



# Life with a Lung Condition Survey 2024 – NHSE Regional Results

## Asthma

2024 and received 12,700 responses across the UK and received 10,436 responses across England. It was promoted via our mailing list, website, organic and paid social media content. This document provides the results for all respondents living in England with asthma (7,245 responses). The Life with a Lung Condition Survey 2024 was open from January to March

Asthma	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Number of respondents	956	460	1420	1178	904	1256	1047

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## Demographics

Which of the following best describes you (gender)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Female	80%	76%	79%	81%	78%	80%	81%
Male	19%	24%	21%	18%	21%	19%	19%
Non-binary	0%	0%	0%	0%	1%	0%	0%

What is your age?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
0-9	0%	0%	0%	0%	0%	0%	0%
10-19	0%	0%	0%	0%	1%	0%	1%
20-29	2%	2%	2%	1%	1%	1%	2%
30-39	4%	4%	4%	4%	3%	4%	3%
40-49	12%	13%	12%	11%	11%	10%	13%
50-59	23%	26%	26%	27%	26%	24%	24%
60-69	33%	30%	35%	34%	34%	34%	32%
70-79	21%	20%	18%	20%	21%	23%	22%
80-89	4%	5%	2%	2%	3%	3%	4%
90+	0%	0%	0%	0%	0%	0%	0%

## Ethnicity

Which one of the following best describes your ethnic group or background?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
White	97%	88%	97%	98%	98%	98%	99%
Mixed/multiple ethnic groups	2%	2%	1%	1%	1%	1%	1%
Asian or Asian British	0%	4%	1%	0%	1%	0%	0%
Black, African, Black British or Caribbean	0%	4%	1%	0%	0%	0%	0%
Other	0%	3%	0%	0%	0%	0%	0%

Which one of the following best describes your ethnic group or background?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
English/Welsh/Scottish/Northern Irish/British	97%	85%	96%	98%	97%	98%	98%
Irish	1%	5%	1%	1%	2%	1%	1%
Gypsy or Irish Traveller	0%	0%	0%	0%	0%	0%	0%
White and Black Caribbean	1%	0%	0%	0%	0%	0%	0%
White and Black African	0%	0%	0%	0%	0%	0%	0%
White and Asian	0%	0%	0%	0%	0%	0%	0%
Indian	0%	3%	1%	0%	0%	0%	0%
Pakistani	0%	0%	0%	0%	0%	0%	0%
Chinese	0%	0%	0%	0%	0%	0%	0%
African	0%	0%	0%	0%	0%	0%	0%
Caribbean	0%	3%	1%	0%	0%	0%	0%
Arab	0%	0%	0%	0%	0%	0%	0%
Jewish	0%	1%	0%	0%	0%	0%	0%

## Deprivation

What is the total annual income of your household (before tax and deductions, but including benefits/allowances)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Below £20,000	30%	30%	35%	35%	35%	29%	34%
£20,000-£30,000	25%	22%	26%	25%	24%	25%	25%
£30,000-£40,000	15%	15%	13%	15%	17%	17%	16%
£40,000-£70,000	20%	18%	20%	18%	17%	19%	17%
Above £70,000	10%	15%	6%	7%	7%	10%	8%

Level of material deprivation

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
None	83%	80%	83%	81%	79%	83%	81%
Material deprivation	9%	9%	8%	10%	10%	9%	10%
Severe material deprivation	9%	11%	8%	9%	11%	8%	9%

How has your ability to afford *paying your rent/mortgage* changed in the past 12 months?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West

It is more difficult now	33%	36%	31%	29%	33%	28%	28%
About the same	62%	58%	63%	63%	60%	64%	64%
It is easier now	5%	7%	6%	8%	7%	8%	8%

How has your ability to afford *paying to heat your home* changed in the past 12 months?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
It is more difficult now	47%	49%	51%	53%	53%	46%	50%
About the same	46%	45%	43%	41%	42%	46%	43%
It is easier now	6%	5%	6%	6%	6%	7%	7%

How has your ability to afford *paying for food* changed in the past 12 months?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
It is more difficult now	43%	43%	45%	44%	47%	41%	43%
About the same	51%	53%	48%	49%	47%	52%	50%
It is easier now	6%	5%	8%	7%	6%	8%	8%

How has your ability to afford *paying for prescriptions* changed in the past 12 months?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
It is more difficult now	24%	25%	27%	25%	28%	23%	25%
About the same	67%	66%	59%	63%	60%	67%	66%
It is easier now	9%	9%	15%	12%	11%	10%	9%

## Your general health

How is your health in general?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Very good	7%	7%	5%	5%	5%	6%	7%
Good	29%	31%	27%	30%	29%	31%	30%
Fair	44%	42%	47%	43%	42%	45%	41%
Bad	16%	17%	16%	19%	18%	14%	19%
Very bad	4%	3%	5%	4%	5%	3%	3%

On a normal day, how much pain does your lung condition cause you?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
No pain	53%	56%	50%	51%	49%	56%	53%
Mild pain	28%	24%	27%	25%	26%	27%	28%
Moderate pain	15%	16%	18%	19%	19%	14%	17%
Severe pain	3%	4%	4%	3%	4%	3%	3%
Very severe pain	1%	0%	1%	1%	1%	0%	0%
Worst possible pain	1%	1%	0%	0%	1%	0%	0%

## Diagnosis

How long did you have to wait between talking about your lung condition symptoms with your GP or healthcare professional, to receiving a formal diagnosis?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
One month or less	50%	48%	47%	46%	47%	46%	51%
1-2 months	10%	13%	12%	12%	11%	11%	13%
3-6 months	8%	11%	8%	10%	10%	11%	11%
6 months – a year	11%	7%	11%	11%	12%	12%	9%
A year – two years	8%	9%	9%	8%	8%	9%	8%
More than two years	14%	11%	13%	13%	13%	11%	9%

What were the main barriers to getting a diagnosis?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Difficulty in getting appointments	11%	10%	13%	11%	14%	11%	10%
Diagnostic tests not being available	8%	10%	10%	9%	9%	10%	7%
Not knowing what the signs of your lung condition were	16%	20%	16%	16%	16%	15%	14%
Too scared to go to the doctor in case I had a lung condition	2%	3%	1%	3%	3%	2%	2%
I was misdiagnosed at first, and it took a while to get correctly diagnosed with my lung condition	12%	11%	12%	12%	11%	11%	10%
My symptoms were dismissed as a cough/chest infection/something else	23%	22%	25%	24%	23%	21%	20%

My GP thought I had a chest infection or cough at first	17%	16%	19%	19%	17%	15%	14%
I had to wait a long time for a specialist appointment	6%	7%	7%	5%	7%	6%	5%
I had trouble getting referred to a specialist	5%	5%	5%	4%	5%	4%	4%
Concern that I might have lung cancer	1%	3%	1%	1%	2%	1%	1%
I thought my symptoms were normal with age	5%	3%	3%	3%	4%	3%	3%
I do not recall there being any barriers	37%	40%	35%	35%	37%	37%	41%

## Comorbidities

Apart from your lung condition, do you have any other physical or mental health conditions or illnesses lasting (or expected to last) 12 months or more?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	72%	75%	74%	76%	73%	74%	77%
No	28%	25%	26%	24%	27%	26%	23%

Which of these categories best covers your other health condition(s) or illness(es)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Musculoskeletal system	42%	42%	45%	47%	48%	44%	44%
Mental illness	27%	28%	29%	27%	27%	25%	27%
Behavioural + neurodevelopmental disorders	4%	3%	5%	4%	4%	3%	3%
Heart + circulatory system	23%	19%	22%	24%	24%	22%	21%
Diabetes, other endocrine or metabolic disorder	14%	16%	13%	13%	14%	15%	16%
Digestive system	28%	26%	26%	28%	27%	26%	31%
Nervous system	3%	3%	3%	3%	3%	4%	2%
Genito-urinary system	4%	5%	4%	6%	4%	5%	4%
Ear complaints	7%	10%	7%	8%	10%	10%	8%
Eye complaints	9%	11%	10%	10%	10%	9%	9%
Cancer + benign growths	3%	5%	4%	2%	3%	4%	5%

Skin complaints	11%	13%	11%	12%	11%	10%	11%
Blood + related organs	1%	2%	2%	2%	1%	1%	2%

In the past 12 months, have you discussed any other long-term medical conditions that you have in relation to your lung condition management with a healthcare professional?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	50%	49%	49%	46%	50%	48%	48%
No	50%	51%	51%	54%	50%	52%	52%

## Breathlessness

How often does breathlessness affect your ability to work?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Never	28%	31%	23%	26%	22%	27%	26%
Rarely	19%	23%	22%	21%	19%	23%	21%
Sometimes	32%	30%	32%	32%	35%	31%	31%
Often	10%	7%	11%	9%	11%	10%	10%
Very often	12%	9%	12%	12%	13%	9%	12%

How often does breathlessness affect your ability to see friends?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Never	27%	32%	26%	28%	24%	28%	28%
Rarely	28%	25%	25%	24%	25%	29%	25%
Sometimes	31%	27%	31%	32%	31%	29%	31%
Often	8%	11%	10%	10%	12%	9%	9%
Very often	7%	6%	7%	6%	8%	5%	7%

How often does breathlessness affect your ability to do family responsibilities?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Never	25%	29%	22%	25%	23%	26%	25%
Rarely	25%	22%	26%	23%	21%	25%	25%
Sometimes	32%	33%	32%	32%	33%	33%	32%
Often	11%	9%	11%	12%	14%	11%	10%
Very often	7%	6%	9%	7%	9%	5%	8%

How often does breathlessness affect your ability to do exercise?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Never	6%	8%	6%	6%	7%	6%	7%
Rarely	16%	16%	13%	15%	16%	15%	15%
Sometimes	40%	41%	39%	37%	35%	40%	38%
Often	17%	16%	17%	18%	19%	20%	17%
Very often	21%	19%	25%	23%	24%	19%	23%

How often does breathlessness affect your ability to do your hobbies?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Never	18%	26%	16%	17%	16%	19%	20%
Rarely	23%	17%	22%	22%	22%	25%	22%
Sometimes	35%	35%	37%	38%	35%	36%	35%
Often	14%	13%	14%	13%	15%	13%	13%
Very often	10%	9%	11%	10%	13%	8%	10%

## Asthma symptoms

In the last 4 weeks, have you had any usual symptoms such as cough, wheeze, chest tightness or shortness of breath during the day, more than twice a week?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	83%	81%	86%	84%	86%	83%	83%
No	17%	19%	14%	16%	14%	17%	17%

In the last 4 weeks, have you been woken up during the night because of your asthma?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	61%	58%	62%	63%	65%	56%	59%
No	39%	42%	38%	37%	35%	44%	41%

In the last 4 weeks, have you needed to use your reliever inhaler more than twice a week?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	73%	76%	77%	78%	78%	74%	75%
No	27%	24%	23%	22%	22%	26%	25%



In the last 4 weeks, has your asthma interfered with usual daily activities, for example work/housework or taking part in activities?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	65%	63%	67%	69%	71%	62%	66%
No	35%	37%	33%	31%	29%	38%	34%

Asthma control level

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Well controlled	10%	12%	9%	10%	9%	11%	9%
Partly controlled	28%	27%	25%	22%	24%	29%	29%
Uncontrolled	62%	61%	66%	68%	67%	60%	61%

Triggers

Which of the following triggers your lung condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Air pollution	53%	63%	52%	51%	52%	53%	54%
Alcohol	6%	8%	6%	7%	5%	8%	7%
Changes in weather	73%	71%	75%	76%	74%	74%	74%
Cleaning products	38%	36%	44%	40%	43%	40%	44%
Cold weather	65%	65%	72%	72%	69%	70%	70%
Colds and flu	78%	76%	79%	81%	79%	82%	80%
Drinks (non-alcoholic)	2%	2%	2%	2%	3%	2%	2%
Dust	53%	60%	55%	54%	55%	53%	55%
Emotions	35%	32%	38%	35%	39%	34%	38%
Exercise	60%	52%	59%	62%	59%	62%	62%
Food	8%	10%	11%	10%	9%	11%	11%
Gas cookers	3%	3%	3%	2%	3%	3%	2%
Hormonal changes	8%	8%	10%	9%	7%	8%	10%
Hot weather	35%	32%	39%	38%	34%	36%	37%
Moulds and fungi	36%	34%	34%	32%	32%	36%	38%
Other people smoking cigarettes	55%	48%	55%	56%	56%	56%	56%
Other people using e-cigarettes	33%	26%	32%	33%	37%	34%	36%
Paint fumes	30%	30%	35%	34%	36%	33%	35%
Perfumes + aerosols	38%	37%	43%	42%	45%	41%	43%
Pets	23%	21%	21%	23%	22%	22%	24%
Pollen	50%	48%	47%	49%	45%	49%	47%
Something at work	4%	4%	5%	6%	5%	4%	4%
Stress	36%	34%	37%	34%	37%	36%	39%

When I use e-cigarettes	20%	17%	9%	17%	11%	27%	14%
When I smoke	43%	37%	42%	37%	34%	33%	28%

Is your lung condition affected because your home is:

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Cold	10%	15%	11%	11%	13%	10%	11%
Damp	5%	6%	5%	6%	4%	5%	6%
Cold and damp	8%	10%	9%	7%	10%	10%	10%
My lung condition is not affected by where I live	77%	69%	75%	76%	73%	76%	73%

## Managing your lung condition

Have you heard of a self-management plan?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	76%	75%	77%	74%	73%	77%	79%
No	24%	25%	23%	26%	27%	23%	21%

Do you currently have a written self-management plan for managing your lung condition, to help understand when symptoms are getting worse and what to do about it?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	52%	47%	55%	48%	48%	53%	55%
No	48%	53%	45%	52%	52%	47%	45%

Did you have a chance to have a say about what was in the self-management plan?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	88%	90%	85%	86%	86%	87%	85%
No	12%	10%	15%	14%	14%	13%	15%

How often do you use the internet, websites or apps to find information for managing your health condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Every day	7%	6%	6%	7%	5%	6%	4%
Once a week	11%	11%	12%	10%	10%	10%	10%
Once a month	15%	17%	16%	13%	17%	16%	16%
Once every 2-6 months	5%	4%	3%	4%	4%	4%	3%
Once every 6-12 months	17%	17%	17%	16%	17%	16%	19%
Once a year	12%	11%	12%	10%	12%	11%	10%
Less than once a year	13%	14%	11%	13%	10%	13%	13%
I don't look for health information online	21%	21%	23%	27%	25%	24%	25%

Which online sources do you use to help manage your lung condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
NHS website	63%	62%	62%	60%	58%	60%	58%
Asthma + Lung UK website	55%	57%	56%	51%	53%	56%	56%
Health-related forums	8%	7%	6%	6%	7%	6%	7%
WebMD	9%	9%	8%	10%	8%	10%	10%
Facebook groups	11%	7%	10%	10%	9%	10%	10%
TikTok	0%	0%	1%	0%	1%	0%	1%
Instagram	1%	1%	1%	1%	1%	1%	1%
Other social media	2%	3%	2%	1%	2%	2%	1%
The first few results when I search for advice	7%	10%	7%	6%	6%	7%	8%
Research including academic articles	13%	20%	12%	12%	14%	14%	14%

Which of these reasons influenced you to use online resources to look for information about your lung condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
I can't get a GP appointment very quickly enough to get the information I need	53%	55%	46%	46%	48%	50%	49%

It's very convenient	51%	58%	50%	53%	56%	51%	51%
I haven't been given an accurate diagnosis	12%	8%	8%	9%	12%	12%	9%
I want to learn more about my health condition	75%	76%	77%	74%	75%	77%	75%

## Getting care for your lung condition

Have you had a planned review or checkup, annual review, of your lung condition with your doctor, nurse or a healthcare professional in the past year?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes – face to face	60%	56%	68%	66%	72%	60%	62%
Yes – over the phone	24%	21%	17%	18%	12%	18%	19%
Yes – via a videocall	1%	1%	0%	0%	0%	1%	0%
Yes – via online survey or text	4%	5%	4%	3%	3%	6%	7%
Total Yes	89%	83%	90%	88%	88%	85%	88%
No	11%	17%	10%	12%	12%	15%	12%

## Basic asthma care

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Basic asthma care	32%	29%	35%	30%	31%	31%	33%
- Written personalised asthma action plan	52%	47%	55%	48%	48%	53%	55%
- Annual review	89%	83%	90%	88%	88%	85%	88%
- Inhaler technique check	57%	62%	63%	62%	65%	56%	61%

## Number of elements of basic asthma care

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
0	9%	11%	7%	7%	8%	11%	7%
1	23%	20%	20%	24%	20%	23%	23%
2	36%	39%	38%	39%	42%	36%	37%
3	32%	29%	35%	30%	31%	31%	33%

Have you ever received emergency/unplanned care at a hospital or out-of-hours centre for your lung condition in the past year?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes – once	15%	14%	16%	18%	18%	17%	14%
Yes – twice	6%	7%	6%	7%	5%	6%	5%
Yes – three times	3%	2%	2%	3%	3%	2%	3%
Yes – more than three times	5%	2%	5%	4%	6%	3%	3%
Total Yes	29%	26%	29%	32%	31%	29%	25%
No	71%	74%	71%	68%	69%	71%	75%

The last time you received emergency/unplanned care at a hospital or out-of-hours centre, did you have a follow up appointment for your lung condition within 2 working days?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes I had a face to face appointment with the doctor/nurse	24%	27%	22%	23%	23%	22%	31%
Yes I had a telephone appointment with the doctor/nurse	11%	10%	10%	9%	8%	11%	10%
No but I had one within 2 weeks	18%	16%	18%	16%	16%	15%	19%
No	48%	47%	49%	52%	53%	51%	41%

Do you think any of the following would have helped avoid using emergency care for your lung condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Better access to appointments at your GP practice	63%	47%	57%	64%	59%	61%	51%
An annual review	72%	50%	50%	46%	53%	49%	38%
Inhaler technique check	9%	21%	16%	14%	20%	23%	23%
Personal action plan + better awareness of what to do when your condition deteriorates	44%	37%	40%	33%	41%	44%	34%

Knowing more about your lung condition	17%	19%	21%	17%	20%	22%	22%
Having a tool/app to help manage your lung condition	25%	27%	24%	22%	27%	29%	28%

## Inhalers

In the past 12 months, has a healthcare professional checked how you use your inhaler?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	57%	62%	63%	62%	65%	56%	61%
No	43%	38%	37%	38%	35%	44%	39%

How was your inhaler technique checked?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
In a review at a GP surgery	74%	73%	79%	78%	77%	76%	78%
With a pharmacist in a pharmacy	2%	1%	2%	2%	3%	2%	2%
Remotely with a healthcare professional	6%	7%	3%	3%	3%	4%	3%
In hospital after being admitted	8%	6%	5%	5%	4%	6%	5%
In hospital during an outpatient appointment	9%	13%	11%	12%	14%	12%	12%

Have you ever bought a reliever inhaler online?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	3%	6%	4%	5%	3%	5%	4%
No	97%	94%	96%	95%	97%	95%	96%

On average, how often have you bought inhalers online?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
More often than once a month	9%	0%	4%	0%	6%	3%	0%
Once a month	0%	0%	6%	2%	6%	6%	5%

Once every two months	13%	4%	13%	16%	6%	16%	3%
Once every six months	35%	28%	13%	16%	19%	18%	16%
Once a year	13%	20%	19%	10%	10%	21%	26%
Less often than once a year	30%	48%	46%	56%	52%	36%	50%

What factors influenced your choice to buy an inhaler online?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
It was cheaper than getting a prescription	4%	4%	6%	6%	6%	3%	5%
It was more convenient than going through my GP	13%	38%	22%	24%	19%	30%	28%
I couldn't get a GP appointment quick enough	35%	23%	29%	44%	28%	18%	15%
My GP wouldn't prescribe the inhaler I wanted	26%	12%	20%	12%	13%	19%	18%
I thought I would try something new	4%	0%	6%	8%	0%	3%	8%
I like to have a spare in case of an emergency	39%	50%	41%	44%	47%	46%	41%
My GP doesn't think I have a lung condition	0%	0%	2%	2%	3%	0%	0%

## Vaccines

In the past 12 months, have you had a flu jab?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	86%	82%	87%	86%	87%	87%	87%
No	14%	18%	13%	14%	13%	13%	13%

Was there a particular reason you didn't get a flu jab?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
I forgot to get it	10%	14%	12%	9%	9%	12%	9%
I don't think it works	8%	14%	10%	13%	14%	12%	10%
I don't think it is safe	9%	12%	7%	9%	12%	10%	10%
I wasn't offered it	6%	2%	6%	11%	9%	12%	8%
I don't think I need it	8%	9%	5%	12%	9%	9%	10%
I am worried about potential side effects	35%	31%	37%	31%	32%	28%	33%
I couldn't afford to pay for it	3%	0%	1%	0%	3%	0%	2%

In the past 12 months, have you had a COVID-19 booster jab?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	74%	71%	74%	69%	71%	76%	75%
No	26%	29%	26%	31%	29%	24%	25%

Have you had a pneumonia vaccine jab?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	53%	48%	50%	50%	56%	55%	55%
No	47%	52%	50%	50%	44%	45%	45%

## Smoking

Do you smoke?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	4%	7%	5%	3%	5%	4%	4%
I used to, but have given up	39%	40%	39%	37%	38%	40%	42%
History of smoking (above 2 answers combined)	43%	47%	43%	41%	43%	44%	44%
I have never smoked	57%	53%	57%	59%	57%	56%	53%



When did you last have a cigarette?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
0-6 months ago	12%	19%	14%	14%	13%	10%	14%
7-12 months ago	2%	3%	2%	3%	3%	2%	1%
1-2 years ago	3%	5%	3%	3%	3%	4%	5%
3-5 years ago	5%	5%	5%	7%	7%	6%	5%
6-10 years ago	8%	10%	12%	14%	9%	11%	9%
More than 10 years ago	69%	57%	64%	61%	65%	67%	65%

In the past 12 months, have you been offered treatment and support from a healthcare professional to stop smoking?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	55%	51%	55%	51%	58%	43%	60%
No	45%	49%	45%	49%	42%	57%	40%

Did you accept the offer of treatment and support to stop smoking?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	26%	42%	42%	57%	33%	34%	45%
No	74%	58%	58%	43%	67%	66%	55%

Did the treatment and support help you quit smoking?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	50%	10%	41%	48%	46%	50%	58%
No	50%	90%	59%	52%	54%	50%	42%

What reasons best describe why you chose not to take up the offer of treatment and support to quit smoking?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
I didn't want to quit	22%	7%	43%	31%	35%	26%	38%
I didn't think it would work for me	17%	14%	10%	13%	8%	0%	0%
I wanted to try another method	4%	21%	10%	13%	19%	21%	17%
I've tried before and it didn't work	39%	29%	33%	63%	50%	47%	33%

Do you use e-cigarettes (vapes)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	3%	5%	5%	6%	5%	4%	4%
No	97%	95%	95%	94%	95%	96%	96%

## Working life

How has having a lung condition affected your working life?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
I've had to take time off work for GP or hospital appointments	36%	35%	34%	32%	31%	35%	30%
I have had to reduce my working hours because of my lung condition	13%	10%	12%	11%	10%	11%	12%
I've had to give up work early because of my lung condition	37%	31%	35%	38%	34%	34%	35%
I've had to stop working for an extended period due to my health	8%	9%	8%	7%	8%	9%	8%
I've had to take sick leave	15%	18%	15%	15%	20%	13%	15%
I've faced discrimination in the workplace	9%	7%	8%	7%	9%	6%	8%
It hasn't affected it	40%	42%	40%	39%	40%	42%	42%

What age were you when you had to give up work due to your lung condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
0-9	2%	4%	1%	1%	1%	2%	1%
10-19	1%	3%	2%	1%	0%	0%	1%
20-29	3%	8%	8%	5%	3%	5%	5%
30-39	8%	14%	7%	7%	12%	7%	8%
40-49	18%	19%	19%	17%	22%	15%	21%
50-59	32%	29%	38%	40%	42%	38%	38%
60-69	36%	21%	26%	27%	19%	33%	27%
70-79	1%	3%	0%	1%	1%	1%	1%

80-89	0%	0%	0%	0%	1%	0%	0%
90+	0%	0%	0%	1%	0%	0%	0%

## Air pollution

Does air pollution impact your health or make your lung condition worse?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	87%	88%	88%	88%	86%	87%	87%
No	13%	12%	12%	12%	14%	13%	13%

How does air pollution make your lung condition worse?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
It makes me feel breathless	58%	58%	62%	59%	60%	59%	55%
It makes me feel wheezy	56%	55%	59%	53%	55%	52%	53%
It triggers the symptoms of my lung condition	44%	45%	44%	42%	45%	43%	41%
It makes my condition flare up	30%	32%	33%	30%	33%	29%	30%
I've had an asthma attack/flare up because of it	30%	32%	29%	29%	30%	28%	30%
I've been hospitalised because of it	6%	7%	6%	6%	5%	6%	6%

Did you know that air pollution can trigger your lung condition?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	69%	85%	71%	69%	71%	80%	82%
No	31%	15%	29%	31%	29%	20%	18%

How does air pollution impact your daily life?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
It makes me feel low or depressed	13%	18%	14%	11%	14%	9%	10%

I have difficulty breathing when air pollution levels are high	55%	54%	53%	54%	53%	53%	50%
I avoid exercise outdoors when air pollution is worse	37%	38%	33%	31%	32%	33%	30%
I don't leave the house when air pollution is high	19%	24%	18%	17%	22%	16%	17%
I avoid going to areas/places where I know air pollution is higher	39%	35%	40%	36%	36%	35%	38%
I have moved house because of air pollution	5%	3%	4%	4%	4%	5%	6%
I avoid going to work when air pollution is high	2%	4%	1%	2%	1%	1%	1%
I avoid going to a place of education when air pollution is high	1%	3%	1%	1%	1%	1%	1%
It doesn't impact my daily life	20%	20%	23%	22%	23%	24%	26%

What source of air pollution are you most concerned about?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Road transport	47%	61%	48%	51%	50%	53%	51%
Domestic heating (wood burning)	12%	9%	13%	13%	14%	11%	14%
Industrial + commercial pollution (factories)	32%	23%	32%	31%	30%	30%	28%
Farming	5%	1%	4%	3%	2%	2%	4%
Air travel	3%	6%	3%	2%	4%	3%	3%

What steps would you support to address air pollution?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
More reliable public transport	27%	31%	24%	27%	25%	28%	27%
Cheaper public transport	23%	29%	21%	23%	21%	26%	24%
Safer walking + cycling routes	18%	22%	18%	18%	19%	20%	18%

Charging restrictions for driving into city centres	8%	15%	6%	6%	6%	8%	6%
Fewer cars on the roads	15%	25%	17%	16%	19%	19%	16%
Financial incentives to scrap older + more polluting vehicles	18%	27%	18%	19%	19%	20%	17%
More electric car charging points	11%	19%	10%	10%	12%	12%	11%
Restrictions on domestic (wood) burning in towns/cities	8%	6%	8%	8%	9%	8%	9%
Ban on domestic burning in towns/cities	5%	5%	6%	5%	7%	6%	6%
Governments should deliver a nationwide conversion scheme	4%	4%	4%	5%	6%	4%	6%
More Smoke Control Areas	4%	4%	6%	6%	7%	5%	7%
Governments should obligate estate agents + private landlords to provide health advice to all new residents in homes containing a wood burner/open fire even if this is an 'eco-design' stove	4%	3%	5%	6%	6%	4%	6%

Do you receive alerts for air pollution levels?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	18%	23%	14%	14%	13%	16%	15%
No	82%	77%	86%	86%	87%	84%	85%

What do you think about clean air zones in cities?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Strongly support	41%	46%	38%	38%	37%	37%	40%
Support	35%	29%	40%	40%	35%	40%	38%
Don't support	17%	21%	17%	17%	22%	18%	18%
I haven't heard about clean air zones	8%	4%	5%	6%	6%	5%	4%

What steps would you like to see taken to address air pollution?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
More frequent public transport	23%	22%	22%	23%	22%	22%	25%
More reliable public transport	33%	33%	32%	37%	34%	36%	34%
Cheaper public transport	32%	35%	30%	28%	29%	34%	33%
Safer walking + cycling routes	18%	16%	21%	17%	17%	21%	18%
Charging restrictions for driving into city centres	6%	9%	6%	5%	5%	6%	6%
Fewer cars on the roads	11%	19%	12%	12%	13%	12%	12%
Financial incentives to scrap older + more polluting vehicles	15%	18%	15%	15%	17%	16%	16%
More electric car charging points	5%	9%	8%	7%	8%	6%	6%
Greener farming	5%	6%	6%	5%	3%	5%	5%
Cleaner energy	17%	22%	18%	18%	14%	17%	17%
Fewer polluting industries	15%	13%	12%	15%	12%	14%	14%
Restrictions on domestic (wood) burning in towns/cities	9%	10%	8%	10%	10%	10%	9%