

HOW HEALTHY IS YOUR HOME?

ASTHMA WEEK 2023
1-7 September



3 IN 10

Australians with asthma or allergies experience **worse symptoms at home**¹



1 IN 5

Australians have **allergies**²

80% of people with asthma get hay fever³

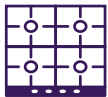


1 IN 9

Australians have **asthma**

2.7 million people

HERE ARE SOME CAUSES OF AN UNHEALTHY HOME



Children exposed to **gas cooktops** are

1.3X

more likely to develop asthma⁴

Gas cooktops produce pollutants such as nitrogen dioxide (NO²) and PM2.5, which can irritate the airways and trigger asthma symptoms. NO² can contribute to the development of asthma.



Only

1 IN 5

Australians choose how to heat their home based on their health

50% of those who use **wood heaters** also have other healthier, alternative heating options available to them.¹



1 IN 2

Australians have had **mould or dampness** in their home in the last 12 months¹



More than

2 IN 3

Australians have had **pests** in their home in the last 12 months¹



Other indoor risks include Volatile Organic Compounds (VOCs), which can be found in things such as fumes, odours, smells, tobacco and vape smoke.

Find out how to create a healthier home at asthmaweek.org.au



1800 ASTHMA (1800 278 462) | asthma.org.au



1. Asthma Australia Ltd (2023) Homes, Health and Asthma in Australia. Available online: <https://asthma.org.au/what-we-do/advocacy/housing/>
2. Australian Bureau of Statistics (2020-21) Health Conditions Prevalence. Accessed online: <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/health-conditions-prevalence/2020-21>
3. Bousquet J, Khaltaev N, Cruz A, Denburg J, Fokkens W & Togias A 2008. Allergic Rhinitis and its Impact on Asthma (ARIA) 2008 update (in collaboration with the World Health Organization, GA(2)LEN and AllerGen). Allergy 63:8-160
4. Climate Council of Australia Ltd (2021) Kicking the Gas Habit: How Gas is Harming our Health. Accessed online: <https://www.climatecouncil.org.au/resources/gas-habit-how-gas-harming-health/#aa>