

# Asthma in Cleveland, OH



CITY OF CLEVELAND  
Mayor Justin M. Bibb

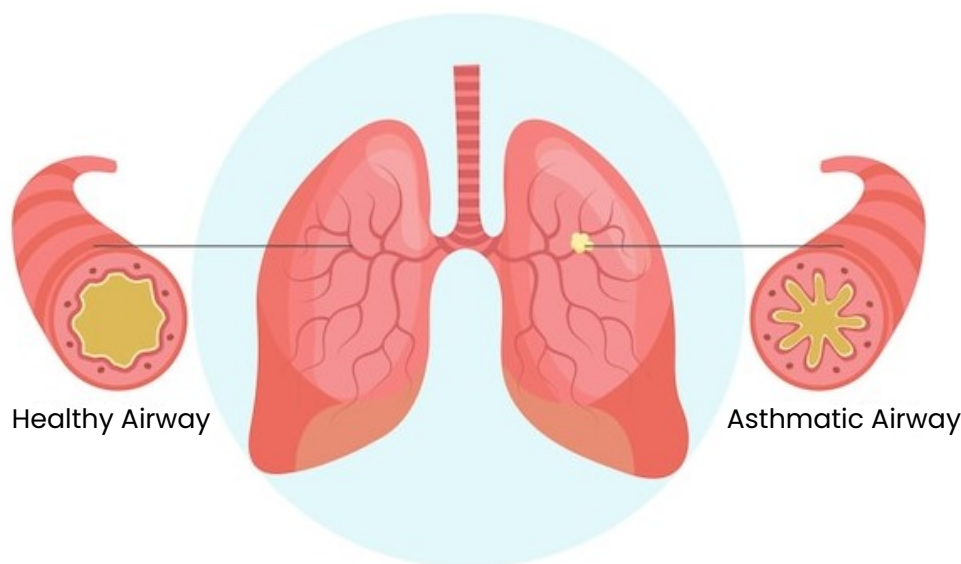
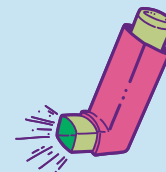
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## What is asthma?

Asthma is a lifelong condition that affects your lungs. If you have asthma, the airways in your lungs can become swollen, narrow, and filled with extra mucus, making it harder to breathe.

Asthma can be very dangerous if it's not recognized and treated the right way. You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that trigger it, and following your doctor's instructions.

**27.8% of adults  
in Cleveland  
have asthma**



## Symptoms

Some people have asthma symptoms all the time, while others only have them during an asthma attack.

An asthma attack is what happens when your symptoms suddenly get worse. It might feel like someone is sitting on your chest or like you can't catch your breath. Doctors often give "rescue" medicine to use during an asthma attack that works fast to help you breathe easier.

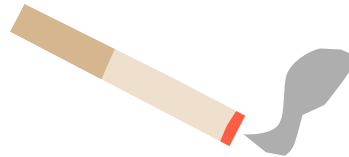
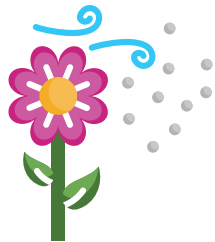
- **Shortness of breath**
- **Chest tightness**
- **Wheezing**
- **Coughing**

**If your symptoms don't get better after you take your rescue medicine, go to the emergency room or call 911 right away.**

# Common Triggers for Asthma

A trigger is anything irritates your airways and causes asthma symptoms or an asthma attack. Learning what triggers your symptoms is an important part of managing asthma. Common asthma triggers include:

- Pollution
- Cold Air
- Mold
- Pollen
- Infections
- Strong Smells
- Dust Mites
- Exercise
- Smoke
- Pets
- Stress
- Some Medicines



## Asthma and Race

- In Cleveland, **35%** of Hispanic/Latino adults have asthma compared to **24%** of non-Hispanic Black adults and **21%** of non-Hispanic white adults.
- Black and Hispanic adults in Cleveland and across the U.S. are more likely to live in areas with more air pollution and in homes with issues like mold, pests, or poor airflow.
- These disparities stem from long-standing systemic factors like residential segregation, disinvestment in communities of color, and discriminatory housing policies, all of which raise the risk of developing asthma and worsening symptoms.

## Asthma in Children

Asthma is the most common chronic illness in children. It can be hard to diagnose because the symptoms often look like a cold or other common illnesses. Since children have smaller lungs and airways, swelling and mucus can block airflow more quickly than in adults, making asthma more dangerous. Helping your child manage their asthma by avoiding triggers and taking medicine correctly can prevent attacks and keep them healthy.



### References:

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