

# Sunday Morning

# Health Corner

## Asthma Awareness

**Asthma Awareness Month** in May spotlights disturbing facts:

- Black Americans, especially women, are 40% more likely to have asthma
- Black children are **8 times** more likely to die from asthma than white children

**Black communities are** exposed to more air pollution, making it a major trigger for asthma attacks. But many causes exist inside the home too:

- Mold and dust
- Secondhand smoke from cigarettes and weed
- Pet fur and feathers
- Cockroaches
- Household sprays
- Nitrogen dioxide from gas appliances

**Regular check-ups** can ensure that asthma is properly managed. Furthermore, our communities must demand cleaner air quality and a reduction in environmental pollutants.

Learn more at [nhlbi.nih.gov](https://nhlbi.nih.gov)



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