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Healthy Homes Asthma Survey

John Corbacio  
*University of Massachusetts - Lowell*

Amy Delgado  
*University of Massachusetts - Lowell*

MaryAnn Ford  
*University of Massachusetts - Lowell*

*See next page for additional authors*

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**Healthy Homes Asthma Survey**

John Corbacio, Amy Delgado, MaryAnn Ford, Nicole Giaquinto, Sandra Nabanja, Jayson-Ann Wright, Leland Ackerson, ScD

University of Massachusetts Lowell, School of Health and Environment

### 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.

### 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
- Fitzsimmons K, Huisingh C, and Zotter J. (2011) *Asthma Among Older Adults in Massachusetts*. Centers for Disease Control.

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