



A MINUTE OF HEALTH WITH CDC

Breathe Easier: Learn About Asthma

National Surveillance for Asthma — United States, 1980–2004

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Wheezing, coughing, and shortness of breath are the frightening symptoms of an asthma attack. Asthma is a serious health problem – it can even be deadly. Over the past 25 years, we've seen a gradual increase in the number of people with asthma.

CDC researchers found that more than 20 million people in the U.S. had asthma in 2005. Asthma affects all ages. About three in ten of those with asthma are under 18 and one in ten are 65 or older. While we don't know what causes asthma or why there's been an increase, we do know that helping people manage asthma and prevent attacks is important and helps decrease the overall health effects of asthma.

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