Combustion By-Products and Secondhand Smoke

Particles and gases that are formed when fuel is burned. Secondhand smoke exposure comes from a mix of smoke from the burning end of a cigarette, pipe, or cigar as well as the smoke exhaled by a smoker. Almost half (45.44%) of Indiana residents with asthma reported using gas for cooking.* A quarter (26.85%) of Indiana residents with asthma reported someone smoking inside their home in the past week.* Maintaining a tobacco-free home can reduce exposure to secondhand smoke.

Asthma Triggers Commonly Found in Indiana Residents’ Homes*

Dust Mites

Commonly found in mattresses, bedding, carpeting, curtains, upholstered furniture and stuffed toys. Over half (58.95%) of Indiana residents with asthma report having carpeting or rugs in their bedrooms.* Less than half of Indiana residents with asthma reported using mattress covers (38.92%) and using pillow covers (30.64%) made to control dust mites.* The use of mattress covers and pillow covers can decrease allergens in your bedding.

Mold

Mold growth in homes often can be found in areas with high humidity and moisture, such as the kitchen, bathroom, and basement. Almost half (45.44%) of Indiana residents with asthma reported seeing or smelling mold or musty odors inside their home in the past 30 days.* Using items such as an air purifier or dehumidifier regularly inside your home can reduce these triggers.

Did you know by reducing and removing household triggers you can decrease asthma symptoms?

33.15% of Indiana residents reported being advised by a health professional to change things in their home, school, or work environment to improve asthma.*

Asthma Triggers Commonly Found in the Home Environment

*Based off the age-adjusted prevalence rates of Indiana residents surveyed in the 2018 Indiana Asthma Call-Back Survey

Advised to Make Environment Changes?

33.15%
**Pests**

Unwanted pests such as cockroaches and rodents are often found in areas with food and water such as kitchens, bathrooms, and basements. These pests, their droppings, and the chemicals used to control these pests can contaminate the air in your home. **Avoid using sprays and foggers** as they can trigger asthma attacks.

**Pets with Feathers and Fur**

Furry friends leave fur, pet dander, and saliva that can increase asthma triggers. Over half (66.62%) of Indiana residents with asthma have pets such as dogs, cats, hamsters, birds, or other feathered or furry pets that spend time inside the home.* Half (50.42%) of Indiana residents with asthma reported allowing their pets in their bedroom which can increase triggers.* **Keeping pets outside of the bedroom** can help reduce asthma triggers.

**Volatile Organic Compounds (VOCs)**

Chemical vapors that can come from household items such as cleaning agents, deodorizers, air fresheners, perfumes, paints, nail polish, and nail polish removers. You can reduce your overall exposure to VOCs by **increasing ventilation** when using these products in your home.

**Helpful Resources**

- **Home Characteristics and Asthma Triggers - Checklist for Home Visitors**
- **Safer Choice (Provides Certified Products, Safer Chemical List, and DfE-Certified Disinfectants)**

**Data Sources**

**Indiana Behavioral Risk Factor Surveillance System - Asthma Call-Back Survey 2018**

Questions in order of data use: Q7.13 | Q7.4 | Q7.32 | Q7.16 | Q7.14 | Q7.15 | Q7.5 | Q7.7

*Indiana BRFSS 2020

Q6.5: Adults who have been told they currently have asthma? (ASTHNOW)

Q23.2: Does the child still have asthma? (CASTHNO2)

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**Chronic Respiratory Disease Website**

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