

HEALTHY HOMES ASTHMA SURVEY

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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.

Table 1. Demographic and Health Characteristics

AGE	N	%
64 or Younger	15	26.3
65 - 79	30	52.6
80 or Older	12	21.1
Total	57	100
GENDER		
	N	%
Male	25	43.8
Female	32	56.1
Total	57	100
Current Conditions		
	N	%
Asthma	12	21.8
COPD	11	20.3
Emphysema	5	10.2

Table 2. Respiratory Irritants

	N	%
Smoking	14	24.6
Air Freshener	38	66.7
Candles	25	49.0
Cleaning Chemicals	39	68.4
Mold	5	9.3
Rats	1	1.9
Mice	3	5.8
Cockroaches	7	12.3

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.

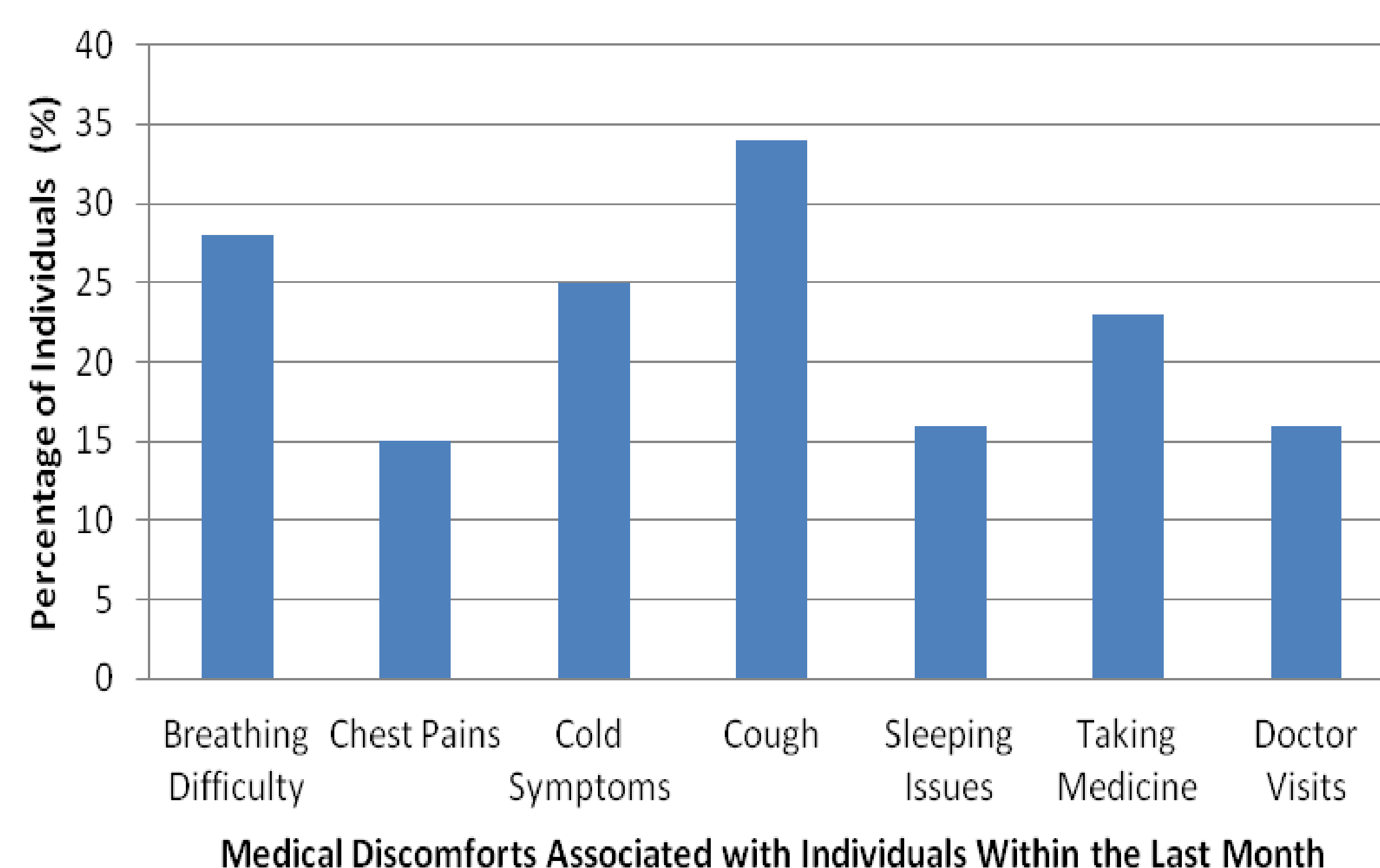
DISCUSSION

- 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

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Medical Conditions Recorded



Acknowledgements: Thank you to David Turcotte, Susan Woskie, and Emily Vidrine from the Center for Work, Family and Community for their assistance. Special thanks to the staff and residents of the Lowell Housing Authority for making this research possible.