

Life with a Lung Condition Survey 2024 – NHSE Regional Results

The Life with a Lung Condition Survey 2024 was open from January to March 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 all respiratory conditions.

Respiratory	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Number of respondents	1380	656	2076	1688	1274	1877	1450

Table of Contents

Demographics.....	2
Ethnicity.....	2
Deprivation.....	3
Your general health.....	4
Diagnosis.....	5
Comorbidities.....	6
Breathlessness.....	7
Triggers.....	8
Managing your lung condition.....	9
Getting care for your lung condition.....	11
Inhalers.....	12
Vaccines.....	14
Smoking.....	16
Working life.....	18
Air pollution.....	19

Demographics

Which of the following best describes you (gender)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Female	75%	72%	74%	76%	75%	76%	78%
Male	25%	28%	26%	24%	25%	24%	22%
Non-binary	0%	0%	0%	0%	0%	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%	0%	0%	0%
20-29	1%	1%	1%	1%	1%	1%	1%
30-39	3%	3%	3%	3%	2%	3%	2%
40-49	9%	9%	9%	8%	8%	7%	10%
50-59	19%	21%	22%	23%	22%	20%	20%
60-69	34%	31%	35%	35%	36%	35%	34%
70-79	27%	26%	25%	25%	25%	28%	27%
80-89	6%	6%	4%	4%	5%	6%	5%
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	98%	89%	98%	99%	98%	98%	99%
Mixed/multiple ethnic groups	1%	2%	1%	1%	1%	1%	1%
Asian or Asian British	1%	3%	1%	0%	0%	0%	0%
Black, African, Black British or Caribbean	0%	3%	1%	0%	0%	0%	0%
Other	1%	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%	86%	96%	98%	97%	98%	99%
Irish	1%	5%	1%	1%	2%	1%	1%
Gypsy or Irish Traveller	0%	0%	0%	0%	0%	0%	0%
White and Black Caribbean	0%	1%	0%	0%	0%	0%	0%
White and Black African	0%	1%	0%	0%	0%	0%	0%
White and Asian	0%	0%	0%	0%	0%	0%	0%
Indian	0%	2%	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%	1%	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	36%	34%	39%	39%	40%	32%	38%
£20,000-£30,000	25%	25%	26%	25%	25%	27%	25%
£30,000-£40,000	14%	15%	13%	14%	16%	17%	16%
£40,000-£70,000	16%	16%	16%	16%	14%	16%	15%
Above £70,000	9%	12%	6%	6%	5%	8%	6%

Level of material deprivation

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
None	81%	80%	83%	81%	79%	83%	81%
Material deprivation	10%	9%	8%	10%	10%	9%	9%
Severe material deprivation	9%	11%	9%	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	30%	32%	31%	28%	31%	28%	27%
About the same	64%	60%	63%	64%	61%	65%	65%
It is easier now	6%	8%	6%	8%	8%	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%	48%	50%	51%	52%	46%	48%
About the same	46%	46%	44%	43%	42%	47%	45%
It is easier now	7%	6%	6%	6%	6%	8%	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	41%	40%	44%	43%	46%	40%	40%
About the same	52%	54%	49%	50%	48%	52%	52%
It is easier now	6%	7%	7%	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	22%	22%	25%	24%	26%	23%	22%
About the same	68%	68%	60%	63%	61%	67%	68%
It is easier now	10%	10%	15%	13%	13%	11%	10%

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	6%	6%	5%	4%	5%	5%	6%
Good	26%	29%	24%	26%	26%	29%	28%
Fair	45%	41%	48%	44%	44%	47%	44%

Bad	19%	18%	18%	21%	20%	15%	18%
Very bad	5%	5%	5%	4%	5%	4%	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	51%	54%	46%	47%	49%	52%	50%
Mild pain	26%	25%	29%	27%	26%	28%	28%
Moderate pain	17%	16%	20%	21%	20%	16%	18%
Severe pain	3%	4%	4%	4%	4%	3%	3%
Very severe pain	1%	1%	1%	1%	1%	0%	0%
Worst possible pain	1%	0%	0%	0%	0%	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	43%	44%	43%	43%	45%	41%	46%
1-2 months	11%	14%	12%	12%	12%	12%	13%
3-6 months	11%	12%	11%	12%	12%	13%	12%
6 months – a year	13%	10%	11%	11%	12%	13%	10%
A year – two years	9%	8%	10%	9%	8%	10%	9%
More than two years	13%	11%	13%	13%	11%	12%	11%

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	13%	13%	15%	12%	14%	13%	12%
Diagnostic tests not being available	9%	10%	11%	9%	9%	10%	8%
Not knowing what the signs of your lung condition were	17%	19%	17%	17%	18%	17%	15%
Too scared to go to the doctor in case I had a lung condition	2%	3%	2%	4%	3%	3%	3%
I was misdiagnosed at first, and it took a while to get correctly diagnosed with my lung condition	13%	12%	13%	13%	12%	13%	12%

My symptoms were dismissed as a cough/chest infection/something else	24%	20%	23%	22%	22%	20%	19%
My GP thought I had a chest infection or cough at first	18%	16%	17%	18%	18%	15%	15%
I had to wait a long time for a specialist appointment	7%	8%	9%	6%	7%	7%	6%
I had trouble getting referred to a specialist	5%	6%	6%	5%	5%	5%	4%
Concern that I might have lung cancer	2%	4%	2%	3%	2%	2%	3%
I thought my symptoms were normal with age	6%	4%	4%	5%	6%	4%	4%
I do not recall there being any barriers	33%	38%	32%	33%	34%	34%	38%

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	70%	73%	74%	75%	72%	72%	74%
No	30%	27%	26%	25%	28%	28%	26%

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	41%	39%	43%	45%	44%	43%	41%
Mental illness	24%	25%	26%	24%	25%	22%	25%
Behavioural + neurodevelopmental disorders	3%	2%	4%	3%	3%	3%	3%
Heart + circulatory system	24%	21%	24%	25%	26%	23%	23%
Diabetes, other endocrine or metabolic disorder	14%	14%	14%	13%	14%	15%	16%
Digestive system	26%	22%	24%	27%	25%	24%	27%
Nervous system	3%	3%	3%	2%	3%	3%	2%

Genito-urinary system	4%	5%	4%	5%	4%	5%	5%
Ear complaints	8%	9%	8%	8%	9%	9%	8%
Eye complaints	9%	11%	9%	10%	9%	9%	8%
Cancer + benign growths	3%	4%	4%	3%	4%	4%	5%
Skin complaints	10%	11%	10%	10%	10%	9%	10%
Blood + related organs	2%	3%	2%	2%	1%	2%	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	49%	49%	49%	46%	51%	49%	47%
No	51%	51%	51%	54%	49%	51%	53%

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	27%	30%	21%	24%	20%	24%	25%
Rarely	17%	21%	19%	19%	17%	20%	18%
Sometimes	31%	28%	31%	31%	33%	31%	30%
Often	11%	9%	13%	11%	13%	12%	11%
Very often	15%	13%	16%	16%	16%	13%	15%

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	25%	28%	23%	25%	22%	25%	26%
Rarely	26%	25%	24%	22%	24%	27%	24%
Sometimes	31%	28%	32%	33%	32%	31%	32%
Often	10%	11%	12%	12%	12%	11%	10%
Very often	8%	7%	9%	9%	10%	6%	8%

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	23%	28%	20%	22%	20%	23%	24%
Rarely	22%	21%	24%	21%	21%	23%	23%

Sometimes	33%	32%	32%	33%	34%	34%	32%
Often	12%	10%	14%	14%	15%	13%	11%
Very often	10%	8%	11%	9%	11%	7%	10%

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%	5%	6%
Rarely	14%	16%	12%	14%	14%	13%	14%
Sometimes	37%	39%	37%	36%	34%	38%	36%
Often	17%	16%	17%	17%	19%	21%	18%
Very often	25%	21%	28%	27%	26%	22%	26%

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	16%	24%	15%	16%	14%	17%	18%
Rarely	22%	17%	20%	20%	20%	22%	20%
Sometimes	35%	34%	36%	37%	35%	37%	35%
Often	15%	15%	15%	14%	16%	15%	14%
Very often	12%	11%	13%	13%	15%	10%	12%

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	47%	56%	48%	46%	45%	48%	48%
Alcohol	5%	6%	5%	6%	5%	6%	6%
Changes in weather	71%	67%	72%	74%	70%	70%	70%
Cleaning products	35%	35%	40%	38%	39%	38%	40%
Cold weather	65%	63%	71%	70%	67%	68%	67%
Colds and flu	73%	71%	74%	77%	73%	76%	76%
Drinks (non-alcoholic)	2%	2%	2%	2%	2%	1%	2%
Dust	46%	53%	49%	48%	47%	47%	49%
Emotions	33%	31%	36%	34%	36%	33%	34%
Exercise	59%	53%	61%	62%	58%	63%	62%
Food	7%	9%	10%	8%	8%	9%	10%
Gas cookers	3%	4%	3%	2%	3%	3%	2%
Hormonal changes	6%	6%	7%	7%	6%	6%	7%
Hot weather	36%	32%	40%	38%	35%	35%	35%
Moulds and fungi	30%	28%	28%	27%	27%	31%	34%

Other people smoking cigarettes	50%	44%	51%	50%	51%	51%	50%
Other people using e-cigarettes	31%	24%	30%	30%	34%	31%	32%
Paint fumes	27%	27%	32%	31%	33%	29%	30%
Perfumes + aerosols	35%	33%	40%	39%	42%	38%	39%
Pets	17%	16%	17%	17%	18%	17%	19%
Pollen	40%	38%	38%	40%	36%	39%	40%
Something at work	4%	3%	4%	5%	4%	3%	3%
Stress	33%	34%	35%	32%	33%	33%	36%
When I use e-cigarettes	17%	13%	8%	13%	15%	25%	14%
When I smoke	45%	38%	45%	46%	40%	36%	32%

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%	12%	10%	10%
Damp	4%	5%	4%	5%	4%	4%	6%
Cold and damp	8%	10%	8%	7%	9%	9%	10%
My lung condition is not affected by where I live	78%	71%	77%	77%	75%	78%	74%

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	67%	68%	68%	64%	66%	68%	71%
No	33%	32%	32%	36%	34%	32%	29%

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	44%	39%	45%	40%	41%	43%	47%
No	56%	61%	55%	60%	59%	57%	53%

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	87%	88%	85%	86%	86%	86%	85%
No	13%	12%	15%	14%	14%	14%	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%	7%	7%	6%	6%	5%
Once a week	13%	12%	13%	12%	10%	12%	11%
Once a month	15%	17%	16%	14%	17%	15%	16%
Once every 2-6 months	4%	4%	3%	3%	3%	4%	3%
Once every 6-12 months	16%	16%	17%	15%	16%	16%	19%
Once a year	12%	11%	10%	10%	11%	10%	10%
Less than once a year	11%	13%	9%	12%	9%	11%	12%
I don't look for health information online	23%	22%	24%	27%	27%	25%	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	59%	59%	58%	58%	55%	58%	57%
Asthma + Lung UK website	48%	50%	50%	46%	44%	50%	51%
Health-related forums	7%	6%	7%	7%	8%	7%	7%
WebMD	8%	9%	7%	9%	7%	9%	9%
Facebook groups	11%	9%	12%	12%	11%	12%	12%
TikTok	1%	0%	1%	0%	1%	0%	1%
Instagram	1%	1%	1%	1%	1%	1%	0%
Other social media	3%	3%	3%	2%	3%	2%	1%
The first few results when I search for advice	8%	10%	8%	8%	7%	7%	9%
Research including academic articles	14%	18%	12%	12%	13%	14%	15%

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	52%	50%	46%	45%	45%	48%	47%
It's very convenient	49%	53%	46%	48%	52%	47%	47%
I haven't been given an accurate diagnosis	12%	11%	10%	9%	11%	13%	11%
I want to learn more about my health condition	74%	75%	75%	74%	74%	78%	76%

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	61%	58%	66%	65%	71%	61%	63%
Yes – over the phone	21%	17%	17%	16%	12%	16%	17%
Yes – via a videocall	1%	1%	0%	0%	0%	1%	0%
Yes – via online survey or text	3%	4%	3%	3%	2%	4%	6%
Total Yes	86%	81%	86%	84%	85%	82%	86%
No	14%	19%	14%	16%	15%	18%	14%

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	16%	16%	17%	18%	18%	17%	14%
Yes – twice	6%	7%	6%	7%	6%	7%	6%
Yes – three times	3%	2%	2%	3%	3%	2%	2%
Yes – more than three times	4%	3%	4%	4%	5%	3%	3%
Total Yes	29%	28%	30%	31%	32%	28%	25%
No	71%	72%	70%	69%	68%	72%	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	25%	30%	24%	22%	27%	24%	27%
Yes I had a telephone appointment with the doctor/nurse	11%	11%	10%	9%	9%	10%	9%
No but I had one within 2 weeks	18%	15%	18%	18%	17%	14%	19%
No	47%	45%	48%	52%	47%	52%	45%

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	60%	45%	57%	58%	56%	59%	50%
An annual review	71%	57%	48%	47%	45%	48%	39%
Inhaler technique check	11%	20%	19%	13%	21%	22%	23%
Personal action plan + better awareness of what to do when your condition deteriorates	46%	34%	42%	37%	41%	42%	36%
Knowing more about your lung condition	19%	20%	21%	19%	22%	23%	23%
Having a tool/app to help manage your lung condition	25%	27%	24%	21%	25%	26%	26%

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	56%	60%	61%	60%	62%	55%	60%
No	44%	40%	39%	40%	38%	45%	40%

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%	70%	77%	77%	76%	73%	78%
With a pharmacist in a pharmacy	3%	2%	3%	3%	3%	2%	3%
Remotely with a healthcare professional	6%	7%	4%	4%	2%	5%	3%
In hospital after being admitted	8%	7%	6%	5%	5%	7%	5%
In hospital during an outpatient appointment	9%	14%	10%	12%	14%	14%	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%	5%	4%	5%	4%	5%	5%
No	97%	95%	96%	95%	96%	95%	95%

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	7%	0%	6%	1%	4%	2%	0%
Once a month	5%	3%	4%	1%	4%	7%	6%
Once every two months	17%	6%	13%	13%	4%	15%	2%
Once every six months	29%	22%	14%	16%	17%	15%	17%
Once a year	15%	16%	18%	12%	15%	21%	27%
Less often than once a year	27%	53%	45%	57%	56%	40%	48%

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	2%	6%	5%	4%	4%	3%	5%
It was more convenient than going through my GP	12%	39%	16%	23%	16%	30%	21%
I couldn't get a GP appointment quick enough	22%	24%	23%	34%	29%	21%	14%
My GP wouldn't prescribe the inhaler I wanted	24%	12%	16%	14%	10%	15%	17%
I thought I would try something new	20%	3%	14%	14%	10%	8%	18%
I like to have a spare in case of an emergency	39%	48%	40%	39%	47%	45%	39%
My GP doesn't think I have a lung condition	0%	0%	3%	1%	2%	0%	2%

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%	83%	87%	86%	87%	88%	88%
No	14%	17%	13%	14%	13%	12%	12%

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	9%	11%	11%	8%	10%	10%	8%
I don't think it works	11%	14%	13%	14%	15%	11%	12%
I don't think it is safe	12%	14%	11%	12%	13%	11%	10%
I wasn't offered it	5%	3%	6%	9%	11%	11%	6%
I don't think I need it	8%	10%	5%	11%	9%	9%	9%
I am worried about potential side effects	39%	30%	34%	34%	34%	32%	39%
I couldn't afford to pay for it	2%	0%	0%	0%	2%	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	76%	71%	76%	72%	73%	78%	78%
No	24%	29%	24%	28%	27%	22%	22%

Have you had a pneumonia vaccine jab?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	59%	55%	57%	56%	59%	62%	60%
No	41%	45%	43%	44%	41%	38%	40%

Smoking

Do you smoke?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	6%	7%	6%	6%	6%	6%	5%
I used to, but have given up	47%	49%	47%	47%	48%	49%	50%
History of smoking (above 2 answers combined)	53%	57%	53%	53%	54%	55%	55%
I have never smoked	47%	43%	47%	47%	46%	45%	45%

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	16%	18%	14%	16%	15%	13%	12%
7-12 months ago	2%	3%	2%	2%	3%	2%	2%
1-2 years ago	3%	7%	3%	4%	3%	5%	5%
3-5 years ago	7%	7%	7%	7%	9%	7%	7%
6-10 years ago	9%	14%	12%	13%	10%	12%	11%
More than 10 years ago	63%	51%	61%	57%	59%	61%	63%

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	60%	51%	49%	56%	61%	45%	54%
No	40%	49%	51%	44%	39%	55%	46%

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	41%	46%	39%	53%	45%	43%	51%
No	59%	54%	61%	47%	55%	57%	49%

Did the treatment and support help you quit smoking?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	43%	26%	42%	38%	47%	37%	67%
No	57%	74%	58%	62%	53%	63%	33%

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	23%	18%	38%	30%	30%	35%	40%
I didn't think it would work for me	14%	18%	13%	13%	9%	8%	3%
I wanted to try another method	9%	18%	13%	13%	27%	25%	23%
I've tried before and it didn't work	48%	41%	38%	58%	41%	53%	33%

Do you use e-cigarettes (vapes)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	5%	6%	6%	8%	6%	5%	5%
No	95%	94%	94%	92%	94%	95%	95%

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	29%	29%	29%	27%	25%	28%	26%
I have had to reduce my working hours because of my lung condition	12%	9%	11%	10%	9%	11%	12%
I've had to give up work early because of my lung condition	19%	19%	18%	19%	22%	16%	18%
I've had to stop working for an extended period due to my health	8%	8%	8%	6%	7%	8%	7%
I've had to take sick leave	30%	27%	29%	31%	28%	28%	29%
I've faced discrimination in the workplace	7%	7%	7%	6%	7%	6%	7%
It hasn't affected it	43%	45%	43%	41%	43%	47%	45%

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	1%	3%	1%	0%	0%	1%	0%
10-19	0%	2%	1%	1%	0%	0%	0%
20-29	2%	5%	5%	3%	2%	3%	3%
30-39	5%	10%	4%	5%	8%	5%	6%
40-49	15%	15%	13%	13%	19%	13%	16%
50-59	33%	31%	39%	38%	41%	41%	36%
60-69	42%	31%	34%	38%	27%	34%	36%

70-79	2%	3%	3%	2%	1%	3%	1%
80-89	0%	0%	0%	0%	1%	0%	1%
90+	0%	0%	0%	0%	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	83%	85%	85%	85%	83%	84%	84%
No	17%	15%	15%	15%	17%	16%	16%

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	57%	58%	61%	58%	57%	59%	56%
It makes me feel wheezy	51%	49%	51%	47%	48%	46%	48%
It triggers the symptoms of my lung condition	40%	41%	41%	40%	41%	39%	38%
It makes my condition flare up	27%	27%	30%	29%	29%	27%	28%
I've had an asthma attack/flare up because of it	23%	25%	22%	22%	23%	21%	23%
I've been hospitalised because of it	5%	6%	5%	5%	4%	5%	5%

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	71%	74%	64%	69%	74%	73%	72%
No	29%	26%	36%	31%	26%	27%	28%

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%	17%	14%	11%	13%	9%	10%
I have difficulty breathing when air pollution levels are high	52%	54%	52%	50%	51%	51%	48%
I avoid exercise outdoors when air pollution is worse	34%	37%	32%	30%	30%	32%	28%
I don't leave the house when air pollution is high	19%	24%	19%	20%	21%	17%	15%
I avoid going to areas/places where I know air pollution is higher	37%	33%	39%	34%	34%	36%	35%
I have moved house because of air pollution	5%	2%	4%	4%	3%	5%	5%
I avoid going to work when air pollution is high	2%	3%	1%	1%	1%	1%	1%
I avoid going to a place of education when air pollution is high	1%	2%	1%	1%	1%	1%	1%
It doesn't impact my daily life	23%	20%	23%	24%	24%	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	48%	61%	48%	49%	50%	54%	51%
Domestic heating (wood burning)	12%	9%	13%	13%	14%	12%	15%

Industrial + commercial pollution (factories)	31%	23%	31%	33%	30%	29%	27%
Farming	5%	1%	4%	3%	2%	3%	3%
Air travel	3%	6%	3%	2%	4%	3%	4%

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	25%	30%	22%	24%	23%	26%	26%
Cheaper public transport	22%	27%	19%	20%	20%	24%	22%
Safer walking + cycling routes	16%	22%	16%	15%	17%	18%	16%
Charging restrictions for driving into city centres	7%	15%	6%	5%	6%	7%	6%
Fewer cars on the roads	16%	24%	16%	15%	18%	18%	16%
Financial incentives to scrap older + more polluting vehicles	18%	25%	17%	17%	18%	20%	17%
More electric car charging points	10%	18%	9%	9%	11%	11%	10%
Restrictions on domestic (wood) burning in towns/cities	7%	5%	8%	8%	9%	7%	9%
Ban on domestic burning in towns/cities	5%	4%	5%	5%	6%	5%	6%
Governments should deliver a nationwide conversion scheme	4%	3%	4%	4%	5%	4%	6%
More Smoke Control Areas	5%	3%	5%	5%	6%	5%	6%

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%	4%	5%	5%	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	16%	21%	13%	13%	12%	15%	13%
No	84%	79%	87%	87%	88%	85%	87%

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	40%	45%	37%	36%	34%	35%	38%
Support	34%	29%	40%	40%	36%	39%	38%
Don't support	18%	22%	18%	17%	23%	20%	19%
I haven't heard about clean air zones	8%	4%	6%	7%	7%	5%	5%

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%	21%	21%	21%	22%	23%
More reliable public transport	32%	31%	30%	34%	32%	33%	33%

Cheaper public transport	30%	33%	29%	27%	27%	31%	31%
Safer walking + cycling routes	17%	16%	18%	15%	16%	19%	17%
Charging restrictions for driving into city centres	6%	10%	6%	5%	4%	6%	6%
Fewer cars on the roads	12%	20%	13%	12%	12%	12%	11%
Financial incentives to scrap older + more polluting vehicles	15%	18%	15%	16%	16%	17%	15%
More electric car charging points	5%	8%	7%	7%	7%	6%	6%
Greener farming	5%	6%	6%	6%	4%	6%	5%
Cleaner energy	17%	22%	18%	17%	14%	17%	17%
Fewer polluting industries	15%	13%	13%	15%	12%	15%	14%
Restrictions on domestic (wood) burning in towns/cities	9%	10%	9%	10%	9%	10%	9%