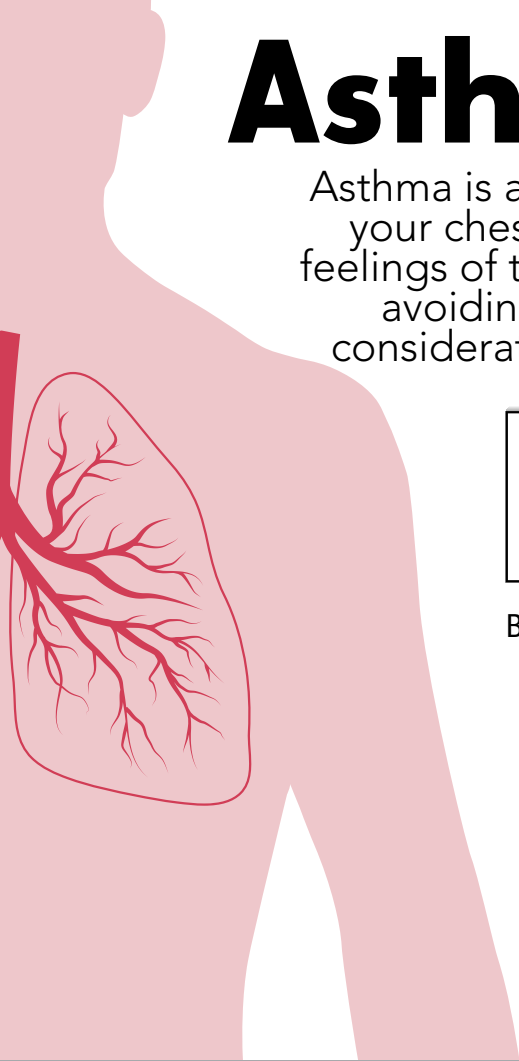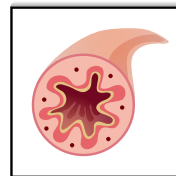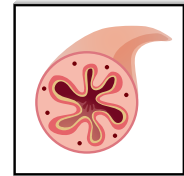# Asthma & Disability

Asthma is a lung disease that makes it harder to breathe, causing your chest to become tight with wheezing and coughing and feelings of tiredness. Asthma can be controlled with medicine and avoiding triggers that can cause an attack. Here are some considerations for asthma and disability that can help you treat asthma and breathe easier.

Normal Bronchial Tube

Inflamed Bronchial Tube in Asthma

Inflamed Bronchial Tube During an Attack

TRIGGERS

Mold

Smoking

Pets & Pests

Pollen
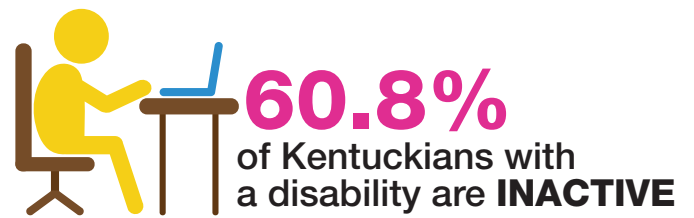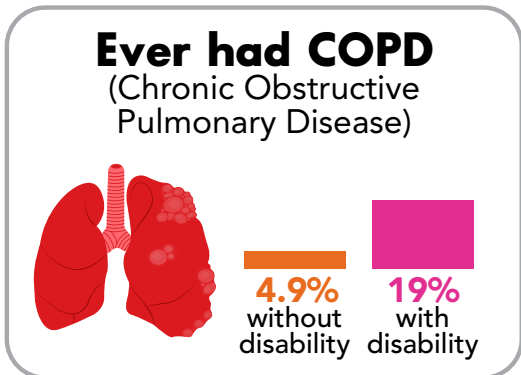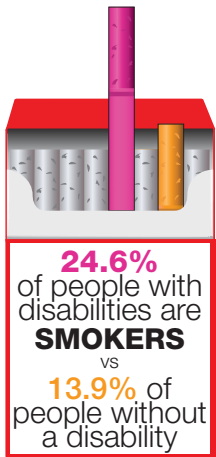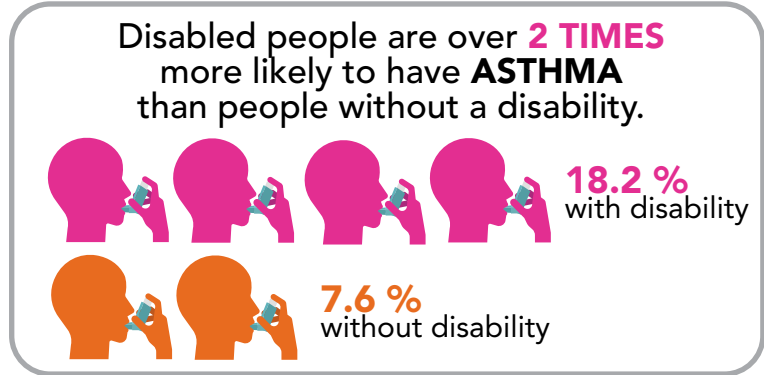
Stress

Dust

Pollution

Cold Air

Household Cleaners

Activity

Health in Kentucky

KEY
- ■ With a disability
- ■ Without a disability

28.7% People in the US have a disability

34.3% People in KY have a disability

24.6% of people with disabilities are **SMOKERS** vs **13.9%** of people without a disability

Ever had COPD
(Chronic Obstructive Pulmonary Disease)

4.9% without disability

19% with disability

Disabled people are over **2 TIMES** more likely to have **ASTHMA** than people without a disability.

18.2 % with disability

7.6 % without disability

60.8% of Kentuckians with a disability are **INACTIVE**

(CDC, 2024)

www.wellness4ky.org

Kentucky Inclusive Health Collaborative

KENTUCKY ASTHMA MANAGEMENT PROGRAM

Kentucky Office of Community Health Workers

Kentucky Public Health
Prevent. Promote. Protect.

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