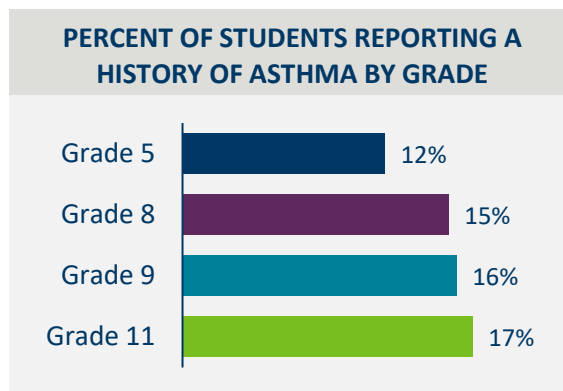


Asthma among Middle & High School Students

RESULTS FROM THE 2019 MINNESOTA STUDENT SURVEY (MSS)

Asthma is a chronic disease characterized by swelling of the airway linings, over-production of mucus, and contractions of the muscles surrounding the airways. If not well controlled, asthma can impact academic performance and prevent students from participating in school activities. This factsheet presents data on asthma among students in grades 5, 8, 9 and 11.¹

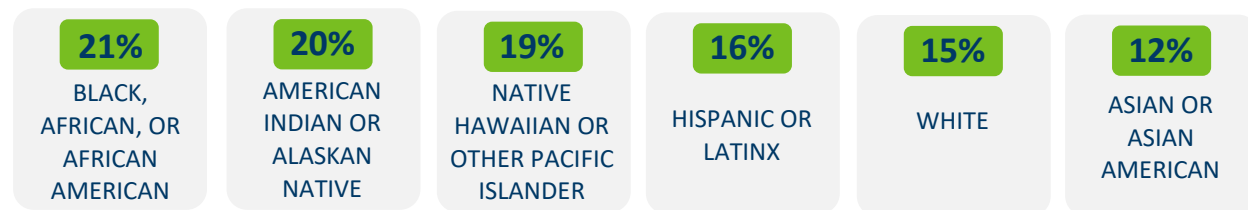
Overall, 14.9% of students in grades 5, 8, 9, and 11 reported that they had ever been told they had asthma.² Students in grade 5 reported the lowest history of asthma compared to grades 8, 9, and 11.



Disparities exist by race, ethnicity, and sexual orientation.

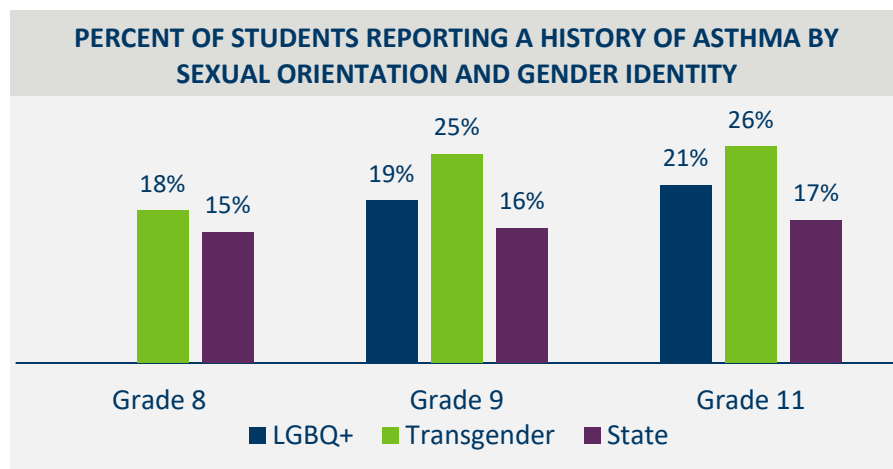
Asthma disproportionately impacts students of color.

Black, African or African American; American Indian or Alaskan Native; and Native Hawaiian or Other Pacific Islander students report experiencing the highest prevalence of asthma.



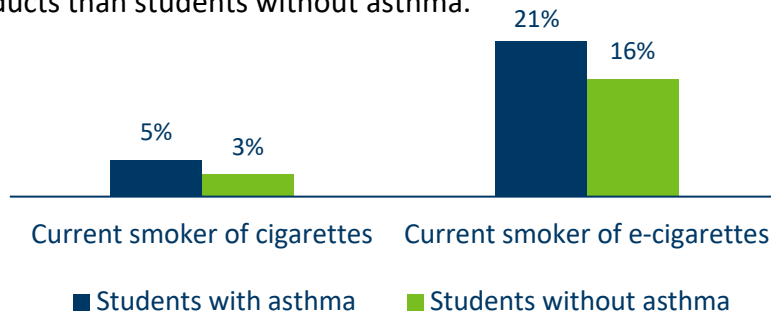
LGBTQ+ students experience a greater asthma burden.

Transgender students reported the highest prevalence of asthma across all grades. LGBTQ+ students also reported higher than average asthma prevalence. Sexual orientation was not asked of grades 5 and 8. Gender identity was also not asked of grade 5.



Students with asthma are more likely to use tobacco products.

Consistent with previous surveys, students in grades 8, 9, and 11 with asthma are more likely to report being current users of tobacco products than students without asthma.



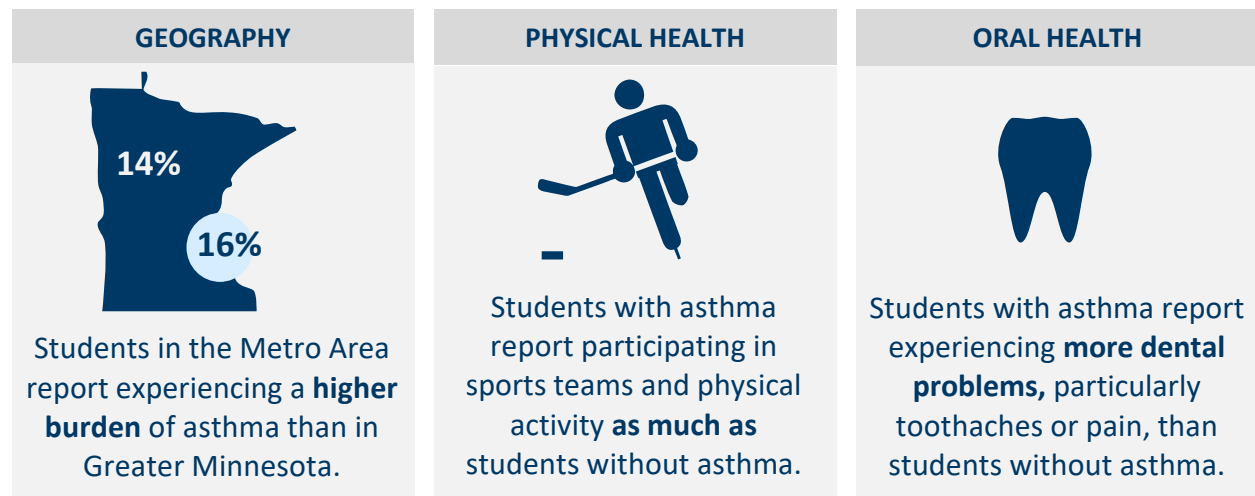
1 in 3 students **with asthma** in grade 5 are exposed to secondhand smoke.

Mental health is a significant burden for students with asthma.

Students with asthma are significantly more likely to report experiencing long-term mental health, behavioral or emotional problems than students without asthma.



Students with asthma are also more likely than students without asthma to report having ever seriously considered attempting suicide and to have reported being bullied.



(1) Data is from a sample and the numbers presented do not account for sample size or variability. Differences may not be significant. For more details regarding this analysis, contact the Asthma Program at health.asthma@state.mn.us.

(2) The data in this factsheet is from the 2019 Minnesota Student Survey that was conducted among more than 170,000 students in grades 5, 8, 9, and 11 from schools across Minnesota. The survey included the following question about asthma: "Has a doctor or nurse ever told you that you have asthma?"

More information about the Minnesota Student Survey can be found on the [Department of Education's webpage](https://www.health.state.mn.us/asthma) and more about asthma on the Asthma Program's [Asthma Management in Schools webpage](https://www.health.state.mn.us/asthma).