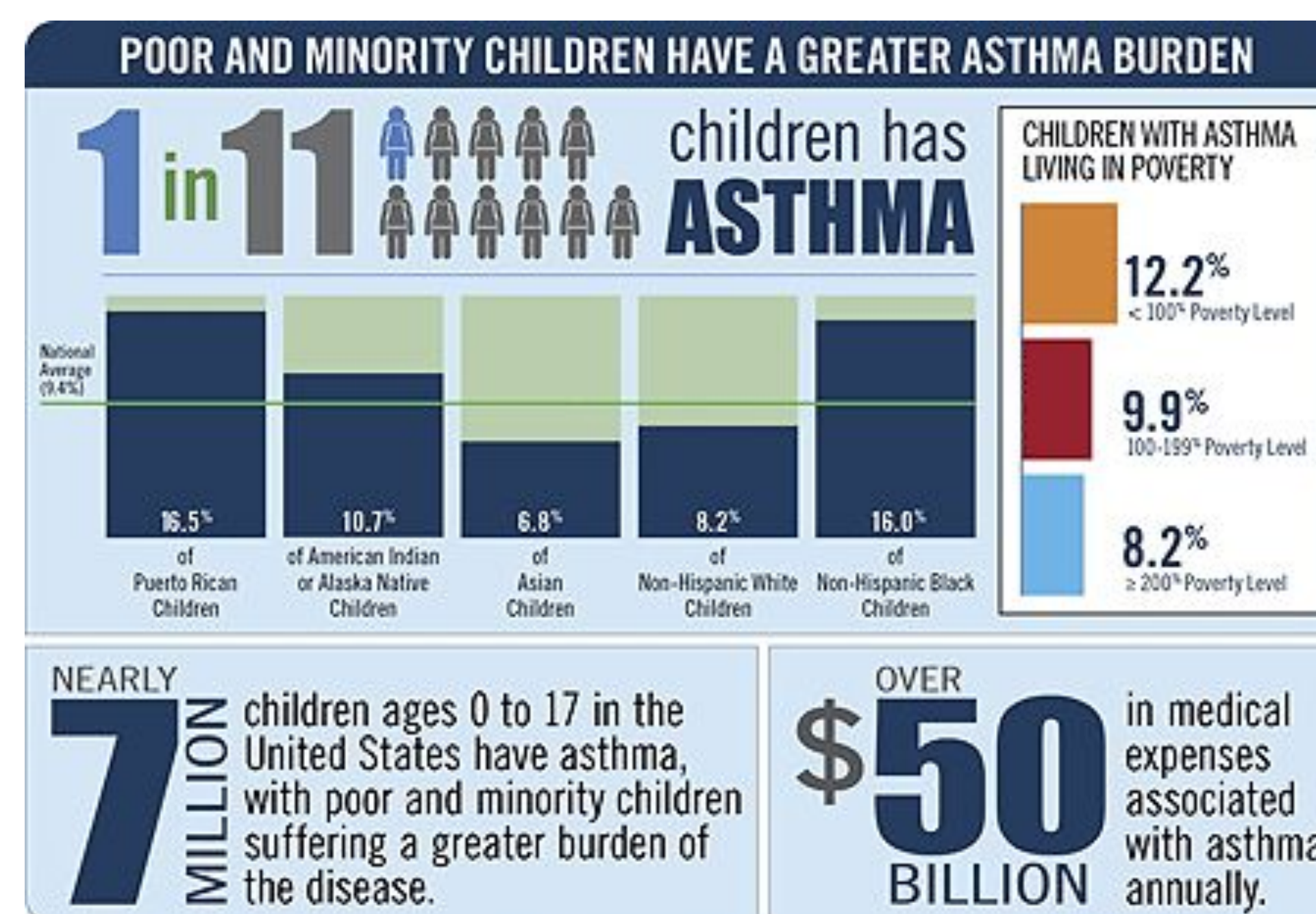


Figure 1. Environmental Protection Agency Federal Action Plan to Reduce Asthma Health Disparities.

Conclusion

Asthma is a chronic disease that can kill you if not controlled. Where you live can affect how severe your asthma is or how well controlled it is.

Data

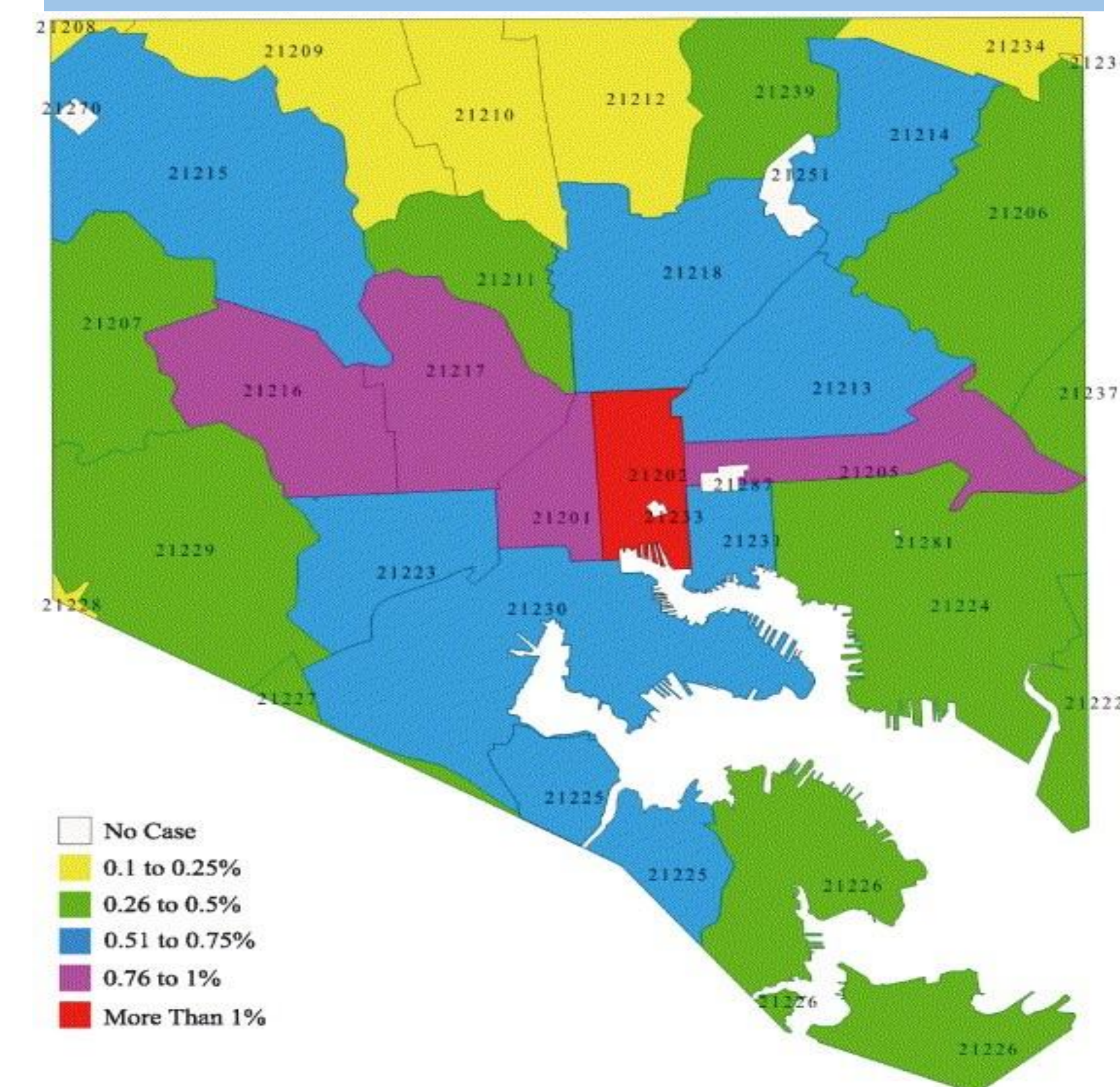


Figure 2. Prevalence of asthma in Baltimore City.

References

[Baltimore city health disparities report card](#)
[Baltimore City Health Department](#)
[Baltimore Health Resource Center](#)
<http://www.baltimoresun.com/health/bs-hs-asthma-in-the-city-20150202-story.html> (Baltimore Sun)
[EPA.gov](#)