ASTHMA IN CHILDREN



Asthma is one of the most common long-term health problems in children. In Australia, it's the main cause of disease burden for children aged 1 to 9. It can affect how children sleep, play, learn, and enjoy daily life, which makes it a big challenge for both children and their families.

Why asthma is a big deal for children

- It often starts young and lasts a long time
 The first signs of asthma often appear in early childhood, and asthma can last a lifetime.
 Even if symptoms get better for a while, the lungs can still be sensitive. This means people need to keep managing it as they grow older.
- 2 Currently there's no cure, only control
 Asthma can be well controlled with medicine and avoiding triggers, but currently it can't be completely cured. People need to take care of their asthma to stay healthy.
- 3 Asthma can make life harder for children if it's not well managed. Even if it's not dangerous all the time, asthma can cause children to miss school, visit the doctor or even hospital often, and feel anxious or left out. It can affect their learning and emotional health.
- Even children with mild asthma can suddenly have a serious asthma attack. This can be scary and might stop them from joining in sports or playing outside, which can be hard for the whole family.
- But it doesn't have to stop them
 The good news is that asthma can be controlled. With the right care, children with asthma can still enjoy sports, play with friends, and live a full, active life.
- 6 Around 386,000 children under 15 have asthma in Australia —that's about 8 out of every 100 children that age. It also has a big effect on the whole community, taking into account hospital visits, medicine costs, and time missed from school or work.

According to the latest <u>Burden of Disease study</u>, the most challenging health conditions for children aged 1-9 are asthma, then autism, followed by epilepsy (in children 1-4) or anxiety (in children 5-9).

"Burden of Disease" is a term used to show how much a health problem affects someone's life - both how they feel day to day and how long they live.

ASTHMA IN CHILDREN





ABOUT

386,000

Australians under the age of 15 (8.2%) have asthma^{1,6}
10.1% of boys (1 in 10 boys)
6.2% of girls (1 in 16 girls)



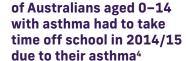
of disease burden in 2024 for children (aged 1-9 years)²

2nd leading cause for older children and adolescents (aged 10-14 years)²





42%



HOSPITALS



13,604

children under 15 years of age were hospitalised for asthma in 2023/24³ 43%

of all asthma hospitalisations were in **children under 15** in 2023/24³



children (67%) had an Asthma Action Plan in 2022¹





ONLY 1 IN 2

children (49%) used **asthma medication** in the last two weeks in 2022¹





Children under 15 were **3 times** more likely to be **hospitalised for asthma** than people aged 15 and over (225 vs 70 hospitalisations per 100,000 population) in 2021/22⁵

EMERGENCY DEPARTMENT (ED)

26,500





1.6X

Boys under 15 were **1.6 times** more likely than girls the same age to go to **ED for asthma** in 2021/22⁵





For medical advice on how to best treat and manage your asthma, speak to your doctor or pharmacist. To speak with an Asthma Educator, call 1800 ASTHMA (1800 278 462) or visit asthma.org.au