Chronic Obstructive Pulmonary Disease Fact Sheets from the Centers for Disease Control and Prevention

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Field

Chronic obstructive pulmonary disease (COPD).

Format

These are a series of 2- or 3-page PDF documents with information about COPD that can be found through the CDC website: <http://www.cdc.gov/copd/maps/index.htm>. There is one document for each state in the United States, the District of Columbia, and Puerto Rico.

Audience

Patients with COPD, their family members and friends, and the general public.

Purpose

To explain the definition, causes, and symptoms of COPD and to inform readers that treatment is available, as well as to provide state-specific demographic information about COPD.

Content

The first page of each PDF provides an overview of the definition, symptoms, and causes of COPD. There is also discussion regarding prevention and treatment, highlighting the importance of smoking cessation, inhaled medications, pulmonary rehabilitation, and oxygen therapy. There is a color-coded map of the United States indicating the percentage of the population in each state that reported having been diagnosed with COPD in the Behavioral Risk Factor Surveillance Survey

(BRFSS) in 2011. BRFSS respondents were asked, "Have you ever been told by a doctor or health professional that you have COPD, emphysema, or chronic bronchitis?"

The second page contains more detailed information from the BRFSS survey about COPD prevalence among population subgroups, sociodemographic factors associated with COPD, and health characteristics of those with COPD. A table provides self-reported COPD prevalence in each state according to age, sex, ethnicity, employment, education, income, marital status, smoking status, and history of asthma. A chart indicates that individuals with COPD were more likely to report the following: cost as an obstacle to healthcare, poor or fair health status, limited activity due to their health condition, more than 14 poor mental health days in the past month, and no exercise in the last month.

A third page is provided for 21 states, the District of Columbia, and Puerto Rico based on an additional optional BRFSS survey module. This page reports the percentages of respondents with COPD who were diagnosed by spirometry, used daily COPD medication, sought routine or emergent care for COPD in the past year, and whose quality of life was limited by shortness of breath. The authors also cite data from a National Institutes of Health report estimating that COPD and asthma accounted for \$68.0 billion in healthcare expenditures and lost productivity in 2008.

Strengths

These fact sheets are easy to read and use patient-friendly terminology to

define COPD and its common symptoms and management. They provide demographic data regarding COPD prevalence and impact across the United States. Links to websites with additional information are provided, including www.copdfoundation.org, www.thoracic.org/clinical/copd-guidelines/index.php, and www.goldcopd.org.

Limitations and Weaknesses

Although interesting epidemiologic data are presented, the information provided on disease prevention and management is very limited. A variety of common questions people with COPD and their family members may have about the disease are not addressed.

Competing Products

Multiple organizations provide web-based information for patients with COPD and their families. Particularly useful are the above-cited websites of the COPD Foundation, American Thoracic Society, and Global Initiative for COPD, as well as those of the NHLBI (www.nhlbi.nih.gov/health/public/lung/copd/index.htm), the American College of Chest Physicians (<http://onebreath.org/document.doc?id=89>), and the American Lung Association (www.lung.org/lung-disease/copd/). ■

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