Sex differences in asthma control: the HUNT Study

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Is sex associated to asthma control among Norwegian adults with asthma?

- to compare the levels of asthma control as defined by the GINA and its components between women and men
- Study cohort: HUNT3
Women and men with asthma, N = 3123
  - Ever asthma
  - Physician-diagnosed asthma

Answered all control questions, N = 2877

Answered all covariates, N = 2214
  - Daytime symptoms
  - Night awakenings
  - Reliever medication need

Measured lung function, N = 1713
  - FEV1

Study and analyses samples

Answered all control questions, N = 2877

Answered all covariates, N = 2214

Measured lung function, N = 1713

Study and analyses samples
Statistical analyses

Logistic regression, odds ratios and 95% confidence intervals

Asthma control as dependent function of sex

(1 = poorly controlled, 0 = well controlled)

• Adjusted model
  • Age, bmi, current employment, smoking status, physical activity, HADS.
Results

• ‘Is sex associated to asthma control among Norwegian adults with asthma?’

• Female sex associated to poor asthma control in HUNT3

  For total and individual components

  Both in crude and adjusted model

  For total score, OR; 1.23, 95% CI 1.02-1.48, AOR 1.24, 95% CI 1.02 – 1.50