

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

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 COPD (3,505 responses).

COPD	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Number of respondents	459	233	691	595	437	620	456

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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	65%	64%	64%	68%	67%	67%	70%
Male	35%	36%	36%	32%	33%	33%	30%
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	0%	0%	0%	0%	0%	0%	0%
30-39	1%	0%	1%	0%	0%	0%	0%
40-49	2%	2%	2%	3%	3%	2%	2%
50-59	13%	16%	18%	17%	18%	12%	14%
60-69	39%	35%	40%	40%	41%	38%	40%
70-79	36%	37%	33%	33%	31%	39%	38%
80-89	9%	9%	6%	7%	6%	8%	6%
90+	0%	0%	0%	0%	0%	0%	1%

# Ethnicity

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

	East of England	London	Midlands	North East +	North West	South East	South West
	Lingiana			Yorkshire	VVCSt	Last	VVCSt
White	98%	92%	99%	99%	99%	99%	99%
Mixed/multiple ethnic groups	0%	1%	0%	1%	0%	1%	0%
Asian or Asian British	0%	3%	0%	0%	0%	0%	0%
Black, African, Black British or Caribbean	0%	2%	0%	0%	0%	0%	0%
Other	0%	2%	0%	0%	0%	0%	0%



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

	East of Englan d	Londo n	Midland s	North East + Yorkshir	Nort h West	Sout h East	Sout h West
English/Welsh/Scottish/Northe rn Irish/British	98%	88%	98%	99%	97%	98%	100%
Irish	1%	4%	1%	1%	2%	1%	0%
Gypsy or Irish Traveller	0%	0%	1%	0%	0%	0%	0%
White and Black Caribbean	0%	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%	1%	0%	0%	0%	0%	0%
Pakistani	0%	1%	0%	0%	0%	0%	0%
Bangladeshi	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%	2%	0%	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 +	North West	South East	South West
				Yorkshire			
Below £20,000	53%	50%	53%	54%	53%	45%	54%
£20,000-£30,000	25%	24%	24%	27%	25%	28%	24%
£30,000-£40,000	11%	15%	12%	12%	13%	14%	12%
£40,000-£70,000	7%	8%	9%	6%	8%	10%	8%
Above £70,000	3%	3%	2%	2%	2%	3%	2%

#### Level of material deprivation

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
None	75%	72%	81%	74%	75%	78%	76%
Material deprivation	12%	8%	9%	14%	11%	11%	12%
Severe material deprivation	13%	19%	10%	12%	15%	10%	12%



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	31%	33%	34%	30%	32%	31%	27%
now							
About the same	60%	57%	60%	58%	60%	63%	64%
It is easier now	9%	10%	5%	12%	8%	6%	9%

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	53%	48%	55%	51%	59%	52%	51%
now							
About the same	41%	44%	41%	42%	34%	41%	42%
It is easier now	6%	8%	4%	7%	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 +	North West	South East	South West
				Yorkshire			
It is more difficult	45%	41%	49%	43%	49%	43%	38%
now							
About the same	47%	49%	45%	47%	45%	48%	54%
It is easier now	8%	10%	6%	10%	6%	9%	8%

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

2							
	East of England	London	Midlands	North East +	North West	South East	South West
				Yorkshire			
It is more difficult	26%	12%	21%	18%	23%	23%	15%
now							
About the same	57%	69%	61%	58%	62%	62%	71%
It is easier now	17%	19%	18%	25%	15%	15%	14%

## Your general health

How is your health in general?

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Very good	3%	3%	2%	2%	3%	2%	3%



Good	17%	20%	16%	16%	17%	19%	21%
Fair	48%	45%	51%	44%	47%	52%	47%
Bad	25%	27%	24%	31%	26%	21%	24%
Very bad	8%	6%	7%	7%	6%	5%	5%

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	40%	42%	35%	33%	41%	41%	39%
Mild pain	26%	25%	30%	30%	28%	27%	31%
Moderate pain	27%	25%	27%	29%	24%	24%	24%
Severe pain	5%	6%	6%	6%	6%	7%	5%
Very severe pain	1%	2%	2%	2%	2%	1%	1%
Worst possible pain	0%	0%	1%	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 +	North West	South East	South West
	Liigianu			Yorkshire	WEST	Last	West
One month or less	39%	42%	46%	49%	45%	42%	46%
1-2 months	12%	13%	12%	14%	14%	12%	12%
3-6 months	12%	12%	11%	11%	12%	14%	14%
6 months - a year	15%	12%	11%	10%	15%	13%	10%
A year – two years	10%	8%	8%	7%	8%	9%	8%
More than two years	13%	13%	12%	9%	7%	11%	10%

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	18%	13%	19%	15%	16%	18%	14%
Diagnostic tests not being available	12%	9%	12%	11%	14%	11%	11%
Not knowing what the signs of your lung condition were	21%	20%	20%	17%	23%	20%	18%
Too scared to go to the doctor in case I had a lung condition	6%	5%	5%	6%	5%	4%	5%
I was misdiagnosed at first, and it took a	14%	15%	12%	9%	11%	12%	14%



while to get correctly diagnosed with my lung condition							
My symptoms were dismissed as a cough/chest infection/something else	23%	18%	19%	19%	21%	17%	18%
My GP thought I had a chest infection or cough at first	20%	18%	18%	17%	21%	14%	16%
I had to wait a long time for a specialist appointment	8%	6%	9%	7%	8%	7%	5%
I had trouble getting referred to a specialist	6%	6%	7%	6%	6%	6%	5%
Concern that I might have lung cancer	4%	6%	3%	4%	3%	4%	5%
I thought my symptoms were normal with age	7%	6%	7%	8%	10%	6%	6%
I do not recall there being any barriers	30%	36%	30%	31%	28%	29%	32%

### 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	75%	70%	77%	76%	73%	74%	73%
No	25%	30%	23%	24%	27%	26%	27%

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	43%	41%	44%	46%	43%	43%	45%
Mental illness	26%	26%	26%	24%	26%	21%	22%
Behavioural + neurodevelopmental disorders	3%	3%	2%	1%	2%	1%	1%
Heart + circulatory system	29%	23%	29%	29%	29%	27%	28%



Diabetes, other endocrine or	17%	12%	16%	16%	15%	17%	19%
metabolic disorder	050/	000/	00%	000/	010/	000/	000/
Digestive system	25%	20%	22%	26%	21%	26%	26%
Nervous system	3%	1%	2%	1%	2%	3%	2%
Genito-urinary	4%	6%	5%	5%	5%	5%	5%
system							
Ear complaints	12%	10%	7%	8%	9%	11%	8%
Eye complaints	10%	12%	9%	11%	10%	9%	11%
Cancer + benign	5%	5%	5%	3%	4%	5%	5%
growths							
Skin complaints	10%	10%	8%	8%	7%	8%	11%
Blood + related	2%	3%	1%	1%	1%	1%	2%
organs							

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	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Yes	49%	47%	46%	48%	53%	53%	49%
No	51%	53%	54%	52%	47%	47%	51%

### Breathlessness

How often does breathlessness affect your ability to work?

	East of England	London	Midlands	North East +	North West	South East	South West
				Yorkshire			
Never	18%	20%	15%	16%	11%	14%	17%
Rarely	13%	13%	10%	12%	12%	13%	13%
Sometimes	25%	31%	31%	30%	34%	31%	26%
Often	17%	14%	16%	15%	16%	19%	17%
Very often	27%	22%	28%	27%	27%	24%	27%

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	19%	16%	13%	17%	14%	17%	18%
Rarely	21%	23%	19%	17%	20%	22%	19%
Sometimes	31%	34%	37%	37%	36%	34%	34%
Often	14%	16%	17%	14%	15%	15%	15%
Very often	14%	12%	14%	15%	15%	13%	15%



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	16%	17%	12%	14%	12%	13%	16%
Rarely	17%	16%	18%	15%	19%	20%	17%
Sometimes	32%	38%	34%	39%	34%	34%	35%
Often	16%	14%	18%	18%	19%	18%	15%
Very often	19%	14%	18%	15%	16%	14%	17%

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	5%	7%	4%	5%	5%	3%	4%
Rarely	12%	9%	8%	9%	10%	9%	10%
Sometimes	29%	34%	31%	31%	33%	31%	29%
Often	17%	17%	18%	18%	17%	23%	21%
Very often	37%	33%	38%	38%	35%	34%	36%

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

	East of England	London	Midlands	North East +	North West	South East	South West
	England			Yorkshire	vvest	East	West
Never	10%	13%	10%	12%	8%	10%	12%
Rarely	19%	16%	15%	15%	17%	18%	16%
Sometimes	31%	34%	36%	38%	33%	38%	32%
Often	19%	17%	18%	14%	20%	19%	18%
Very often	21%	19%	21%	21%	22%	16%	21%

# Triggers

Which of the following triggers your lung condition?

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Air pollution	43%	54%	45%	42%	38%	47%	44%
Alcohol	4%	5%	3%	3%	4%	3%	4%
Changes in weather	73%	65%	73%	75%	70%	71%	70%
Cleaning products	34%	39%	37%	38%	35%	39%	40%
Cold weather	64%	68%	74%	72%	68%	68%	68%
Colds and flu	64%	66%	70%	71%	65%	69%	71%
Drinks (non-	2%	2%	1%	1%	2%	1%	2%
alcoholic)							
Dust	39%	44%	43%	38%	38%	44%	44%



Emotions	34%	35%	36%	34%	34%	34%	32%
Exercise	63%	59%	67%	66%	61%	69%	66%
Food	8%	10%	8%	8%	8%	7%	9%
Gas cookers	2%	5%	2%	2%	3%	4%	4%
Hormonal changes	2%	1%	4%	2%	3%	2%	3%
Hot weather	40%	38%	45%	45%	41%	40%	36%
Moulds and fungi	25%	22%	21%	20%	21%	26%	28%
Other people smoking cigarettes	42%	36%	43%	39%	42%	41%	43%
Other people using e-cigarettes	28%	20%	22%	25%	27%	24%	27%
Paint fumes	23%	30%	30%	30%	31%	26%	28%
Perfumes + aerosols	31%	35%	39%	39%	39%	35%	38%
Pets	10%	12%	11%	10%	12%	10%	11%
Pollen	28%	25%	29%	26%	26%	29%	31%
Something at work	2%	2%	3%	3%	1%	2%	2%
Stress	33%	37%	35%	32%	30%	33%	35%
When I use e- cigarettes	17%	11%	6%	11%	19%	25%	16%
When I smoke	52%	41%	47%	49%	42%	40%	34%

Is your lung condition affected because your home is:

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Cold	12%	17%	13%	12%	13%	12%	12%
Damp	4%	5%	4%	4%	2%	2%	4%
Cold and damp	7%	10%	8%	8%	9%	8%	13%
My lung condition is							
not affected by							
where I live	76%	68%	75%	75%	76%	78%	71%

# 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	55%	57%	58%	53%	55%	55%	63%
No	45%	43%	42%	47%	45%	45%	37%



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	34%	25%	36%	30%	31%	33%	39%
No	66%	75%	64%	70%	69%	67%	61%

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

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Yes	81%	92%	82%	85%	83%	83%	84%
No	19%	8%	18%	15%	17%	17%	16%

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	8%	9%	9%	8%	8%	8%	7%
Once a week	16%	10%	12%	13%	13%	15%	13%
Once a month	13%	19%	16%	17%	16%	13%	16%
Once every 2-6 months	3%	3%	3%	3%	2%	3%	2%
Once every 6-12 months	12%	13%	15%	12%	12%	14%	17%
Once a year	10%	11%	5%	9%	8%	8%	10%
Less than once a year	9%	7%	7%	8%	8%	9%	9%
I don't look for health information online	30%	28%	33%	31%	32%	31%	27%

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	50%	49%	48%	51%	47%	51%	52%
Asthma + Lung UK website	34%	38%	38%	35%	29%	43%	42%
Health-related forums	9%	7%	8%	7%	10%	8%	6%
WebMD	6%	6%	4%	6%	6%	6%	7%
Facebook groups	14%	12%	15%	15%	13%	14%	15%
TikTok	0%	0%	1%	0%	0%	0%	0%

ASTHM	1
LÜNG Ü	JK

Instagram	0%	0%	0%	1%	1%	0%	0%
Other social media	4%	5%	3%	4%	3%	2%	1%
The first few results when I search for advice	8%	11%	10%	9%	8%	7%	11%
Research including academic articles	12%	12%	11%	10%	9%	11%	12%

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	58%	46%	48%	43%	47%	47%	49%
It's very convenient	48%	49%	40%	39%	49%	42%	46%
I haven't been given an accurate diagnosis	13%	11%	11%	6%	10%	14%	14%
I want to learn more about my health condition	70%	72%	73%	75%	67%	78%	73%

# 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	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Yes – face to face	65%	66%	69%	64%	73%	66%	68%
Yes – over the	20%	12%	14%	17%	12%	13%	15%
phone							
Yes – via a videocall	0%	1%	0%	0%	0%	0%	0%
Yes – via online	2%	1%	1%	1%	1%	1%	3%
survey or text							
Total Yes	87%	80%	84%	82%	86%	80%	86%
No	13%	20%	16%	18%	14%	20%	14%



#### Basic fundamentals of COPD

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
5 fundamentals of COPD care	9%	9%	10%	9%	10%	13%	11%
-Self-management plan	34%	25%	36%	30%	31%	33%	39%
-Co-developed plan	81%	92%	82%	85%	83%	83%	84%
-Pulmonary rehab offered	62%	59%	61%	59%	59%	66%	66%
-Treatment + support to stop smoking offered	60%	52%	50%	62%	64%	48%	53%
-Flu vaccine offered	84%	83%	87%	86%	86%	87%	87%
-Pneumococcal vaccine offered	66%	69%	67%	69%	70%	73%	72%

#### Number of elements of fundamentals of COPD care

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
0	14%	14%	13%	15%	14%	12%	14%
1	24%	28%	30%	27%	25%	24%	24%
2	33%	29%	25%	30%	32%	30%	29%
3	18%	19%	20%	18%	19%	20%	21%
4	1%	2%	1%	1%	1%	1%	1%
5	9%	9%	10%	9%	10%	13%	11%

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	18%	21%	19%	18%	21%	18%	15%
Yes – twice	7%	9%	8%	6%	8%	8%	9%
Yes – three times	3%	2%	2%	4%	3%	2%	1%
Yes – more than three times	5%	4%	5%	5%	4%	3%	3%
Total Yes	33%	37%	33%	33%	36%	31%	28%
No	67%	63%	67%	67%	64%	69%	72%



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	23%	27%	23%	22%	31%	26%	24%
Yes I had a telephone appointment with the doctor/nurse	12%	11%	12%	7%	8%	10%	8%
No but I had one within 2 weeks	19%	16%	16%	22%	17%	14%	19%
No	47%	47%	50%	50%	45%	49%	49%

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	58%	44%	60%	53%	59%	60%	48%
An annual review	79%	47%	55%	52%	42%	56%	41%
Inhaler technique check	16%	18%	22%	13%	28%	22%	25%
Personal action plan + better awareness of what to do when your condition deteriorates	46%	30%	43%	40%	42%	42%	39%
Knowing more about your lung condition	19%	12%	20%	22%	27%	25%	26%
Having a tool/app to help manage your lung condition	23%	16%	24%	20%	26%	26%	26%

## Pulmonary rehab

Have you had pulmonary rehabilitation as part of your care?

	East of England	London	Midlands	East +	North West	South East	South West
				Yorkshire			
Yes	47%	51%	49%	46%	46%	53%	52%
No	42%	40%	41%	43%	42%	39%	40%
I haven't heard of it	11%	9%	10%	11%	13%	8%	9%



Thinking about when you finished your course of pulmonary rehabilitation, which of the following statements applied?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
My symptoms had improved	25%	30%	24%	22%	22%	29%	25%
I felt more knowledgeable about my COPD	52%	42%	40%	38%	43%	52%	53%
I felt more confident about managing my COPD	38%	42%	30%	28%	43%	41%	45%
I enjoyed the experience	48%	33%	44%	42%	48%	51%	49%
I was able to share my experience of having COPD	27%	26%	28%	13%	25%	36%	38%
I was able to learn from others about their experiences with having COPD	30%	33%	35%	25%	32%	39%	39%
I could walk further and do more physical activity	20%	29%	27%	24%	21%	30%	24%
I didn't find the experience useful	18%	18%	21%	25%	17%	12%	15%

Have you ever been offered the chance to do pulmonary rehabilitation?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	35%	22%	29%	30%	33%	34%	36%
No	65%	78%	71%	70%	67%	66%	64%

Would you consider doing pulmonary rehabilitation if offered?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	46%	75%	53%	56%	58%	57%	57%
No	6%	3%	10%	1%	4%	9%	0%
Not sure	48%	23%	38%	43%	38%	34%	43%



Why did you not do pulmonary rehabilitation after being offered the chance?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
I didn't think I would be able to complete the programme	16%	18%	7%	12%	5%	4%	3%
My other medical problems would make it difficult for me	27%	27%	30%	15%	21%	28%	25%
There weren't any classes that were convenient for me	8%	9%	22%	15%	11%	19%	19%
I didn't feel fit enough to travel to attend	14%	18%	20%	22%	18%	15%	11%
I didn't feel like l knew enough about it, so turned it down	3%	0%	2%	2%	5%	0%	6%
I didn't want to, or can't, go alone and have no one to attend with me	8%	9%	9%	12%	11%	15%	11%
The course was online, and I don't have the right equipment at home	0%	0%	2%	0%	0%	0%	6%
There is a long waiting list	22%	18%	7%	5%	13%	21%	17%

#### Inhalers

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

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Yes	53%	59%	62%	58%	62%	56%	62%
No	45%	38%	36%	40%	36%	42%	36%
Not sure	2%	3%	2%	2%	2%	2%	2%



### 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	77%	70%	75%	75%	82%	73%	77%
With a pharmacist in a pharmacy	5%	3%	4%	4%	3%	3%	3%
Remotely with a healthcare professional	5%	8%	5%	4%	1%	4%	2%
In hospital after being admitted	6%	8%	6%	7%	6%	8%	8%
In hospital during an outpatient appointment	7%	11%	10%	10%	8%	12%	10%

### Have you ever bought a reliever inhaler online?

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

### 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%	10%	3%	4%	3%	0%
Once a month	7%	8%	3%	0%	4%	5%	9%
Once every two months	14%	8%	13%	9%	4%	13%	0%
Once every six months	36%	17%	17%	18%	11%	23%	17%
Once a year	14%	0%	30%	15%	19%	18%	23%
Less often than once a year	21%	67%	27%	56%	59%	38%	51%

### What factors influenced your choice to buy an inhaler online?

East	of London	Midlands	North	North	South	South
Engla	and		East +	West	East	West
			Yorkshire			

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STHM JNG L	JK

It was cheaper than getting a prescription	0%	8%	6%	0%	4%	3%	3%
It was more convenient than going through my GP	14%	33%	13%	17%	15%	13%	25%
I couldn't get a GP appointment quick enough	21%	25%	23%	17%	26%	26%	11%
My GP wouldn't prescribe the inhaler I wanted	21%	8%	19%	23%	7%	8%	14%
I thought I would try something new	21%	8%	13%	23%	19%	8%	22%
I like to have a spare in case of an emergency	43%	42%	55%	37%	56%	59%	33%
My GP doesn't think I have a lung condition	0%	0%	0%	0%	0%	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	84%	83%	87%	86%	86%	87%	87%
No	16%	17%	13%	14%	14%	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%	5%	8%	3%	13%	10%	7%
I don't think it works	22%	21%	18%	22%	19%	19%	14%
I don't think it is	19%	18%	15%	15%	14%	11%	10%
safe							
I wasn't offered it	3%	0%	6%	5%	10%	2%	2%
I don't think I need it	9%	13%	7%	15%	10%	8%	3%
I am worried about potential side effects	46%	31%	38%	35%	40%	36%	60%
I couldn't afford to pay for it	0%	0%	0%	0%	2%	1%	0%



#### 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	78%	74%	77%	76%	75%	80%	83%
No	22%	26%	23%	24%	25%	20%	17%

#### Have you had a pneumonia vaccine jab?

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Yes	66%	69%	67%	69%	70%	73%	72%
No	34%	31%	33%	31%	30%	27%	28%

# Smoking

### Do you smoke?

	East of England	London	Midlands	North East +	North West	South East	South West
Yes	14%	15%	14%	Yorkshire 13%	14%	13%	9%
ies			-				
I used to, but have given up	71%	76%	73%	73%	75%	75%	80%
History of smoking (above 2 answers combined)	85%	90%	87%	86%	88%	87%	89%
I have never smoked	15%	10%	13%	14%	12%	13%	11%

## When did you last have a cigarette?

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
0-6 months ago	24%	22%	20%	21%	20%	19%	16%
7-12 months ago	2%	3%	2%	3%	3%	3%	3%
1-2 years ago	5%	10%	4%	6%	5%	6%	7%
3-5 years ago	9%	9%	8%	7%	13%	10%	9%
6-10 years ago	12%	16%	14%	14%	12%	14%	13%
More than 10 years	49%	39%	52%	49%	46%	49%	53%
ago							



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%	52%	50%	62%	64%	48%	53%
No	40%	48%	50%	38%	36%	52%	47%

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	47%	57%	33%	53%	46%	47%	68%
No	53%	43%	67%	47%	54%	53%	32%

Did the treatment and support help you quit smoking?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	44%	19%	41%	38%	41%	33%	60%
No	56%	81%	59%	62%	59%	67%	40%

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%	17%	30%	30%	26%	39%	42%
I didn't think it would work for me	13%	17%	14%	15%	9%	10%	8%
I wanted to try another method	13%	17%	14%	15%	32%	29%	33%
I've tried before and it didn't work	53%	58%	41%	58%	44%	48%	42%

Do you use e-cigarettes (vapes)?

	East of England	London	Midlands	North East + Yorkshire	North West	South East	South West
Yes	10%	12%	12%	15%	13%	11%	10%
No	90%	88%	88%	85%	87%	89%	90%



# 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	17%	21%	19%	17%	17%	18%	19%
I have had to reduce my working hours because of my lung condition	10%	10%	12%	8%	9%	12%	13%
l've had to give up work early because of my lung condition	15%	18%	20%	19%	18%	18%	20%
I've had to stop working for an extended period due to my health	5%	7%	7%	7%	5%	8%	6%
I've had to take sick leave	30%	31%	28%	30%	36%	25%	29%
l've faced discrimination in the workplace	6%	5%	4%	4%	5%	3%	5%
It hasn't affected it	47%	43%	44%	43%	40%	49%	45%

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

	East of England	London	Midlands	North East +	North West	South East	South West
				Yorkshire			
0-9	0%	1%	0%	1%	1%	1%	1%
10-19	0%	3%	1%	1%	0%	0%	0%
20-29	2%	1%	4%	1%	1%	4%	2%
30-39	2%	4%	3%	4%	6%	4%	2%
40-49	15%	13%	15%	10%	15%	8%	7%
50-59	34%	35%	40%	40%	44%	45%	45%
60-69	44%	37%	35%	42%	33%	35%	41%
70-79	2%	4%	3%	1%	1%	4%	2%
80-89	1%	0%	0%	0%	0%	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	82%	87%	85%	84%	81%	84%	85%
No	18%	13%	15%	16%	19%	16%	15%

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	62%	62%	65%	63%	60%	63%	64%
It makes me feel wheezy	49%	40%	48%	43%	42%	43%	46%
It triggers the symptoms of my lung condition	39%	39%	39%	39%	39%	39%	40%
It makes my condition flare up	29%	25%	32%	32%	29%	27%	32%
I've had an asthma attack/flare up because of it	18%	24%	19%	17%	18%	16%	18%
l've been hospitalised because of it	5%	9%	5%	8%	4%	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%	66%	59%	63%	80%	75%	70%
No	31%	34%	41%	37%	20%	25%	30%



## 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	19%	20%	17%	14%	15%	11%	13%
I have difficulty breathing when air pollution levels are high	55%	60%	60%	51%	54%	56%	54%
I avoid exercise outdoors when air pollution is worse	33%	41%	33%	30%	28%	33%	29%
I don't leave the house when air pollution is high	25%	32%	28%	27%	26%	23%	21%
I avoid going to areas/places where I know air pollution is higher	38%	36%	38%	33%	36%	35%	38%
I have moved house because of air pollution	3%	2%	4%	4%	2%	5%	6%
I avoid going to work when air pollution is high	2%	3%	2%	1%	0%	1%	1%
I avoid going to a place of education when air pollution is high	2%	2%	2%	1%	1%	0%	1%
It doesn't impact my daily life	21%	15%	18%	21%	20%	21%	19%

## What source of air pollution are you most concerned about?

	East of	London	Midlands	North	North	South	South
	England			East +	West	East	West
				Yorkshire			
Road transport	49%	57%	48%	44%	48%	52%	50%
Domestic heating	12%	7%	12%	15%	15%	12%	16%
(wood burning)							
Industrial +	31%	27%	31%	35%	33%	30%	27%
commercial							
pollution (factories)							
Farming	5%	0%	4%	4%	2%	2%	2%
Air travel	3%	9%	5%	3%	3%	4%	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	22%	24%	20%	18%	18%	22%	23%
Cheaper public transport	17%	20%	17%	12%	17%	20%	21%
Safer walking + cycling routes	13%	15%	11%	11%	12%	14%	11%
Charging restrictions for driving into city centres	4%	12%	5%	3%	5%	5%	4%
Fewer cars on the roads	17%	22%	15%	13%	16%	16%	19%
Financial incentives to scrap older + more polluting vehicles	16%	17%	15%	14%	16%	16%	15%
More electric car charging points	8%	12%	8%	8%	9%	6%	9%
Restrictions on domestic (wood) burning in towns/cities	7%	4%	7%	9%	9%	7%	9%
Ban on domestic burning in towns/cities	5%	3%	4%	6%	6%	6%	6%
Governments should deliver a nationwide conversion scheme	4%	3%	3%	5%	4%	5%	6%
More Smoke Control Areas	6%	2%	5%	5%	5%	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	5%	1%	3%	4%	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%	20%	13%	11%	11%	14%	11%
No	84%	80%	87%	89%	89%	86%	89%

### 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	37%	43%	32%	36%	35%	33%	37%
Support	31%	29%	40%	36%	31%	38%	32%
Don't support	22%	23%	21%	18%	24%	22%	23%
I haven't heard about clean air zones	10%	5%	8%	10%	10%	7%	7%

### 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%	19%	18%	18%	18%	19%	23%
More reliable public transport	26%	28%	25%	28%	25%	25%	31%
Cheaper public transport	31%	29%	25%	23%	24%	27%	29%
Safer walking + cycling routes	12%	16%	14%	12%	14%	15%	11%
Charging restrictions for driving into city centres	6%	9%	6%	6%	6%	5%	4%
Fewer cars on the roads	12%	22%	14%	14%	11%	12%	13%
Financial incentives to scrap older + more polluting vehicles	15%	15%	14%	16%	13%	16%	16%
More electric car charging points	5%	6%	6%	8%	5%	5%	5%
Greener farming	5%	6%	5%	5%	5%	6%	5%



Cleaner energy	16%	22%	17%	16%	16%	17%	16%
Fewer polluting	15%	14%	13%	14%	11%	16%	15%
industries							
Restrictions on	9%	8%	8%	9%	9%	10%	8%
domestic (wood)							
burning in							
towns/cities							