



CLAY COUNTY

PUBLIC HEALTH CENTER



Who has COPD?

Almost 15.7 million Americans (6.4%) reported that they have been diagnosed with COPD. More than 50% of adults with low pulmonary function were not aware that they had COPD.

COPD

Chronic Obstructive Pulmonary Disease

It refers to a group of diseases that causes airflow blockage and breathing -related problems. It includes emphysema, chronic bronchitis and in some cases asthma.

What Causes COPD?

In the United States, tobacco smoke is a key factor in the development and progression of COPD, although, exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role.



COPD is the second leading specific cause of emergency room visit in Clay County



COPD is the third leading cause of death in Clay County after heart disease and cancer



Missouri's total medical treatment cost was around \$1million in 2010



Patients say that COPD limits:



Breathing



Ability to work



Normal physical exertion



Sleeping



Household chores



Family activities



Healthcare Professionals say:



Stop smoking



Early diagnosis is key



Take medications as directed



Stay active



Attend pulmonary rehabilitation



Seek education from professionals

RECOMMENDATIONS

FOR PUBLIC HEALTH

- Improve education by promoting awareness about the risk factors and highlighting that COPD is preventable.
- Decrease exposure to secondhand smoke by promoting smoke free communities.
- Make it harder to buy cigarettes by increasing the sales tax and encouraging communities and municipalities to adopt and enforce the Tobacco 21 Law.
- Improve built environment to be COPD friendly with more benches and wheelchair access.
- Increase access to treatment through transportation support and increase the number of pulmonary rehabilitation locations.
- Implement more school-based tobacco prevention and education programs.