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Healthy Homes Asthma Survey

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HEALTHY HOMES ASTHMA SURVEY

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BACKGROUND

- Asthma is a serious health concern among older adults.
 - Second highest rate of Asthma related hospitalization.
 - Highest number of deaths because of Asthma.
- High prevalence of Asthma in MA elders.
 - 8.4% of adults 65 and older
 - 9.5% of adults 65-79

OBJECTIVES

- To investigate the prevalence of asthma and respiratory illness in Lowell senior public housing.
- To determine the prevalence of asthma allergens and related risk factors.

METHODS

- Cross Sectional Study.
- Subjects were recruited at Lowell Housing Authority senior social events.
- Questionnaire gathered information on:
 - current respiratory diseases and living conditions.
 - age, medical care, and potential environmental risk factors.
- Data was analyzed in Microsoft Excel.
- Analysis investigated prevalence of irritants and health outcomes.

Table 1. Demographic and Health Characteristics

AGE	N	%
64 or Younger	15	26.3
65 - 79	30	52.6
80 or Older	12	21.1
Total	57	100
GENDER		
	N	%
Male	25	43.8
Female	32	56.1
Total	57	100
Current Conditions		
	N	%
Asthma	12	21.8
COPD	11	20.3
Emphysema	5	10.2

Table 2. Respiratory Irritants

	N	%
Smoking	14	24.6
Air Freshener	38	66.7
Candles	25	49.0
Cleaning Chemicals	39	68.4
Mold	5	9.3
Rats	1	1.9
Mice	3	5.8
Cockroaches	7	12.3

RESULTS

- Over 20% of subjects reported being diagnosed with asthma.
- More than 2 out of 3 use potentially irritating cleaning products in their home.
- About 20%-30% reported difficulty breathing and having to take medicine because of respiratory issues.

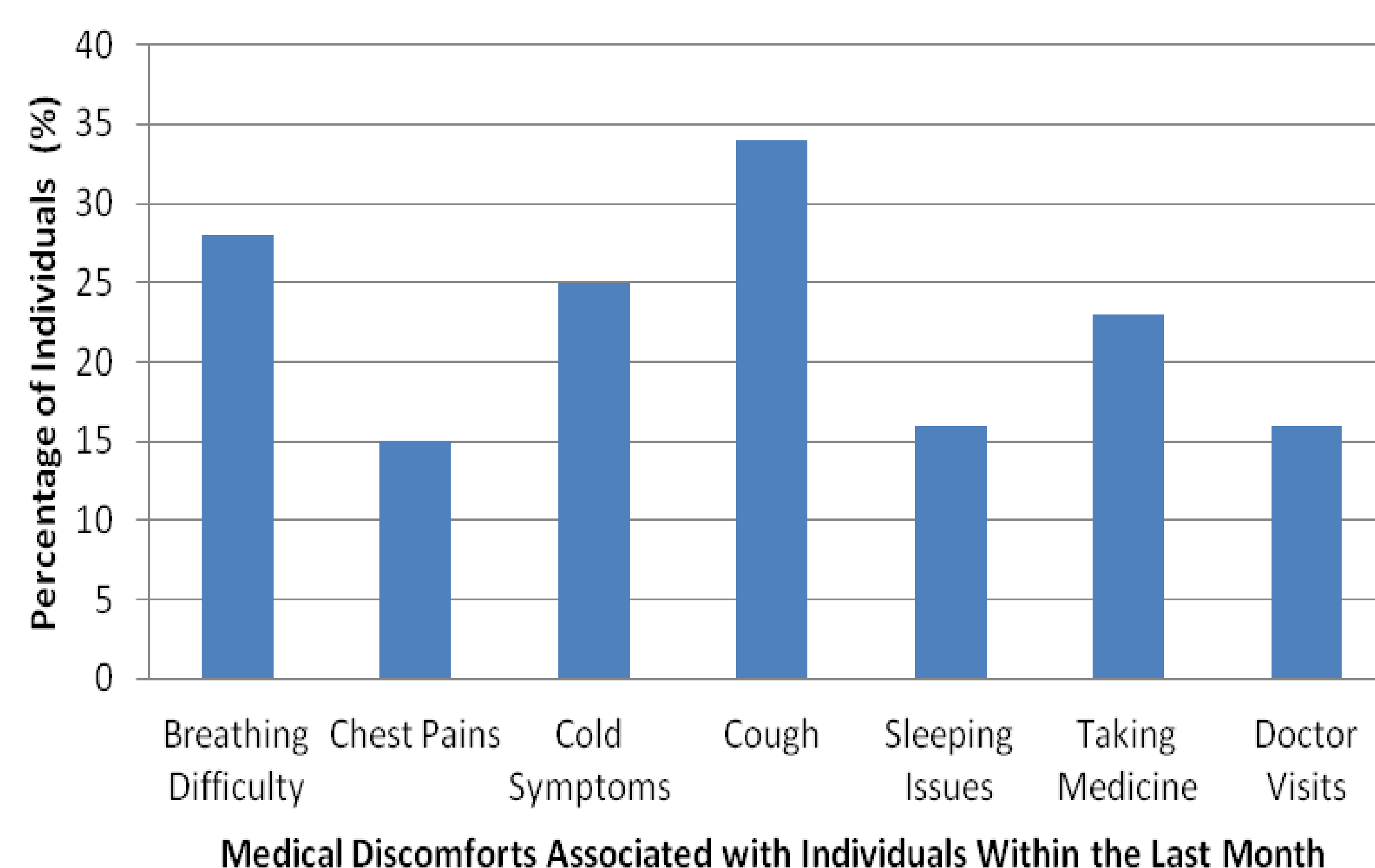
DISCUSSION

- The results indicate that a large proportion of Lowell seniors have a high rate of respiratory diseases and are also exposed to potential irritants.
- This study could be used to develop ways to alleviate this health issue.
- Future studies should have a larger, more representative, and more diverse sample.

REFERENCES

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Medical Conditions Recorded



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