

Asthma - More facts and sources of information

1. One-third of childhood asthma cases are linked to air pollution: [BBC News - Asthma deaths](#) or [European Respiratory Journal - Air Pollution and the Burden of Childhood Asthma](#)
2. Around half of London's air pollution is caused by road transport: [London.gov.uk - Cleaner vehicles](#)
3. Both fine particulate matter and nitrogen dioxide are released by road vehicles. Fine particulate matter comes not only from exhaust fumes but also from tyres, road surfaces and brake pads: [Defra - Air pollution from tyres and brakes](#).

In fact, more than half of vehicle particulate matter comes from tyres, road surfaces and brakes: [BBC News - Pollution warning over car tyre and brake dust](#).
4. About 240,000 children and young people in London have asthma: [HealthyLondon.org - Primary and community care communications pack](#).
5. Across London 3 children in every classroom have asthma: [Healthy London Partnership - YouTube - Asthma plan](#).
6. London has one of the highest rates of children with asthma in Western Europe. 12 children die and 4,000 are admitted to hospital for asthma each year: [HealthyLondon.org - Reduce asthma deaths](#).
7. Across all ages there are 5.4 million people in the UK with the condition and the NHS spends about £1 billion on treatment, and yet 1,468 people died from asthma in 2015. Tragically, it is believed that 90% of these deaths involve preventable factors and similarly 75% of A&E admissions are thought to be avoidable: [HealthyLondon.org - Breathing new life asthma treatment](#)
8. Asthma is the most common long-term medical condition affecting children and young people: [HealthyLondon.org - Primary and community care communications pack](#).
9. In 2018 London Ambulance Services (LAS) attended 2,737 children for asthma and 9,855 children for breathlessness: [HealthyLondon.org - Primary and community care communications pack](#).
10. Nearly half of these children have had an asthma attack in the previous year and 30% have had daytime symptoms in the previous week – however only 28%-48% of children and young people with asthma in London have an asthma plan: [HealthyLondon.org - Primary and community care communications pack](#).
11. 170 children in London were admitted to intensive care in 2016/17, with an average length of stay of 3 days. The represents spending of over £1 million on intensive care for this population: [HealthyLondon.org - Primary and community care communications pack](#).
12. Week 38 (two weeks after the start of the new school year) sees the highest numbers of admissions to A&E for asthma each year. [BBC News - Back to school asthma](#).

The main culprit for the September spike is the return to school, with subsequent exposure to bugs and viral illnesses and a lapse in preventer inhaler use over the school holidays. [Healthy London.org - Community childrens asthma service important](#)

13. With good asthma control children and young people with asthma can compete nationally at sport and there are many examples of famous sports personalities with asthma such as David Beckham who prove this. [Healthy London.org - Simply asthma](#)

14. If you use a written asthma action plan you are four times less likely to be admitted to hospital for your asthma. *Adams et al; Factors associated with hospital admissions and repeat emergency department visits for adults with asthma; Thorax 2000;55:566–573
15. Preventer inhalers need to be taken as prescribed – usually every day. They prevent the silent build-up of inflammation in the background that can tip over into an asthma attack if triggered: [Healthy London.org - Hidden asthma facts-5 things parents need know](#)
16. Steroids in the inhalers are in low doses which stay in the lungs where they are needed rather than travelling around the body: [Healthy London.org - Hidden asthma facts-5 things parents need know](#)
17. Inhalers usually have to be used with spacers. These are important as otherwise most of the drug will crush into the back of your throat and get taken to the stomach which is no use when you're targeting the lungs. Children and also many adult asthmatics need some sort of holding chamber/spacer for the drug so that it can be slowed down and taken in at a slower rate. This makes it more likely to turn the bend at the back of the throat and get into the lungs: [Healthy London.org - Simply asthma](#)
18. Research has shown that less than 75% of children and young people with asthma have any form of instruction in how to use their inhalers. [HealthyLondon.org - Primary and community care communications pack](#).
19. Flu can be a trigger for asthma which is why it is important that people with asthma get the flu vaccination every year. [NHS News - Study finds clue to why colds trigger asthma](#)
20. Statistics on respiratory indicators in Harrow can be found here: [PHE fingertips.org.uk - Asthma](#)
21. In 2017/18, 13,626 patients of all ages in Harrow GP practices were recorded as having asthma, or 5.1% of the population: [PHE fingertips.org.uk - General practice data - Respiratory disease](#)
22. See here for the NICE Asthma Care Quality Standards: [Nice.org.uk - Asthma](#)
23. See here for the NICE Guidelines on Asthma: diagnosis, monitoring and chronic asthma management: [Nice.org.uk - Asthma: diagnosis, monitoring and chronic asthma management](#)

