



THE GREAT ASTHMA DIVIDE

APPENDICES

DATA TABLES

Survey respondent demographics

Table 1: Respondents by age

Age band	Number of respondents	Percentage of total
17 or under	1044	8.1%
18–29	1174	9.1%
30–39	1428	11.1%
40–49	2425	18.8%
50–59	3068	23.8%
60–69	2386	18.5%
70–79	1152	8.9%
80+	199	1.5%
All ages	12877	

Table 2: Respondents by gender

Gender	Number of respondents	Percentage of total
Female	9425	73.2%
Male	3418	26.5%
Other	33	0.3%
Total	12876	

Table 3: Respondents by location

Country	Number of respondents	Percentage of total
England	11004	85.5%
East Midlands	1074	9.8%
East of England	1385	12.6%
London	966	8.8%
North East	585	5.3%
North West	1406	12.8%
South East	2130	19.4%
South West	1431	13.0%
West Midlands	1036	9.4%
Yorkshire and the Humber	991	9.0%
Northern Ireland	254	2.0%
Scotland	1043	8.1%
Wales	575	4.5%
Total	12876	

Table 4: Respondents by total household income level

Household income	Number of respondents	Percentage of total
Below £20,000	3367	26.1%
£20,000–£30,000	2413	18.7%
£30,001–£40,000	1720	13.4%
£40,001–£70,000	2100	16.3%
Above £70,000	924	7.2%
Rather not say	2032	15.8%
Blank	320	2.5%
Total	12876	100.0%

Health inequality data

Table 5: Asthma control level, by household income

Income	Respondents				Percentage		
	Partly controlled	Uncontrolled	Well controlled	Total	Uncontrolled asthma	Partly controlled asthma	Well controlled asthma
Blank	108	175	37	320	54.7%	33.8%	11.6%
Below £20,000	1031	1933	400	3367	57.4%	30.6%	11.9%
£20,000–£30,000	884	1133	396	2413	47.0%	36.6%	16.4%
£30,001–£40,000	622	736	362	1720	42.8%	36.2%	21.0%
£40,001–£70,000	755	865	479	2100	41.2%	36.0%	22.8%
Above £70,000	372	322	230	924	34.8%	40.3%	24.9%
Rather not say	754	867	411	2032	42.7%	37.1%	20.2%
Total	4526	6031	2315	12876	46.8%	35.2%	18.0%

Table 6: Number of self-reported asthma attacks in the past 12 months, by income level

Number of asthma attacks	Percentage											
	0	1	2	3	4	5	6	7	8	9	10	11+
Below £20,000	22.8%	13.6%	16.4%	11.8%	9.7%	5.6%	3.5%	0.6%	2.3%	0.7%	3.8%	9.2%
£20,000–£30,000	29.6%	14.2%	16.8%	8.8%	8.2%	4.9%	3.0%	0.7%	1.7%	0.3%	3.4%	8.5%
£30,001–£40,000	35.6%	14.5%	17.6%	8.1%	7.0%	3.9%	2.7%	0.4%	1.2%	0.6%	2.3%	6.0%
£40,001–£70,000	37.1%	15.0%	15.5%	9.6%	7.2%	3.3%	2.7%	0.7%	1.2%	0.1%	2.7%	5.0%
Above £70,000	44.8%	15.3%	13.0%	6.7%	6.7%	2.9%	2.8%	0.4%	0.7%	0.1%	2.3%	4.3%
Rather not say	31.9%	16.0%	16.6%	10.8%	9.1%	3.7%	2.5%	0.4%	1.4%	0.1%	2.7%	4.7%
Number of asthma attacks	Number of respondents											
	0	1	2	3	4	5	6	7	8	9	10	11+
Below £20,000	557	332	402	290	238	138	86	14	57	17	92	225
£20,000–£30,000	571	273	325	169	159	95	57	14	32	5	65	164
£30,001–£40,000	496	202	245	113	97	54	38	5	17	9	32	84
£40,001–£70,000	670	271	280	174	129	59	48	12	21	1	48	91
Above £70,000	369	126	107	55	55	24	23	3	6	1	19	35
Rather not say	477	239	249	161	136	56	38	6	21	2	41	71
Total	3140	1443	1608	962	814	426	290	54	154	35	297	670

Table 7: Number of self-reported courses of oral steroids in the past 12 months, by income level

Number of asthma attacks	Percentage											
	0	1	2	3	4	5	6	7	8	9	10	11+
Below £20,000	47.8%	17.4%	13.7%	7.0%	4.4%	2.2%	2.1%	0.7%	0.9%	0.4%	0.7%	2.6%
£20,000–£30,000	49.5%	18.8%	13.3%	6.3%	3.2%	2.1%	2.2%	0.1%	1.1%	0.2%	1.0%	2.0%
£30,001–£40,000	54.8%	17.4%	11.9%	5.7%	3.5%	1.6%	1.9%	0.5%	0.4%	0.1%	0.6%	1.6%
£40,001–£70,000	51.9%	19.3%	13.0%	5.5%	3.4%	2.1%	1.7%	0.5%	0.9%	0.1%	0.4%	1.2%
Above £70,000	56.9%	19.3%	10.5%	4.9%	3.6%	1.7%	1.1%	0.0%	0.6%	0.2%	0.3%	0.8%
Rather not say	53.9%	18.1%	12.4%	5.8%	3.5%	1.6%	1.6%	0.4%	0.4%	0.1%	0.6%	1.6%
Number of asthma attacks	Number of respondents											
	0	1	2	3	4	5	6	7	8	9	10	11+
Below £20,000	1416	516	406	206	131	66	63	21	26	12	20	78
£20,000–£30,000	1100	418	296	139	72	46	49	3	25	5	22	45
£30,001–£40,000	867	275	188	91	55	26	30	8	6	2	10	25
£40,001–£70,000	1040	386	260	111	68	42	34	11	18	2	8	24
Above £70,000	500	170	92	43	32	15	10	0	5	2	3	7
Rather not say	962	323	221	103	62	29	29	8	8	1	11	28
Total	5885	2088	1463	693	420	224	215	51	88	24	74	207

Table 8: Use of emergency care in the past 12 months, by income level

Income level	Used emergency care	Did not use emergency care	Don't remember	Used emergency care	Did not use emergency care	Don't remember	Total
Below £20,000	25.1%	73.7%	1.2%	844	2483	40	3367
£20,000–£30,000	21.9%	77.5%	0.5%	529	1871	13	2413
£30,001–£40,000	21.0%	78.7%	0.3%	361	1353	6	1720
£40,001–£70,000	21.8%	78.0%	0.2%	457	1638	5	2100
Above £70,000	19.2%	80.6%	0.2%	177	745	2	924
Rather not say	18.7%	80.4%	1.0%	379	1633	20	2032
Overall	21.9%	77.4%	0.7%	2747	9723	86	12556

Table 9: Receiving basic asthma care, by household income level

Household income	Did not receive basic care	Received basic care	% receiving basic care
Below £20,000	1998	1369	40.7%
£20,000–£30,000	1440	973	40.3%
£30,001–£40,000	1065	655	38.1%
£40,001–£70,000	1276	824	39.2%
Above £70,000	599	325	35.2%
Rather not say	1191	841	41.4%
Did not answer	215	105	32.8%
Grand Total	7785	5092	39.5%

Table 10: Elements of an annual asthma review received, by household income level

Household income	Asthma symptoms	Number of reliever inhalers	Number of asthma attacks and courses of steroid tablets	Preventer adherence	Asthma action plan discussed and updated	Inhaler technique check	None of the above
Below £20,000	60.8%	33.8%	28.1%	50.8%	28.8%	49.4%	2.5%
£20,000–£30,000	64.9%	35.9%	32.5%	54.1%	31.0%	51.8%	2.7%
£30,001–£40,000	66.7%	39.1%	32.4%	56.3%	32.4%	52.6%	2.5%
£40,001–£70,000	69.6%	40.1%	34.3%	57.9%	31.6%	53.0%	1.8%
Above £70,000	69.8%	41.8%	31.7%	57.7%	31.1%	49.9%	1.6%
Rather not say	62.7%	33.6%	27.1%	50.6%	29.2%	50.9%	2.7%
Did not answer	46.6%	23.1%	18.1%	39.1%	23.4%	36.6%	1.9%
Overall	64.4%	36.2%	30.4%	53.5%	30.2%	50.8%	2.4%
Below £20,000	2047	1137	945	1711	969	1664	83
£20,000–£30,000	1566	865	785	1305	749	1249	64
£30,001–£40,000	1147	673	557	968	557	904	43
£40,001–£70,000	1461	841	720	1216	663	1112	37
Above £70,000	645	386	293	533	287	461	15
Rather not say	1274	682	550	1028	594	1035	54
Overall	8140	4584	3850	6761	3819	6425	296

Basic care data tables

Table 11: Trends in basic asthma care provision, 2013–2019

Year	Basic care	Annual review	Inhaler check	Action plan
2013	20.0%	74.0%	78.0%	24.0%
2014	25.0%	77.0%	78.0%	30.0%
2015	28.9%	78.7%	79.3%	35.5%
2016	33.5%	78.5%	77.6%	42.4%
2017	35.0%	77.0%	76.3%	43.9%
2018	40.0%	80.0%	81.0%	48.0%
2019	39.5%	79.5%	75.2%	52.3%

Table 12: Elements received of an asthma review, by those who attended theirs

Elements of review	Number	Percentage
I was asked about asthma symptoms	8289	81%
How often I take my preventer inhaler and if I ever miss puffs	6886	67%
Inhaler technique check	6542	64%
Number of reliever inhalers in the last year	4658	45%
Number of asthma attacks and courses of steroid tablets in the last year	3908	38%
Asthma action plan was discussed and updated if necessary	3894	38%
None of the above	302	3%
Don't remember	188	2%

Table 13: Trends in post-emergency follow-up care, 2016–2019

	2016	2017	2018	2019
Received follow up care	27%	30%	32%	34%
Did not receive follow up care	70%	66%	64%	64%
I'm not sure/I can't remember	3%	4%	4%	3%

Table 14: Post-emergency follow up care received, by nation

Nation	% Don't remember	% No	% received within 2 weeks	% received within 2 days, face to face	% received within 2 days, via telephone	Yes (all) %	No (all) %
England	3.0%	43.5%	19.6%	30.3%	3.5%	33.8%	63.2%
Northern Ireland	1.4%	41.9%	21.6%	31.1%	4.1%	35.1%	63.5%
Scotland	0.8%	43.8%	24.6%	25.8%	5.0%	30.8%	68.3%
Wales	3.5%	52.6%	13.2%	28.9%	1.8%	30.7%	65.8%
UK	2.8%	43.9%	19.8%	29.9%	3.6%	33.5%	63.7%
England	72	1046	471	729	84	813	1517
Northern Ireland	1	31	16	23	3	26	47
Scotland	2	105	59	62	12	74	164
Wales	4	60	15	33	2	35	75
UK	79	1242	561	847	101	948	1803

Table 15: Levels of asthma control, by age group

Age group	Uncontrolled asthma	Partly controlled asthma	Well controlled asthma	Uncontrolled asthma	Partly controlled asthma	Well controlled asthma
17 or under	502	302	240	48.1%	28.9%	23.0%
18–29	641	394	138	54.6%	33.6%	11.8%
30–39	711	509	207	49.8%	35.6%	14.5%
40–49	1215	811	398	50.1%	33.4%	16.4%
50–59	1474	1056	537	48.0%	34.4%	17.5%
60–69	986	913	487	41.3%	38.2%	20.4%
70–79	437	468	247	37.9%	40.6%	21.4%
80+	65	73	61	32.7%	36.7%	30.7%
All ages	6031	4526	2315	46.8%	35.2%	18.0%

Table 16: Respondents receiving basic asthma care across the UK

Nation/region	Received basic asthma care	Did not receive basic asthma care	Total respondents	% receiving basic asthma care
East Midlands	419	655	1074	39.0%
East of England	555	830	1385	40.1%
London	339	627	966	35.1%
North East	252	333	585	43.1%
North West	542	864	1406	38.5%
South East	801	1329	2130	37.6%
South West	617	814	1431	43.1%
West Midlands	434	602	1036	41.9%
Yorkshire and the Humber	397	594	991	40.1%
England	4356	6648	11004	39.6%
Northern Ireland	135	119	254	53.1%
Scotland	379	664	1043	36.3%
Wales	222	353	575	38.6%
UK	5092	7784	12876	39.5%

Table 17: Respondents receiving an asthma review across the UK

Nation/region	Received asthma review	Did not receive asthma review	Not sure	Total respondents	% receiving asthma review
East Midlands	895	161	18	1074	83.3%
East of England	1134	219	32	1385	81.9%
London	716	226	24	966	74.1%
North East	495	81	9	585	84.6%
North West	1145	232	29	1406	81.4%
South East	1635	446	49	2130	76.8%
South West	1146	259	26	1431	80.1%
West Midlands	823	193	20	1036	79.4%
Yorkshire and the Humber	814	148	29	991	82.1%
England	8803	1965	236	11004	80.0%
Northern Ireland	212	38	4	254	83.5%
Scotland	796	220	27	1043	76.3%
Wales	427	137	11	575	74.3%
UK	10238	2360	278	12876	79.5%

Table 18: Percentage receiving an inhaler technique check across the UK

Row Labels	Received inhaler technique check	Did not receive inhaler technique check	Don't remember	Total respondents	% receiving inhaler technique check
East Midlands	777	224	73	1074	72.3%
East of England	1048	279	58	1385	75.7%
London	683	220	63	966	70.7%
North East	470	93	22	585	80.3%
North West	1072	266	68	1406	76.2%
South East	1546	462	122	2130	72.6%
South West	1117	262	52	1431	78.1%
West Midlands	771	216	49	1036	74.4%
Yorkshire and the Humber	720	230	41	991	72.7%
England	8204	2252	548	11004	74.6%
Northern Ireland	215	33	6	254	84.6%
Scotland	812	184	47	1043	77.9%
Wales	454	90	31	575	79.0%
UK	9685	2559	632	12876	75.2%

Table 19: Respondents receiving a written asthma action plan

Nation/region	Received a written asthma action plan	Did not receive a written asthma action plan	Total respondents	% receiving a written asthma action plan
East Midlands	551	523	1074	51.3%
East of England	748	637	1385	54.0%
London	487	479	966	50.4%
North East	313	272	585	53.5%
North West	704	702	1406	50.1%
South East	1084	1046	2130	50.9%
South West	796	635	1431	55.6%
West Midlands	581	455	1036	56.1%
Yorkshire and the Humber	519	472	991	52.4%
England	5783	5221	11004	52.6%
Northern Ireland	166	88	254	65.4%
Scotland	519	524	1043	49.8%
Wales	270	305	575	47.0%
Grand Total	6738	6138	12876	52.3%

Table 20: Trends in basic asthma care provision in UK and constituent nations

	2013	2014	2015	2016	2017	2018	2019
Northern Ireland	42%	53%	54%	48%	48%	50%	53%
Wales	16%	17%	27%	32%	26%	32%	39%
England	19%	22%	28%	32%	34%	40%	40%
Scotland	27%	33%	36%	41%	43%	40%	36%
UK	20%	25%	29%	34%	35%	40%	40%

Table 21: List of asthma triggers

	Children		Adults		All ages	
	Number	%	Number	%	Number	%
Colds and flu	868	83.1%	8765	74.1%	9633	74.8%
Changes in weather	703	67.3%	7573	64.0%	8276	64.3%
Dust	456	43.7%	7242	61.2%	7698	59.8%
Cold weather	658	63.0%	6958	58.8%	7616	59.1%
Air pollution	476	45.6%	6984	59.0%	7460	57.9%
Pollen	645	61.8%	6799	57.5%	7444	57.8%
Other people smoking cigarettes (e.g. passive cigarette smoke)	386	37.0%	6401	54.1%	6787	52.7%
Exercise	588	56.3%	5660	47.8%	6248	48.5%
Cleaning products	203	19.4%	5423	45.8%	5626	43.7%
Stress	304	29.1%	5319	45.0%	5623	43.7%
Perfumes and aerosols	303	29.0%	5076	42.9%	5379	41.8%
Hot weather	381	36.5%	4884	41.3%	5265	40.9%
Moulds and fungi	241	23.1%	4809	40.6%	5050	39.2%
Paint fumes	191	18.3%	4137	35.0%	4328	33.6%
Emotions	329	31.5%	3723	31.5%	4052	31.5%
Pets	262	25.1%	3534	29.9%	3796	29.5%
Other people using e-cigarettes (vaping) (e.g. passive vaping)	201	19.3%	3176	26.8%	3377	26.2%
Food	97	9.3%	1400	11.8%	1497	11.6%
Something at school/work	92	8.8%	1046	8.8%	1138	8.8%
Alcohol	9	0.9%	1072	9.1%	1081	8.4%
Drinks	51	4.9%	515	4.4%	566	4.4%
None of the above	8	0.8%	134	1.1%	142	1.1%

SURVEY QUESTIONS

These are the questions used to gain the survey results discussed in this report.

1. Where do you live?
 - a. England
 - b. Northern Ireland
 - c. Scotland
 - d. Wales
2. Which region do you live in?
 - a. East Midlands
 - b. East of England
 - c. London
 - d. North East
 - e. North West
 - f. South East
 - g. South West
 - h. West Midlands
 - i. Yorkshire and the Humber
3. What is your gender?
 - a. Male
 - b. Female
 - c. Other
4. What age are you, or the person you are completing the survey for?
 - a. 17 or under
 - b. 18–29
 - c. 30–39
 - d. 40–49
 - e. 50–59
 - f. 60–69
 - g. 70–79
 - h. 80+
5. Please tell us the total annual income of your household (before tax and deductions, but including benefits/allowances)?
 - a. Below £20,000
 - b. £20,000–£30,000
 - c. £30,001–£40,000
 - d. £40,001–£70,000
 - e. Above £70,000
 - f. Rather not say
6. Which of the following are you **NOT** able to afford?
 - a. Mortgage or rent payments or utility bills or other loan payments
 - b. A car
 - c. Unexpected financial expenses (e.g. your boiler breaks and you can't afford to replace it)
 - d. Heating to keep the home adequately warm
 - e. A washing machine
 - f. A TV
 - g. A telephone (including mobile telephone)

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- h. A meal with meat, chicken, fish or vegetarian equivalent every other day
- i. One week's holiday away from home
- j. I can afford all of the above
- k. Rather not say
7. In the last 4 weeks have you had any of the usual asthma symptoms such as cough, wheeze, chest tightness or shortness of breath **during the day, more than twice a week?**
- a. Yes
- b. No
- c. Don't remember
8. In the last 4 weeks, have you been **woken up during the night** because of your asthma?
- a. Yes
- b. No
- c. Don't remember
9. In the last 4 weeks have you needed to use your reliever inhaler more than twice a week?
- a. Yes
- b. No
- c. Don't remember
- d. I don't have a reliever inhaler
10. In the last 4 weeks, has your asthma interfered with your usual daily activities, for example performing work/housework?
- a. Yes
- b. No
- c. Don't remember
11. Do you currently have a written asthma action plan for managing your asthma to help understand when your symptoms are getting worse and what to do about it?
- a. Yes
- b. No
12. Have you had a planned review or planned check-up (sometimes called an annual review) of your asthma with your doctor or nurse in the last year?
- a. Yes
- b. No
- c. Not sure
13. Thinking of your last planned asthma review (sometimes called an annual review), which of the following happened?
- a. I was asked about my asthma symptoms (e.g. if your asthma wakes you at night or interferes with your usual activities)
- b. I was asked how many reliever inhalers I have used in the last year
- c. I was asked about how many asthma attacks and courses of steroid tablets I have had in the last year
- d. I was asked about how often I take my preventer inhaler and if I ever miss puffs
- e. My written asthma action plan was discussed and updated if necessary
- f. The doctor/nurse made sure I could use all my inhalers correctly
- g. None of the above
- h. Don't remember

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14. Did your doctor or nurse help you make sure you could correctly use ALL your current types of inhaler before you started using them?
- Yes
 - No
 - Don't remember
15. Has your doctor/nurse ever checked your asthma with a specific test (e.g. something you blow into like peak flow, spirometry or FeNO)?
- Yes
 - No
 - Not sure
16. In the last year, where have you received your asthma care?
- GP surgery
 - Hospital outpatients/respiratory clinic (not including A&E)
 - A&E or out-of-hours centre
17. Have you received emergency/unplanned care at a hospital or out-of-hours centre for your asthma in the last year?
- Yes
 - No
 - Don't remember
18. 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 asthma within 2 working days?
- Yes, I had a face to face appointment with the doctor/nurse
 - Yes, I had a telephone appointment with the doctor/nurse
 - No, but I had one within 2 weeks
 - No
 - Don't remember
19. Which, if any, of these things trigger your asthma?
- Air pollution
 - Changes in weather
 - Cold weather
 - Hot weather
 - Cleaning products
 - Colds and flu
 - Dust
 - Emotions (e.g. excitement, laughter, anger etc.)
 - Stress
 - Exercise
 - Food
 - Drinks (excluding alcohol)
 - Alcohol
 - Hormonal changes (e.g. around the time of your period or menopause)
 - Moulds and fungi
 - Other people smoking cigarettes (e.g. passive cigarette smoke)
 - Other people using e-cigarettes (vaping) (e.g. passive vaping)
 - When I use e-cigarettes
 - Paint fumes
 - Perfumes and aerosols
 - Pets
 - Pollen
 - Something at work
 - Other
 - None of the above

20. How many times in the last year have you experienced ALL of these symptoms during an episode of asthma?

- Your blue reliever wasn't helping OR you needed to use it more than every four hours
- You were wheezing a lot OR had a very tight chest OR were coughing a lot
- You were breathless and found it difficult to walk OR talk
- Your breathing was getting faster and it felt like you couldn't get your breath in properly

Type a number (e.g. 0, 1, 2...) below.

21. How many times has your doctor/nurse given you steroid tablets (or a steroid injection) for your asthma (e.g. prednisolone) in the last year?

- **Type a number (e.g. 0, 1, 2...) below**
- If you don't remember please leave blank

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