



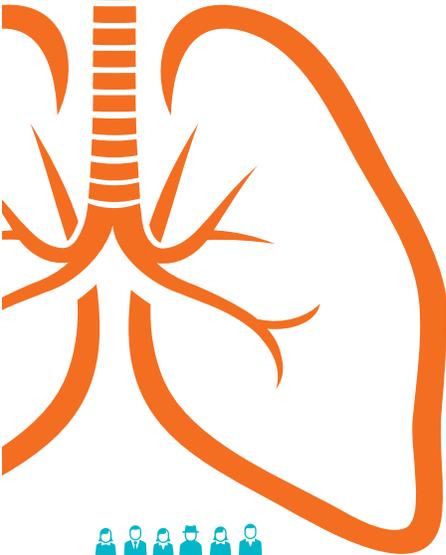
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# The State of Uncontrolled Asthma in America

A new national survey provides a clearer view of how uncontrolled asthma patients in the US perceive and engage with the management of their condition

Results revealed that two out of three uncontrolled asthma patients in the US (**67%**) believe that their condition is under control, when in fact it may not be.

*This suggests a false sense of confidence in managing their condition that may be driving recurring symptoms and doctor, emergency room and urgent care visits.*



## What is the State of Uncontrolled Asthma Patients in America Survey?



In December 2015, Kelton Global and GSK conducted an online survey of more than 1,000 adults with uncontrolled asthma (n=1,016), as measured by the Asthma Control Test (ACT). Available on asthma.com, the ACT is a way to help patients and their healthcare provider determine if their asthma symptoms may be well controlled, and it was used in this survey to screen respondents.

### Uncontrolled Asthma Patients

**Very Poorly Controlled**

**5-15**  
ACT Score

**Not Well Controlled**

**16-19**  
ACT Score

Patients who score 5-19 on the ACT are considered to be “uncontrolled” and were included in the results of this survey. Patients who scored 5-15 on the ACT were classified as “very poorly controlled,” while patients who scored 16-19 on the ACT were classified as “not-well controlled.”

## The Real Burden of Uncontrolled Asthma



Understanding asthma control and perceptions of control is important because of the burden the condition places on both the individual and healthcare system as a whole.



Uncontrolled asthma is associated with decreased quality of life and increased health care system use.<sup>1</sup>



Poorly controlled asthma is related to a number of additional health problems, such as obesity, pneumonia, lung infections and an increased risk of depression.<sup>2</sup>

**\$56**  
BILLION  
PER YEAR

Asthma costs the US \$56 billion each year. Direct and indirect costs are up to three to four times higher for severe asthma patients compared to mild asthma patients.<sup>4,5</sup>

## A False Sense of Confidence: Patient Misperceptions about Asthma Control

Survey findings show that the majority of respondents are living with the misperception that their asthma is under control.

**55%** of those with very poorly controlled asthma believe they actually do have their asthma under control.

**78%** of those with not well-controlled asthma believe they actually do have their asthma under control.

**89%** of uncontrolled asthma patients are confident they are capable of changing certain behaviors to better manage the condition. However, despite taking proactive steps to avoid asthma triggers and taking medication, one in two (**50%**) of these patients report having a clear understanding of their illness.



1. "Uncontrolled Asthma among Persons with Current Asthma." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 15 Sept. 2014. Web. 22 Mar. 2016.

2. O'byrne PM, Pedersen S, Schatz M, et al. The poorly explored impact of uncontrolled asthma. Chest. 2013;143(2):511-23.

3. Moore WC, et al. Characterisation of the severe asthma phenotype by the National Heart, Lung, and Blood Institute's Severe Asthma Research Program. J Allergy Clin Immunol. 2007;114:405-413.

4. Antonicelli L, et al. Asthma severity and medical resource utilisation. Eur Respir J. 2004;23(5):723-729.

5. Godard P, et al. Costs of asthma are correlated with severity: a 1-yr prospective study. Eur Respir J. 2002;19(1):61-67.



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## Overconfidence May Drive Recurring Symptoms and Doctor Visits



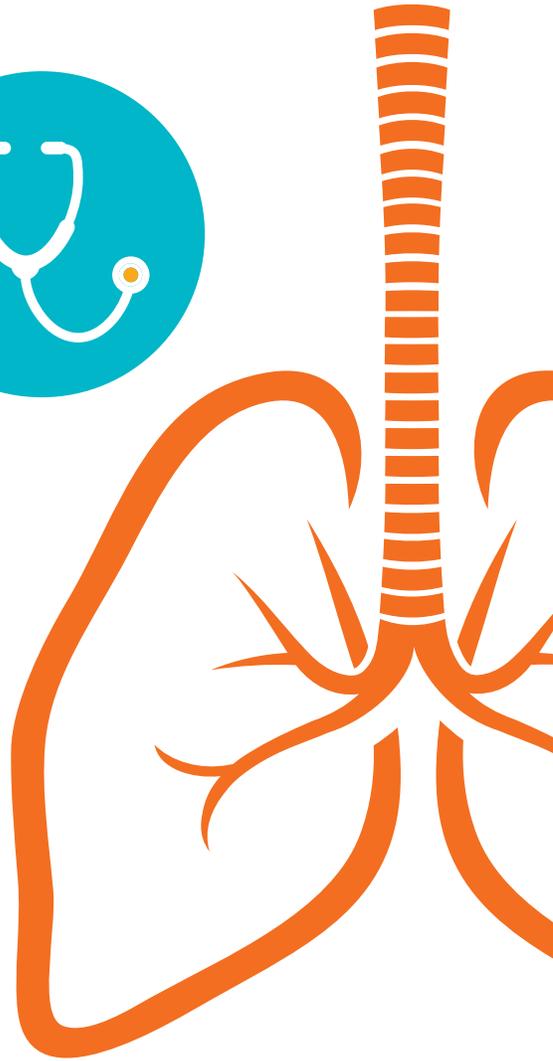
While many uncontrolled asthma patients try to proactively manage their condition with medication and trigger avoidance, **74%** are still experiencing symptoms multiple times a week, suggesting a strong misperception of control that may result in continual visits to the doctor and emergency room.

**76%** of uncontrolled patients who think their asthma is under control feel confident that they can do the tasks and activities needed to manage their condition in order to reduce their need to see a doctor. However, **64%** of these patients visited a health care provider as a result of their asthma symptoms, averaging three visits over the past 12 months.

**20%** of uncontrolled asthma patients needed to visit an emergency room or urgent care facility due to their condition in the past year.

Patients with “very poorly controlled” asthma are nearly twice as likely to have visited an emergency room or urgent care facility in the last year due to their condition, compared to those with “not well-controlled” asthma (**27%** vs. **15%**).

**40%** of those who used a rescue inhaler at least three times a day in the past month visited an emergency room or urgent care facility in the last year, compared to **18%** of those who did not use a rescue inhaler this often.



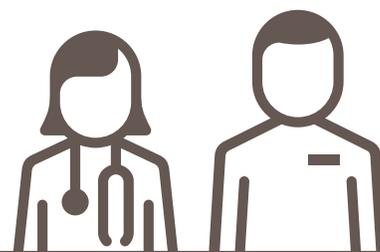
## Uncontrolled Asthma Interferes with Patients’ Health, Daily Activities and Emotional Wellbeing



**70%** of uncontrolled asthma patients who believe their asthma is under control go on to report that their condition holds them back from doing things they’d like to do – interfering with exercise (**85%**), sleep (**78%**), enjoyment of life (**67%**) and social life (**45%**) in the past 12 months.

**53%** of those who are employed missed at least one day of work in the past 12 months because of their asthma, with these patients missing eight days of work in the past year, on average.

**56%** of uncontrolled asthma patients admit their condition is a source of stress in their life. A greater proportion of “very poorly controlled” asthma patients, compared to “not well-controlled” asthma patients, state their asthma causes them stress (**72%** vs. **43%**) and say they worry about their asthma on a regular basis (**66%** vs. **37%**).



## Setting Asthma Control Goals with Your Doctor

Talk to your doctor about developing personalized asthma management goals, which may include:

- Few, if any, asthma symptoms
- Few, if any, awakenings during the night caused by asthma symptoms
- Little or no time off from school or work due to asthma symptoms
- No limits on your participation in physical activities
- No asthma-related emergency department visits
- No asthma-related hospital stays



### Take ACTION to Improve Asthma Health!

Visit [asthma.com](http://asthma.com) to see how well your asthma is controlled – and talk to your doctor about proactively managing your asthma through asthma management goals and appropriate treatment options.