

City of York CYP Asthma Information Pack

January 2023



Summary

- [GBD study](#) shows that in 2019, for Asthma York saw:
 - A loss of 786 Disability adjusted life years (DALYs)
 - 1.64 deaths per 100,000 population
- There are multiple risk factors for people living with asthma including smoking and BMIs of over 30.
- Certain areas of the city have higher emergency attendances and admission rates for respiratory conditions than others:
 - **Clifton North** had the highest respiratory ED attendance and emergency admission rates by LSOA.
 - **Heworth** had significantly higher emergency admission rates for Asthma than other wards in the city.
- Regarding respiratory admissions, the number of admissions for children (in particular 0-4s) is high, but when this data is filtered down to asthma attendances only, the numbers are much smaller for City of York residents. Therefore, the data cannot be broken down into more granular detail.
- In York, QOF achievement for COPD and Asthma reviews has increased but there is variation across practices.
- In all York practices over half of u19s on the asthma register have a record of either a personal smoking status or exposure to second-hand smoke.
- The York Population Health Hub have produced the '**Cost of Living Crisis in York: Understanding and reducing the Health impacts**' data pack. This pack highlights several key actions and support available that may improve health and wellbeing outcomes for those most vulnerable, including those with respiratory conditions, to support the city-wide response to the cost-of-living crisis and winter. Annex A includes a summary of our findings, high priority city wards for action and a summary of support available.

National Asthma Data

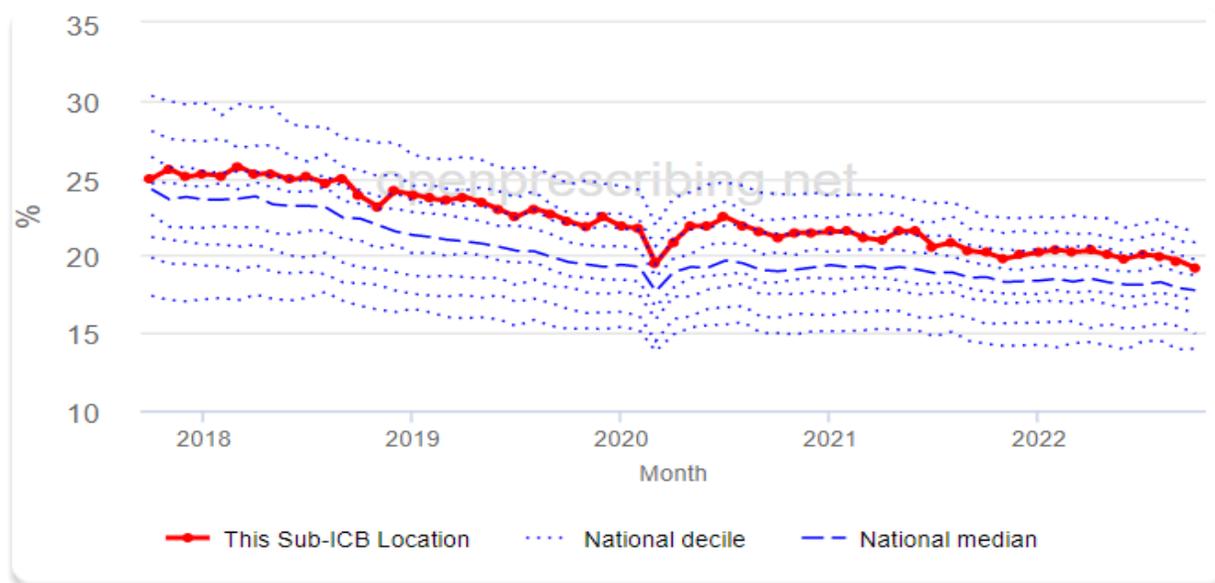
National data shows that in 2020/21:

- Asthma QOF prevalence was 6.4% (3,629,071 people with a diagnosis of asthma)
- 31.2% of patients had received their asthma review in the last 12 months
- 56% of 6-19 year olds with asthma had a second-hand smoking status recorded
- Hospital admissions for asthma for u19s were 73.1 per 100k of the population

Asthma Prescribing Measures

High Dose Inhaled Corticosteroids All Age– Vale of York, October 2022

Prescribing of high dose inhaled corticosteroids compared with prescribing of all inhaled corticosteroids

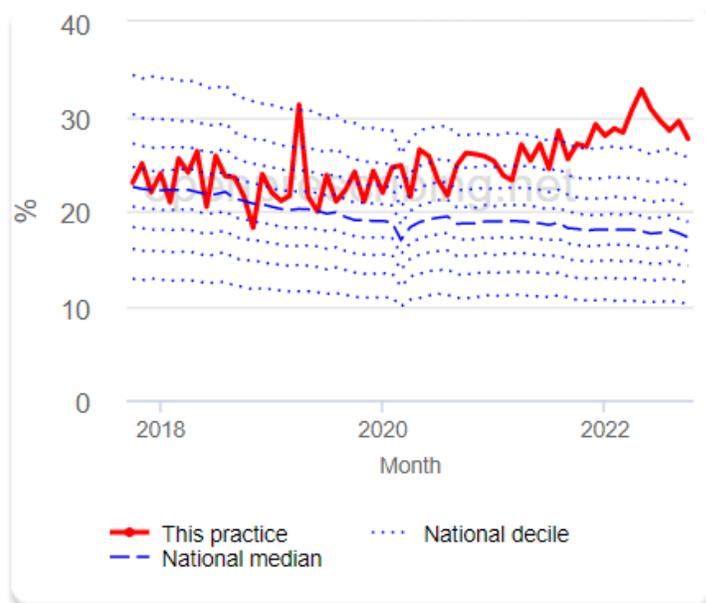


- [Latest BTS/SIGN guidance](#) on the treatment of asthma recommends that patients should be maintained at the lowest possible dose of inhaled corticosteroid.
- Reduction in inhaled corticosteroid dose should be slow as patients deteriorate at different rates. Reductions should be considered every three months, decreasing the dose by approximately 25–50% each time.
- This measure uses table 12 of the BTS/SIGN guidance to define which inhalers are considered high-dose.

Asthma Prescribing Measures

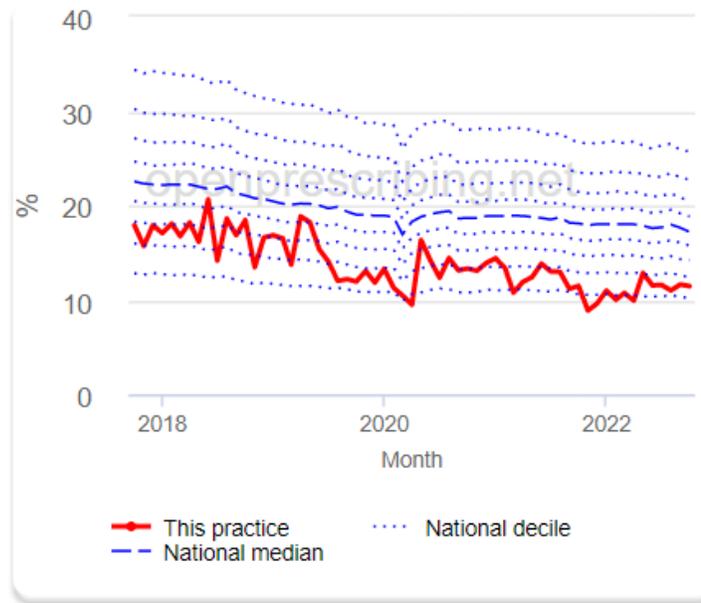
High Dose Inhaled Corticosteroids All Age – York Place Practices, October 2022

B82100: FRONT STREET SURGERY



Front street- 94th percentile

B82047: UNITY HEALTH



Unity Health – 15th percentile

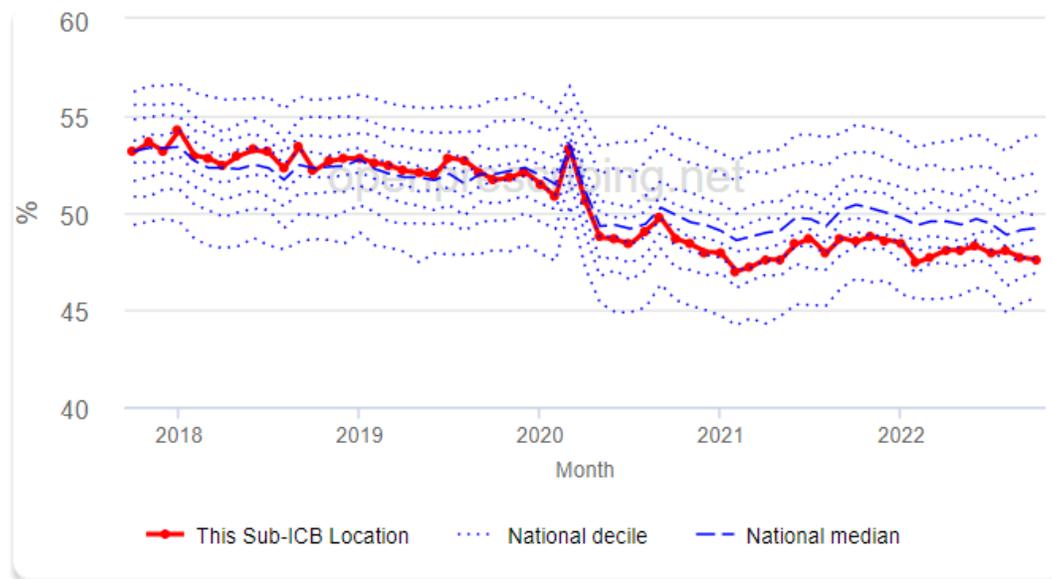
Full list of York Place practices:

- Unity Health- 15th percentile
- My Health Group- 30th percentile
- Priory Group- 41st percentile
- Elvington – 51st percentile
- York Medical Group – 56th percentile
- Pocklington- 64th percentile
- Dalton Terrace- 72nd percentile
- Jorvik Gillygate- 78th percentile
- Old School Medical Practice- 8th percentile
- Haxby Group – 86th percentile
- Front Street- 94th percentile

Asthma Prescribing Measures

Saba Inhalers, All Age – Vale of York, October 2022

Prescribing of short acting beta agonist (SABA) inhalers - salbutamol and terbutaline compared with prescribing of inhaled corticosteroid inhalers and SABA inhalers

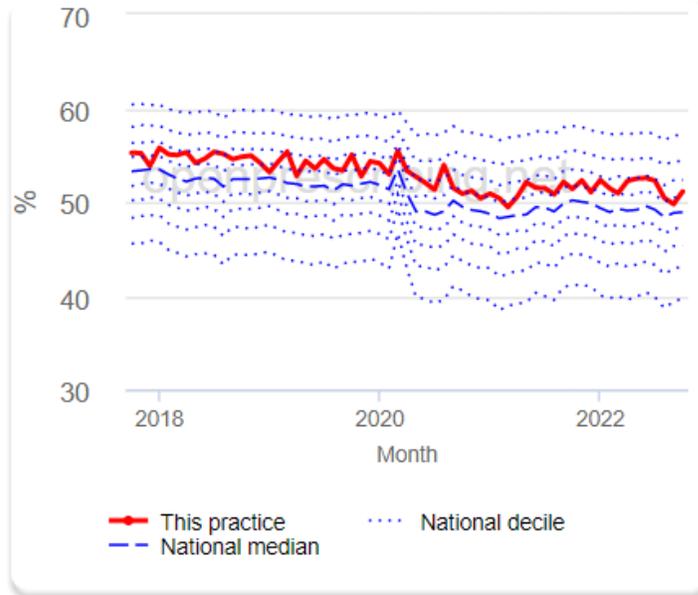


- [Why Asthma Still Kills](#) reports that high use of short acting beta agonists (salbutamol and terbutaline) and poor adherence in the use of inhaled corticosteroids in asthma suggests poor control, and these patients should be reviewed regularly to ensure good control.

Asthma Prescribing Measures

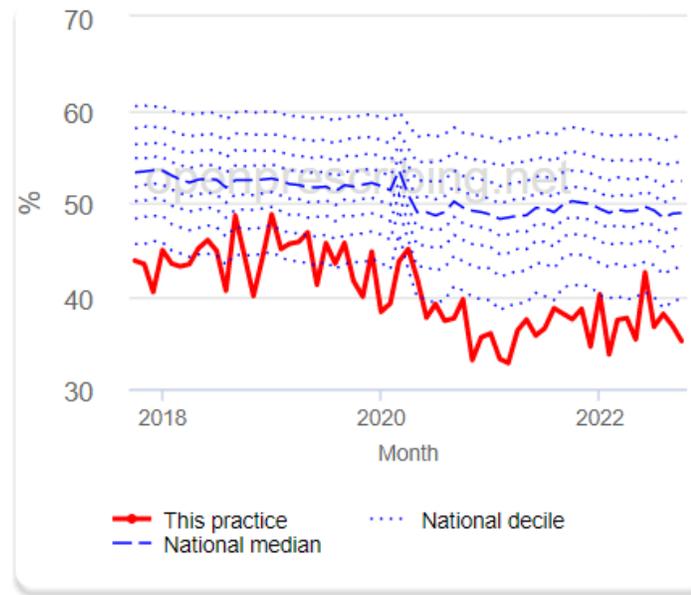
Saba Inhalers, All Age – York Place Practices, October 2022

B82083: YORK MEDICAL GROUP



York Medical Group – 63rd percentile

B82047: UNITY HEALTH



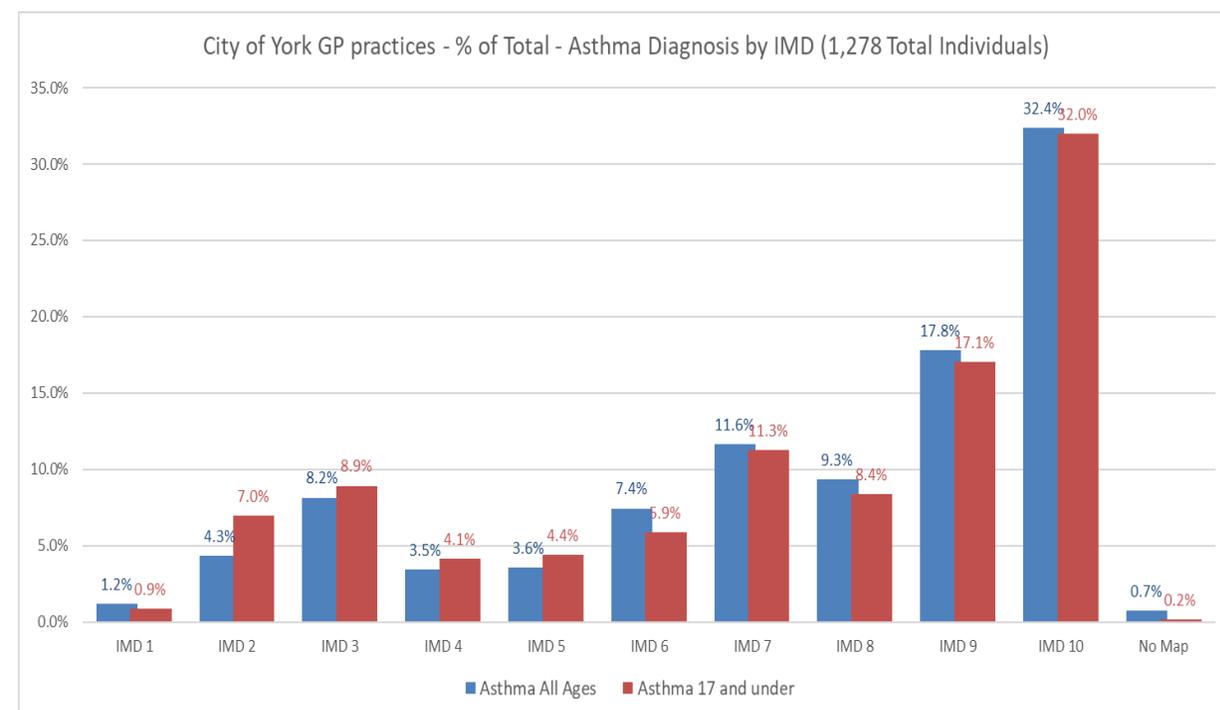
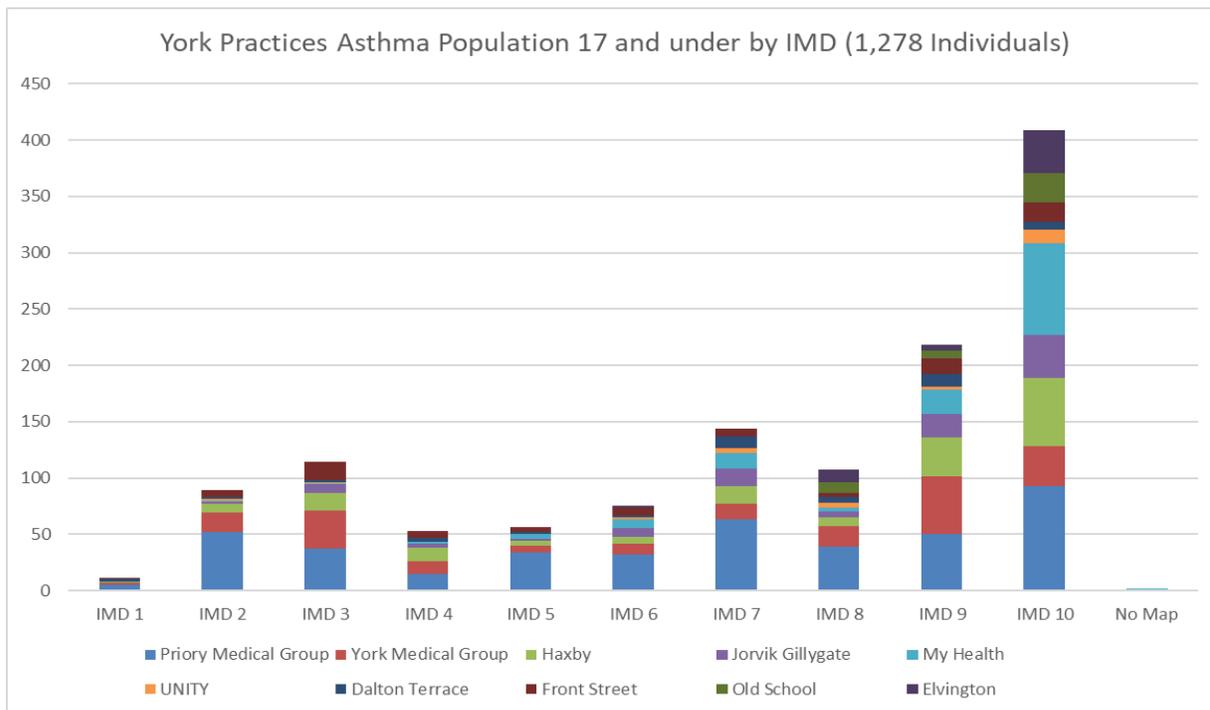
Unity Health – 4th percentile

Full list of York Place practices:

- Unity Health- 4th percentile
- Priory Group- 16th percentile
- Elvington – 18th percentile
- Jorvik Gillygate- 22nd percentile
- Front Street- 33rd percentile
- Dalton Terrace- 33rd percentile
- My Health Group- 35th percentile
- Pocklington- 40th percentile
- Haxby Group – 51st percentile
- Old School Medical Practice- 59th percentile
- York Medical Group – 63rd percentile

York GP Practice data on prevalence of asthma for CYP

Source: NECS RAIDR Primary Care Dashboard – November 2022 Data



There are a total of 1,278 individuals 17 years old or under who have a primary care diagnosis of Asthma, registered to GP practices within the City of York. This is of a total of 228,000 registered patients. There are 14,600 people of all ages diagnosed with Asthma.

The majority of Children & young people are resident in IMD deciles 9 and 10 (least deprived 20%). However there are notable numbers of registered patients who are resident in IMD Deciles 1-3 (most deprived 30%).

When comparing the percentage of all patients with Asthma for both All ages and 17 and under only, we can see that of all patients in each category, there are proportionally more under 17s resident in IMD deciles 2 and 3 (most deprived) in comparison with all patients with Asthma.

Risk factors for Asthma incidence and exacerbation

Air Pollution and Cold Homes

Air Pollution in York

Summary

- Severe air pollution can adversely affect both short- and long-term health as well as the environment.
- DEFRA estimates for 2020 air pollution (PM2.5- released from transport, wood burning stoves and coal fires) was responsible for 4.5% of all deaths in York , around 1 in 20 deaths. This was 5.6% of all deaths in 2019, and was significantly reduced by COVID-19-related air quality improvements in 2020.
- This prompted an investment of £1.6million in 2021 to create UK's first voluntary clean air zone
(<https://www.local.gov.uk/case-studies/city-york-caz>).
- With good air quality management processes in place, air pollution levels can be monitored live so the appropriate resources can be in place to control any breaches.

Support available

- [Find ways to save energy in your home - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [Save money by saving energy – City of York Council](#)
- [York Energy Advice – Warmer homes for less](#)
- [Greener Practice – Greener Practice – UK's primary care sustainability network](#)
- [Your home and your lungs | Asthma + Lung UK \(blf.org.uk\)](https://www.blf.org.uk)
- [Indoor Air Quality | Allergy UK | National Charity](#)
- [York Air Quality Management Areas \(AQMA\) – City of York Council](#)

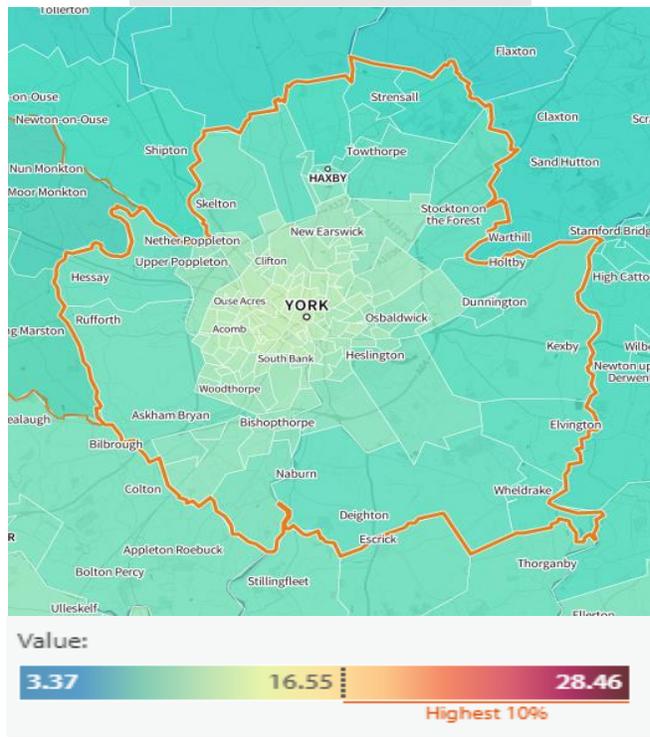
Air Pollutant Levels

Particulate Matter



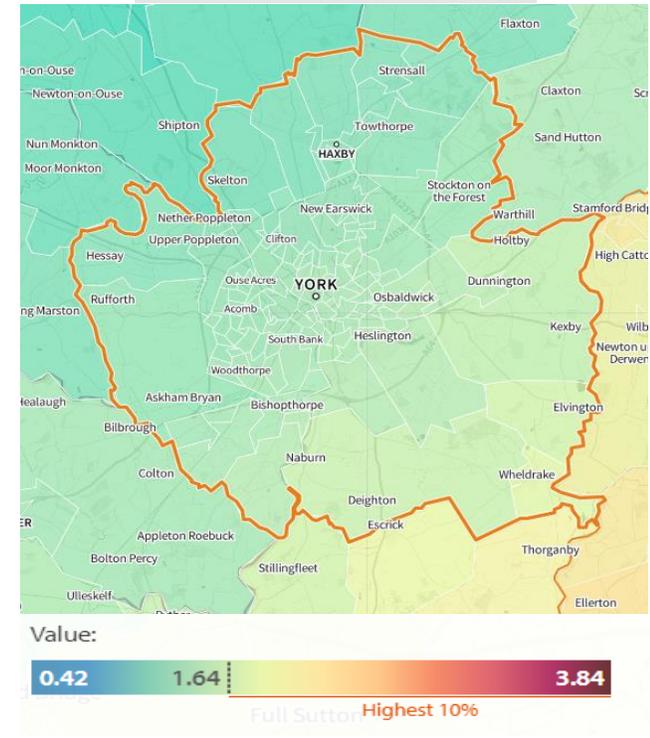
- PM levels are moderate
- Better levels in north of York from Clifton out to Strensall
- Worse levels to south around Fulford & Heslington ward and over to west in Copmanthorpe

Nitrogen Dioxide



- York's outer areas generally have lower levels with higher levels observed from the ring-road inwards
- Central York levels are still within medium-low levels
- Air Quality Standards Regulations 2010 require annual mean concentration must not exceed **40 µg/m³**

Sulphur Dioxide



- Levels are observed at their highest in the south-eastern border with East Riding of Yorkshire. These levels are amongst the highest 10% nationally
- Central York levels are around 1.64 ppm- within recommended permissible exposure limit (PEL)

Housing Vulnerability in York

Summary

- Poor quality housing, fuel poverty and energy inefficiency can have negative impacts on health and wellbeing outcomes.
- Damp, overcrowded, inaccessible and unsafe homes can cause risks to individuals physical and mental health.
- In 2020, 13,172 people were living in fuel poverty, representing 14.7% of the population (2020).
- Hull Road, Clifton, Heworth, Fishergate, Guildhall and West Field all have high proportions of households in fuel poverty.
- Southbank has the highest number of energy inefficient homes, with just 11% of housing having a EPC certificate of C or above.

Support available

- [Find ways to save energy in your home - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [Save money by saving energy – City of York Council](#)
- [York Energy Advice – Warmer homes for less](#)
- [Greener Practice – Greener Practice – UK's primary care sustainability network](#)
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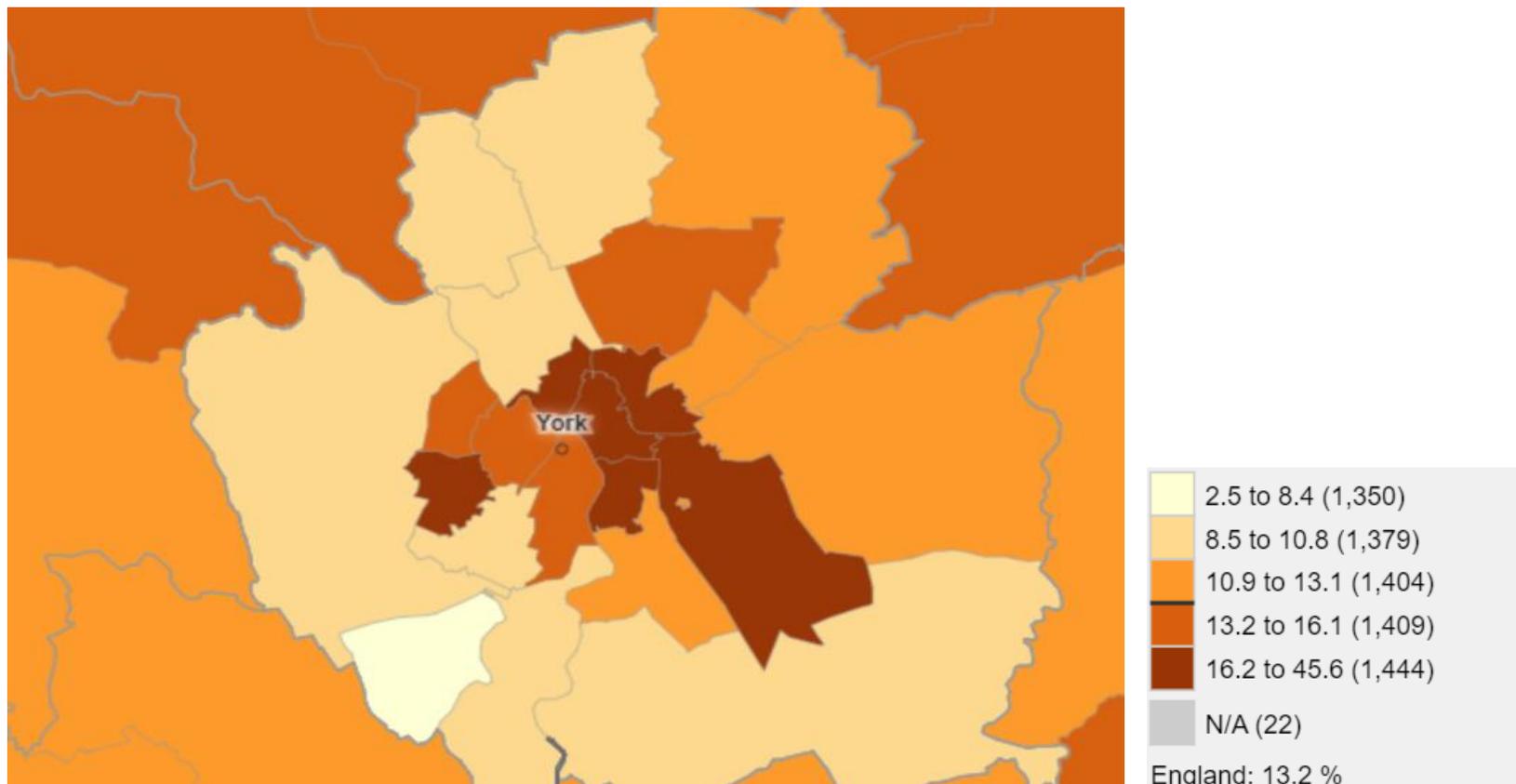
Housing conditions

- The right home environment is essential to health and wellbeing. It is a wider determinant of health, protects and improves health and wellbeing, and prevents physical and mental ill health.
- There are risks to an individual's physical and mental health associated with living in:
 - a cold, damp, or otherwise hazardous home (an unhealthy home)
 - a home that doesn't meet the household's needs due to risks such as being overcrowded or inaccessible to a disabled or older person (an unsuitable home)
 - a home that does not provide a sense of safety and security including precarious living circumstances and/or homelessness (an unstable home)
- A [report](#) by BRE suggests that in 2011 cold and damp homes cost the NHS an estimated £864m in first year treatment costs. They contribute to excess winter deaths and illnesses, particularly from cardiovascular and respiratory disease.
- The recent tragic loss of a 2 year old who died of a [respiratory condition caused by exposure to the mould](#) in his flat, as ruled by a coroner, emphasises how vital good quality housing is to health.
- **In York:**
 - 13,172 people were living in fuel poverty, representing 14.7% of the population (2020).
 - 5 wards in York (Micklegate, Fishergate, Guildhall, Heworth and Hull Road) had higher numbers of households with overcrowding based on overall room occupancy levels than the national average.



Public Health England developed a checklist to enable local partners to review the extent to which their plans for improved health and wellbeing recognise that the home can make a difference to outcomes, and include action to address any issues:
Improving health through the home: a checklist

Fuel poverty in York (2020 data)



- Wards with highest proportion of households in fuel poverty:

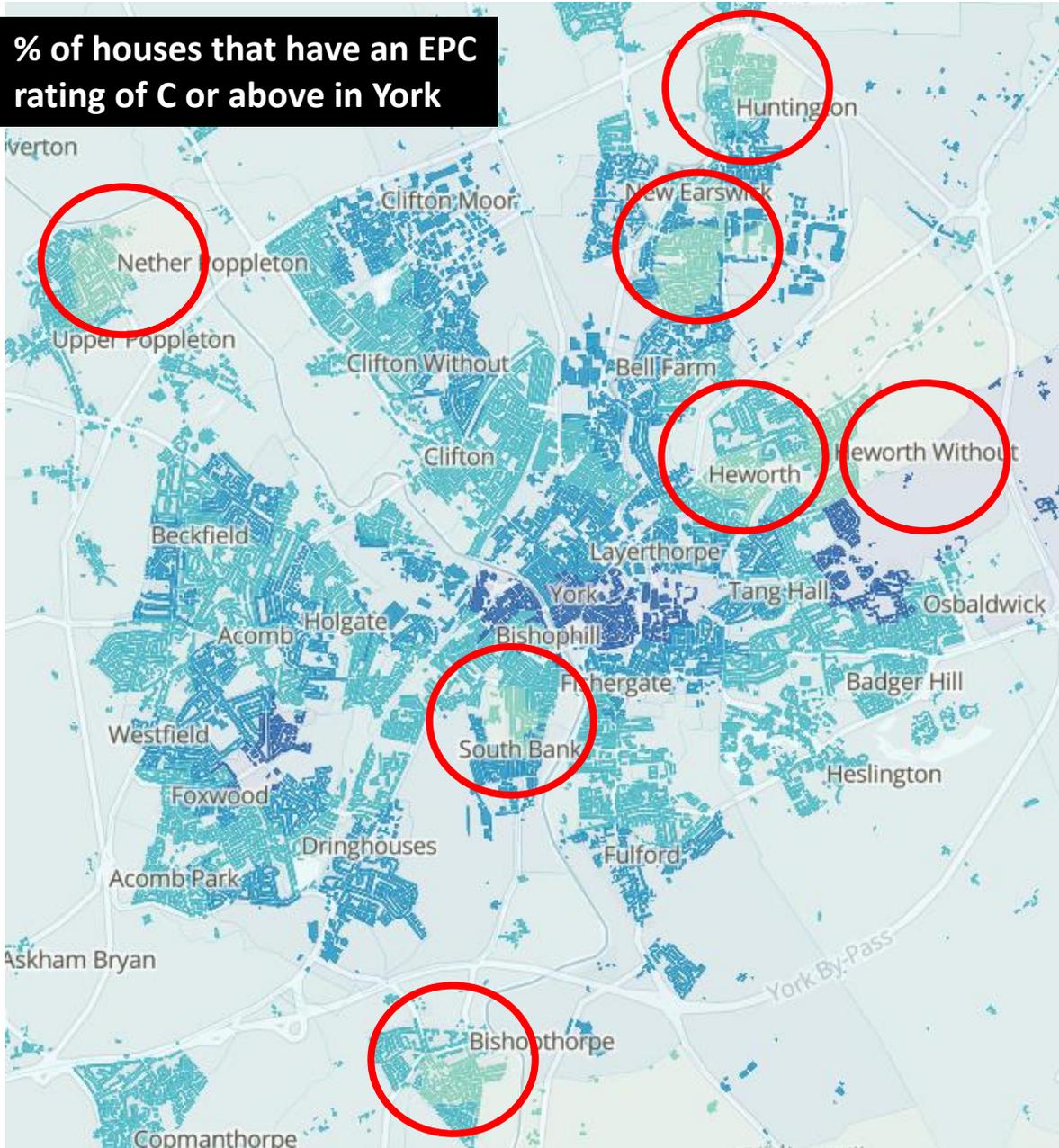
- Hull Road: 25.9%
- Clifton: 20.3
- Heworth: 19.5%
- Fishergate: 19.3%
- Guildhall: 18.7%
- Westfield: 16.9%

Health impacts

- Homes that are cold due to fuel poverty **exacerbate health inequalities**.
- Cold homes can cause and **worsen respiratory conditions, cardiovascular diseases, poor mental health, dementia, hypothermia** and problems with **childhood development**. In some circumstances, health problems may be exacerbated to a degree that they may cause death.

Energy Efficiency in York (2021 data)

% of houses that have an EPC rating of C or above in York



Area	% of homes with EPC rating of C or above
Yorkshire and Humber Average	38%
Southbank	11%
New Earswick	14%
Heworth Without	16%
Heworth	17%
Nether Poppleton	17%
Bishopthorpe	18%
Huntingdon	19%

Emergency Department Attendance Rates for Respiratory Conditions by Geography

Methodology

- Emergency Department (ED) attendances for City of York (CYC) patients at York Trust.
- Attendances over 3 years (Apr-19 to Mar-22)
 - This is total attendances including patients that attend multiple times over the 3 year period with a respiratory condition.
 - This data will include patients streamed e.g. to ambulatory care and those who are admitted (some overlap with the admission figures).
- Rates are age / sex standardised (0-4, 5-18, 19-64 and 65+ years).
- All rates are per 1000 of the population.
- Snomed codes used*:

diagnosisSnomed	diagnosisGroup1	diagnosisGroup2	diagnosisGroup3
13645005	Medical specialties	Respiratory : function	Chronic obstructive pulmonary disease (COPD)
195967001	Medical specialties	Respiratory : lower	Asthma

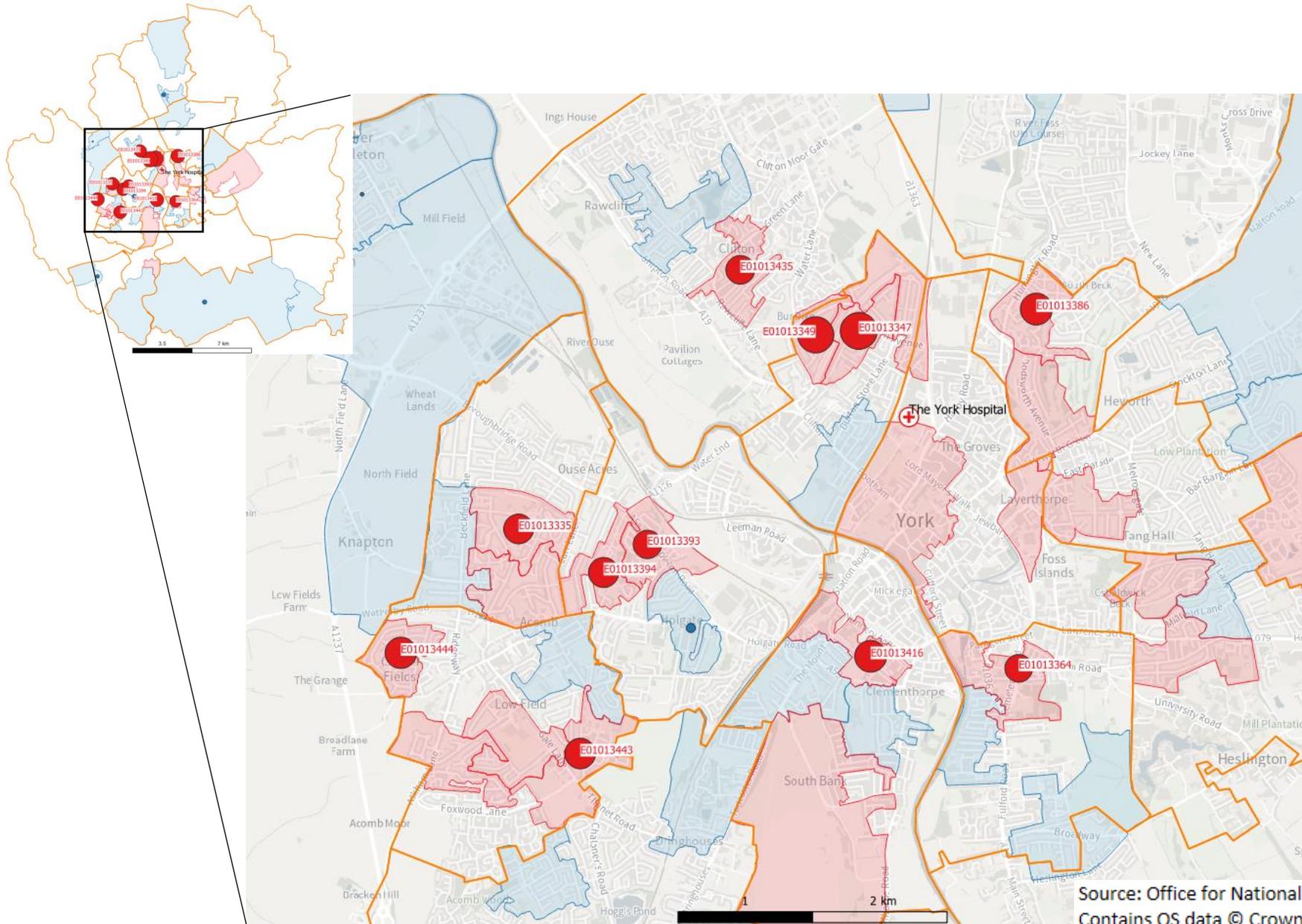
*The decision around which codes to use was based on clinical advice.

Respiratory ED Attendance Rates by LSOA

	LSOA	MSOA	Main Road	DSR per 1,000
Significantly Higher	E01013347	Clifton North	Kingsway North	37.0
	E01013349	Clifton North	Burdyke Avenue	33.8
	E01013443	Westfield, Chapelfields & Foxwood	Kingsway West/ Gale Lane	31.7
	E01013416	York City Centre	Scarcroft Road	25.1
	E01013399	Tang Hall	Burlington Avenue	25.0
	E01013366	York City Centre	Gillygate/ Lord Mayor's Walk	22.8
	E01013386	Heworth South & The Groves	Huntington Road	22.7
	E01013444	Westfield, Chapelfields & Foxwood	Chapelfields Road	21.7
	E01013383	Heworth South & The Groves	Fith & Fourth Avenue	21.5
	E01013341	Bishopthorpe & Copmanthorpe	Acaster Lane	21.4
	E01013335	Acomb	Ostman Road	21.2
	E01013398	Tang Hall	Tang Hall Lane	20.6
	E01013393	Holgate West	Poppleton Road	20.3
	E01013435	Clifton Without & Skelton	Rawcliffe Lane / Green Lane	19.7
	E01013336	Acomb	Carr Lane	18.8
	E01013350	Clifton North	Burton Green/ Rowntree Ave	18.6
	E01013359	Woodthorpe & Acomb Park	Hob Moor/ Thanet Road	18.6
CYC				11.8
Significantly Lower	E01013417	Holgate East	Albemarle Road	3.6
	E01013361	Fulford Road & Clementhorpe	Fulford Road	3.2
	E01013344	Rawcliffe & Clifton South	Bootham	2.9
	E01013423	Bishopthorpe & Copmanthorpe	Top Lane	2.7
	E01013427	Poppleton, Rufforth & Askham	Millfield Lane	1.6

- This table shows the respiratory ED attendance rates by LSOA in York from Apr-19 to Mar-22.
- The rates are sorted from highest to lowest.
- The top part of the table (pink) shows LSOAs with a rate significantly higher than the CYC rate (green).
- The bottom part of the table (blue) shows a selection of LSOAs with the lowest rates.
- The MSOA and 'Main Road' give an indication of geography.

Respiratory ED Attendance Rates by LSOA



- This map shows the LSOAs with the highest (red) and lowest (blue) respiratory ED attendance rates in York from Apr-19 to Mar-22.
- The main map is zoomed in to the city centre. See smaller inset map of CYC for extent.
- The highest rates are those LSOAs with a red circle. The red shaded areas are also significantly higher but have smaller rates.
- The blue areas have the lowest rates.

Emergency Admission Rates for Respiratory Conditions by Geography

Methodology

- Emergency Admissions for City of York (CYC) patients at York Trust.
- Activity over 3 years (Apr-19 to Mar-22)
 - This includes total admissions including patients that attend multiple times over the 3 year period with a respiratory condition.
- Rates are age/ sex standardised (0-4, 5-18, 19-64 and 65+ years).
- All rates are per 1000 of the population.
- Diagnosis Codes used* (ICD10):

Category_1_Code	Category_1_Description	diagSubGroup	diagSubGroup
J40-J47	Chronic lower respiratory diseases	J44	Other chronic obstructive pulmonary disease
		J45	Asthma
		J43	Emphysema
		J47	Bronchiectasis
		J46	Status asthmaticus
		J40	Bronchitis, not specified as acute or chronic
		J42	Unspecified chronic bronchitis
		J20-J22	Other acute lower respiratory infections
J21	Acute bronchiolitis		
J20	Acute bronchitis		

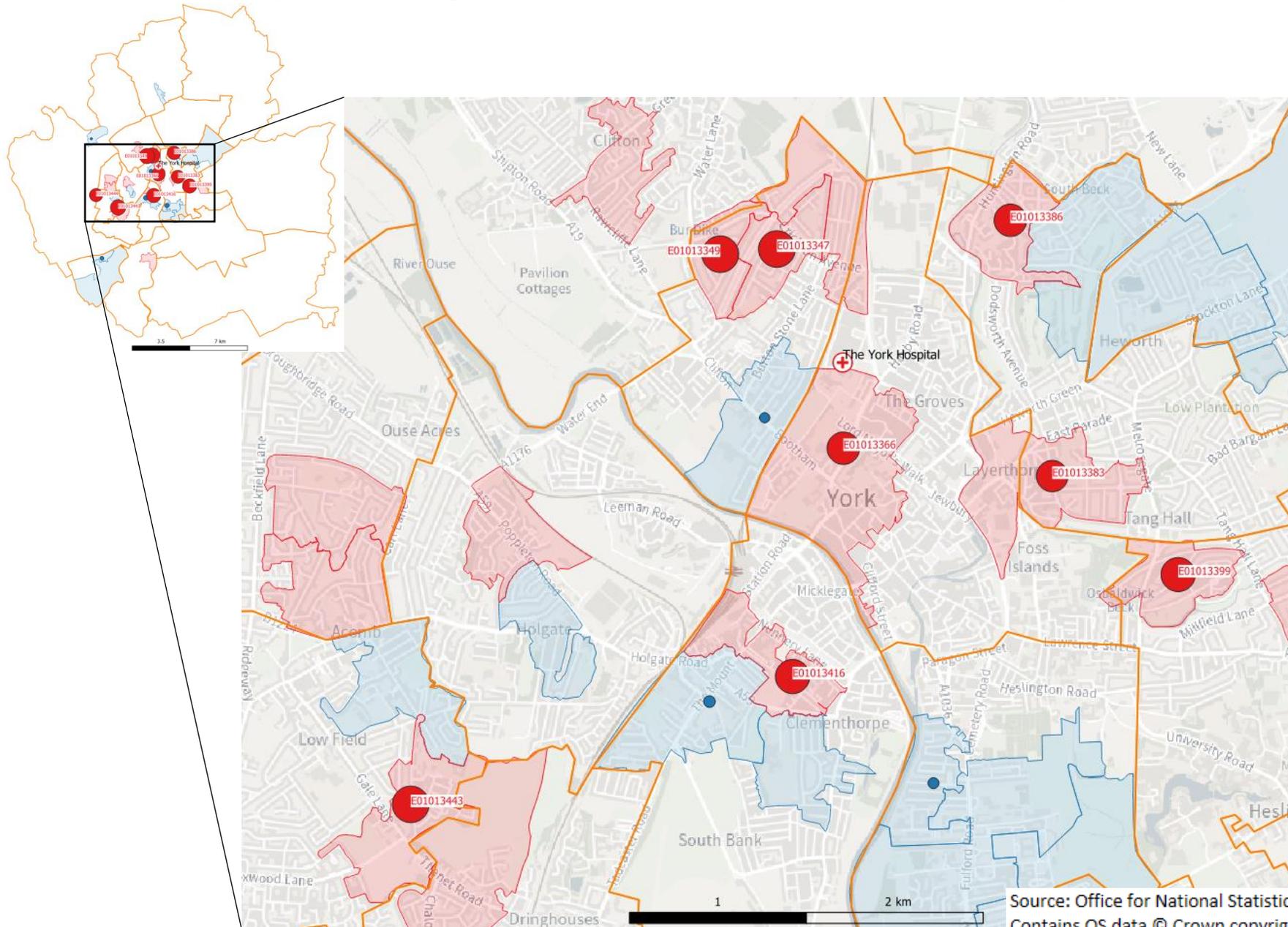
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Respiratory Emergency Admission Rates by LSOA



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- The main map is zoomed in to the city centre. See smaller inset map of CYC for extent.
- The highest rates are those LSOAs with a red circle. The red shaded areas are also significantly higher but have smaller rates.
- The blue areas have the lowest rates.

Asthma Emergency Admissions Methodology

- All rates are per 1000 of the population.
- This is a subset of the emergency admissions data for respiratory conditions using only the following diagnosis (ICD10) code*:

diagSubGroup	diagSubGroup
J45	Asthma

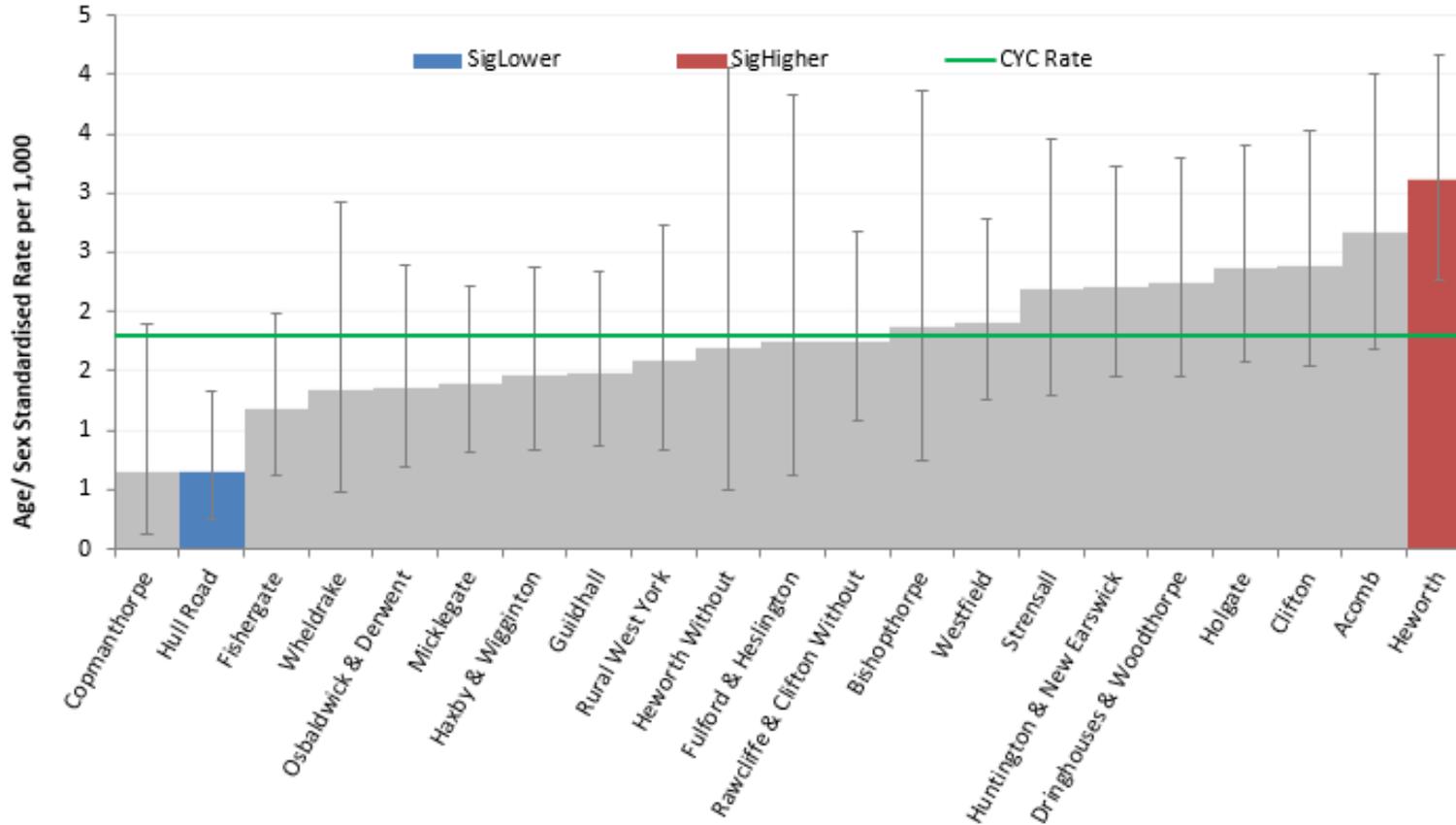
Age breakdowns for asthma admissions:

- Regarding respiratory admissions, the number of admissions for children (in particular 0-4s) is high, but when this data is filtered down to asthma attendances only, the numbers are much smaller for City of York residents. Therefore the data cannot be broken down into more granular detail.

*The decision around which codes to use was based on clinical advice.

Asthma Emergency Admission Rates by Ward

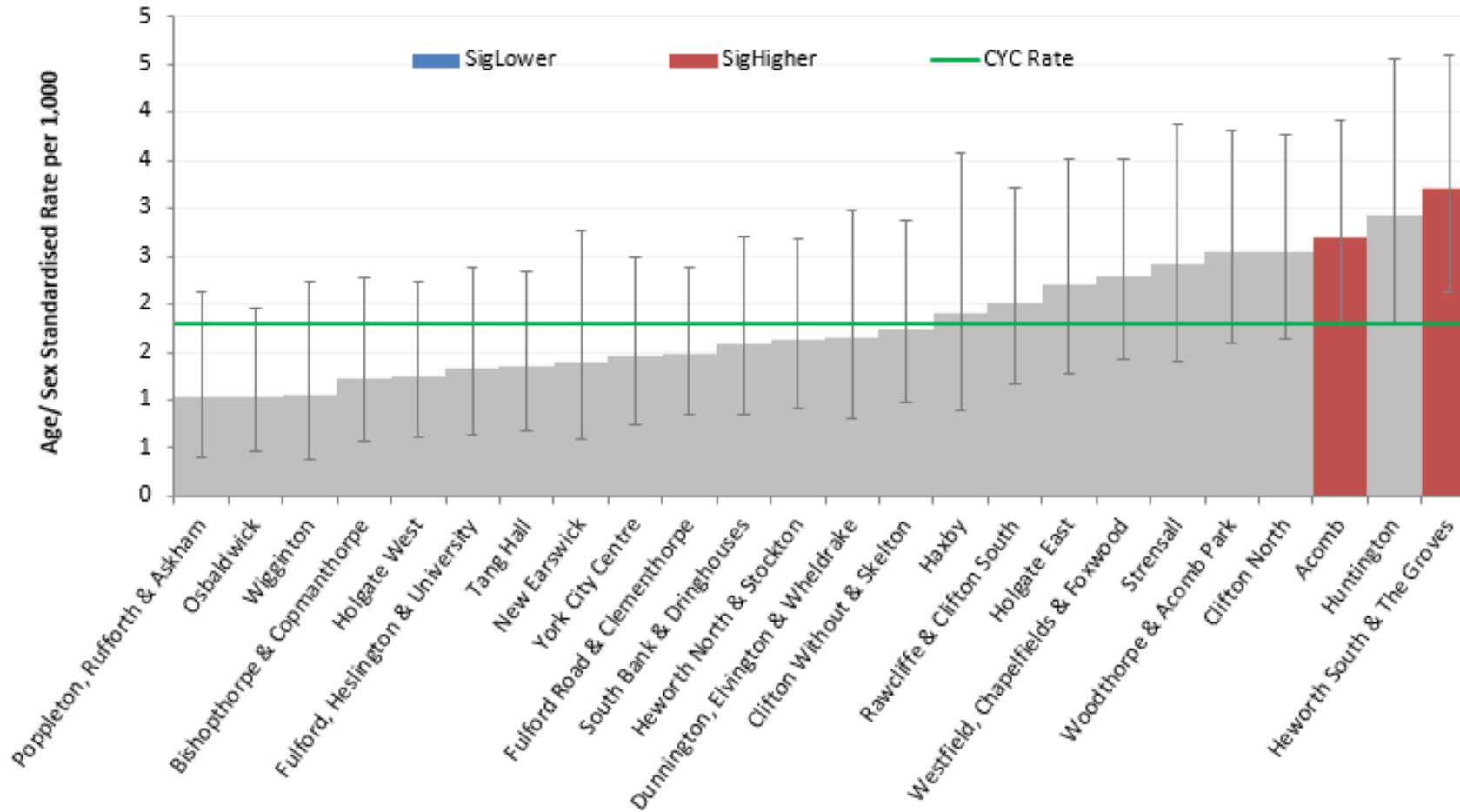
Age/ Sex Standardised Emg Admit Rates by Ward



- This graph shows the emergency admission rates for Asthma by Ward in York from Apr-19 to Mar-22.
- **Heworth** had significantly higher emergency admission rates for Asthma than other wards in the city.

Asthma Emergency Admission Rates by MSOA

Age/ Sex Standardised Emg Admit Rates by MSOA

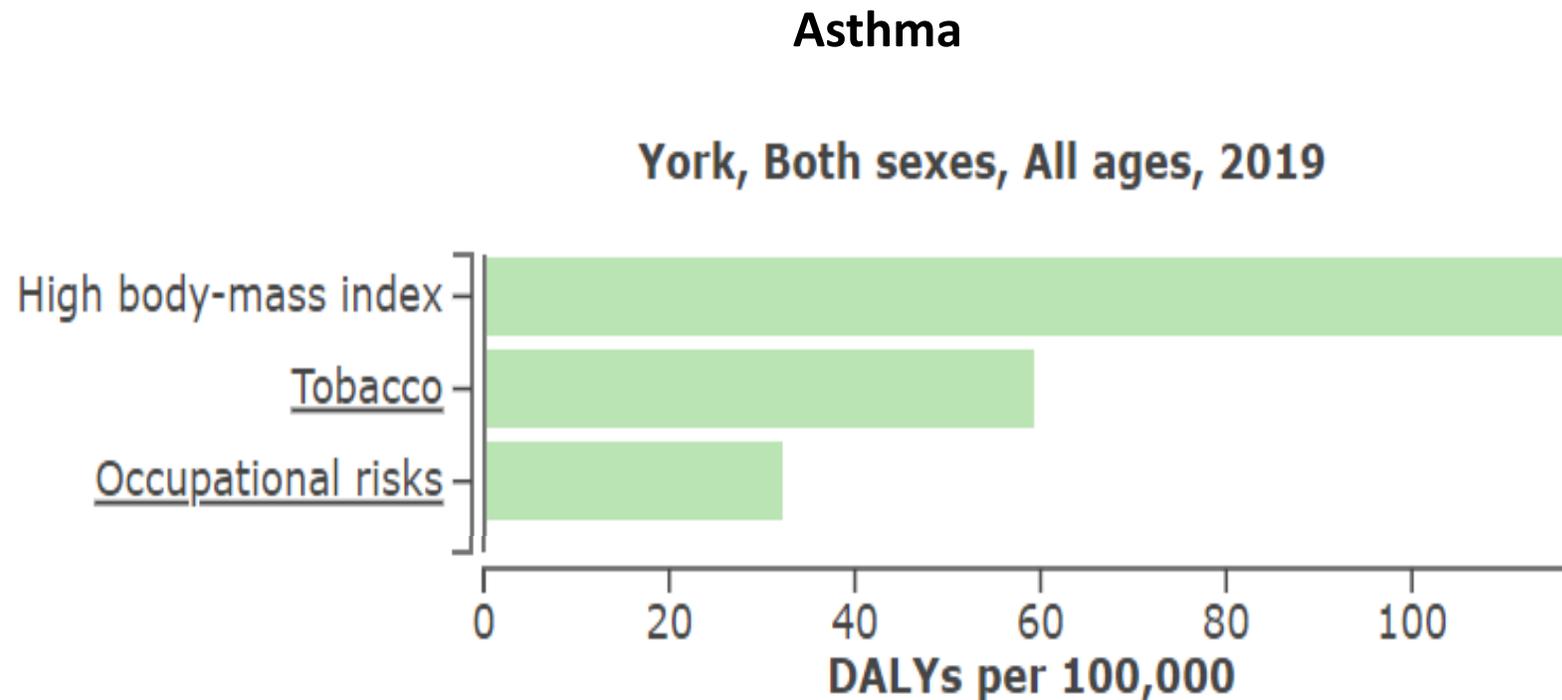


- This graph shows the emergency admission rates for Asthma by MSOA in York from Apr-19 to Mar-22.
- **Acomb and Heworth** had significantly higher emergency admission rates for Asthma than other wards in the city.

Asthma– population health insights from York PCN primary care records

The burden of Asthma – international evidence from the [GBD study](#)

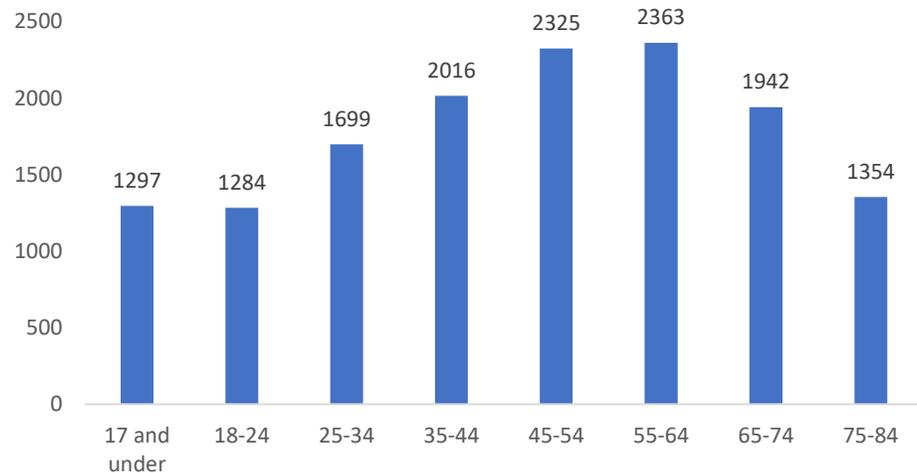
- GBD data shows that in 2019, for Asthma York saw:
 - A loss of 786 Disability adjusted life years (DALYs)
 - 1.64 deaths per 100,000 population
- There are multiple risk factors causing this death and disability, with the highest shown below:



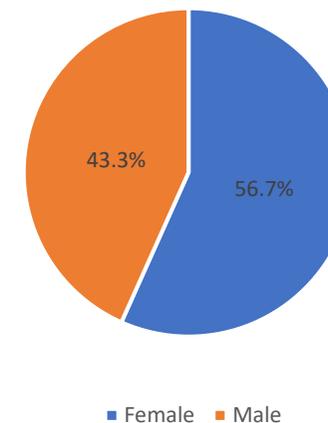
(including asthmagens)

Asthma patients in York – demographic patterns

Asthma patients in York by 10 year age bands



Asthma patients in York by sex



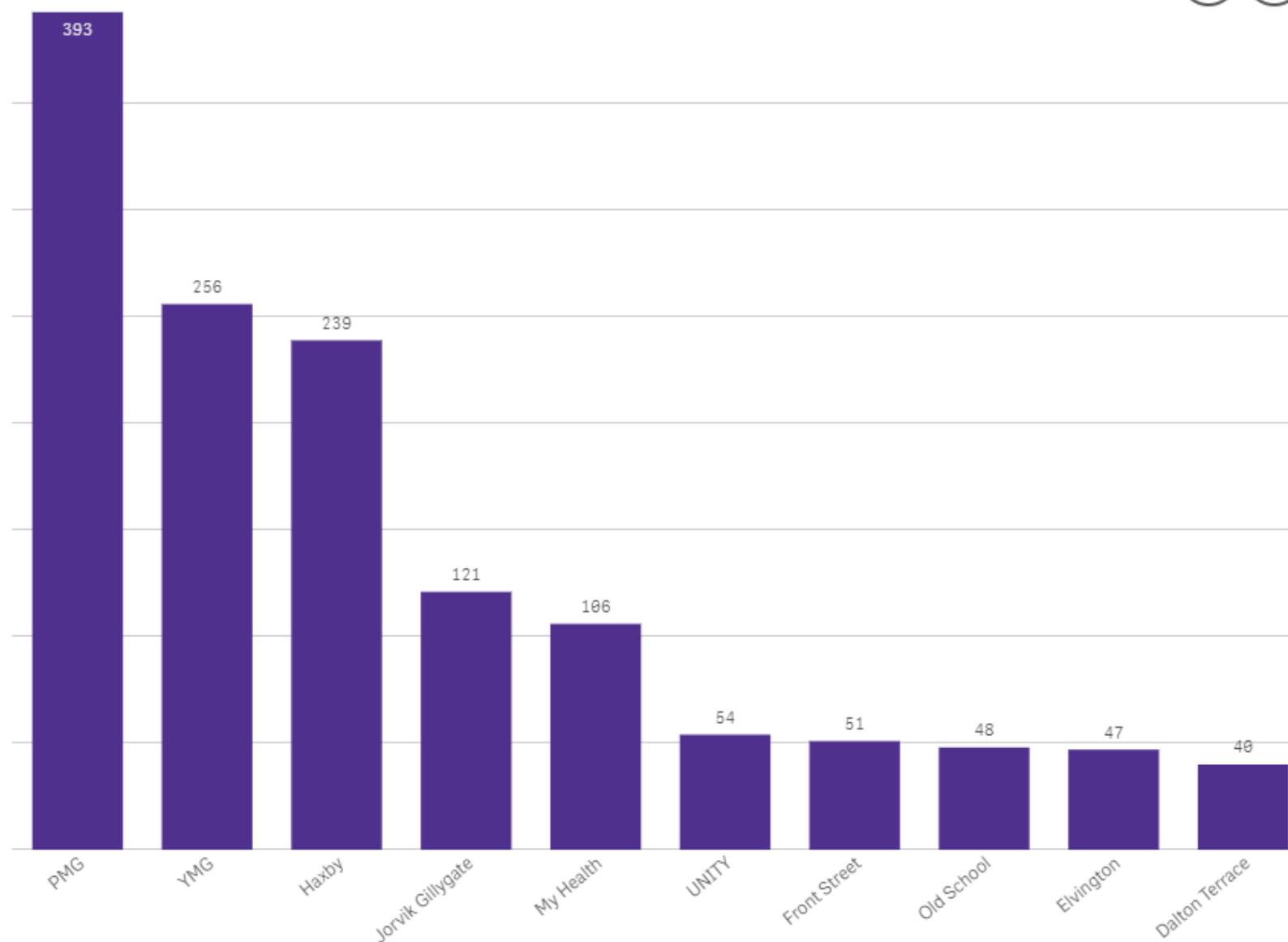
Ethnicity

	Patients	% of Patients
White British	11369	91.5%
All other white	354	2.8%
Asian/Asian British	167	1.3%
Black / African / Caribbean / Black British	90	0.7%
Mixed/ multiple ethnicity	30	0.2%
Other	54	0.4%
Not stated	364	2.9%

Risk factors / social circumstances

	Patients	% of Patients
Smoking	1641	11.1%
BMI 30+	2234	15.2%
COPD	963	6.5%
Depression	3398	23.1%
Bronchiectasis	255	1.7%
Housebound	188	1.3%
Carer	640	4.3%

Patients with a diagnosis in secondary care who do not have it recorded in primary care



1355 patients in York have a secondary care Asthma code but no primary care code

Summary of Asthma QOF achievement data

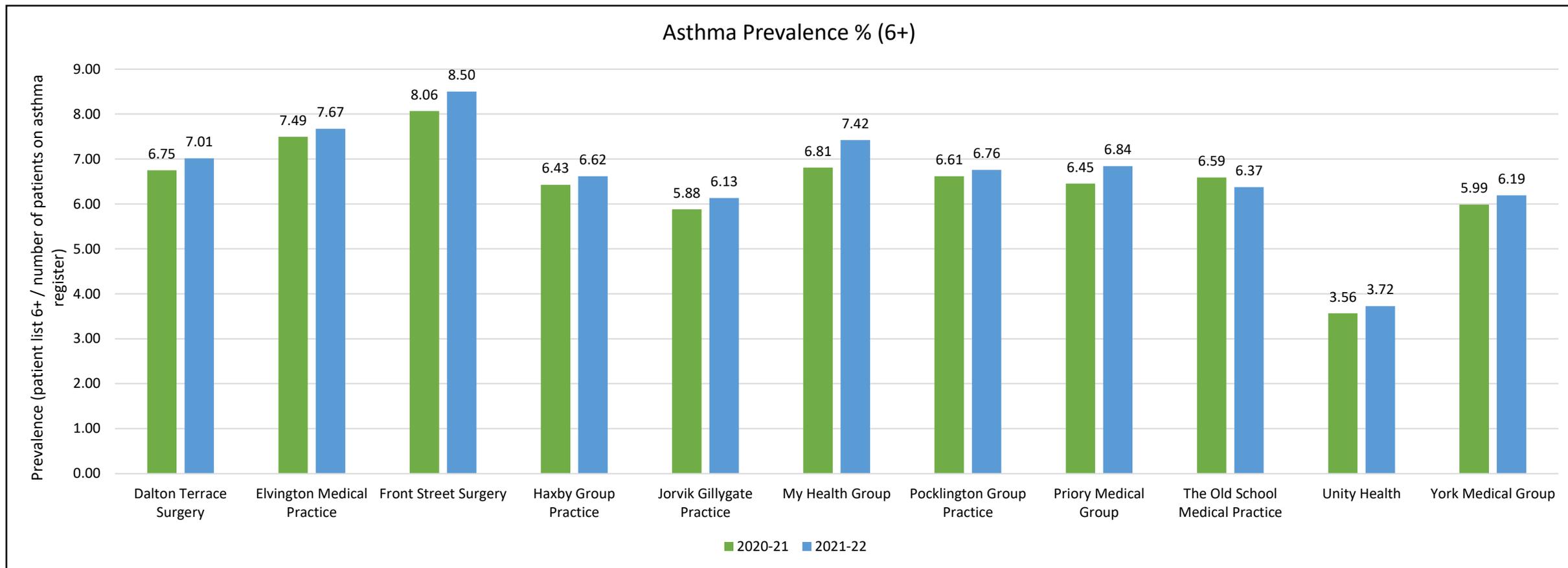
Key messages

- The Quality and Outcomes Framework (QOF) is a voluntary annual reward and incentive programme for all GP practices in England, detailing practice achievement results. It is not about performance management but resourcing and rewarding good practice.
- In 2020/21 practices were focussed on COVID related activities, accounting for the lower number of some reviews undertaken during this year in some practices.

Asthma

- The number of asthma reviews has increased since 2020/21 but there is variation between practices.
- The number of u19s with a record of either personal smoking status or exposure to second hand smoke in the last 12 months has mostly increased in 2021/22. In all practices over half of u19s on the asthma register have a record of either a personal smoking status or exposure to second hand smoke.

Summary of QOF data on asthma prevalence 2020/21- 2021/22



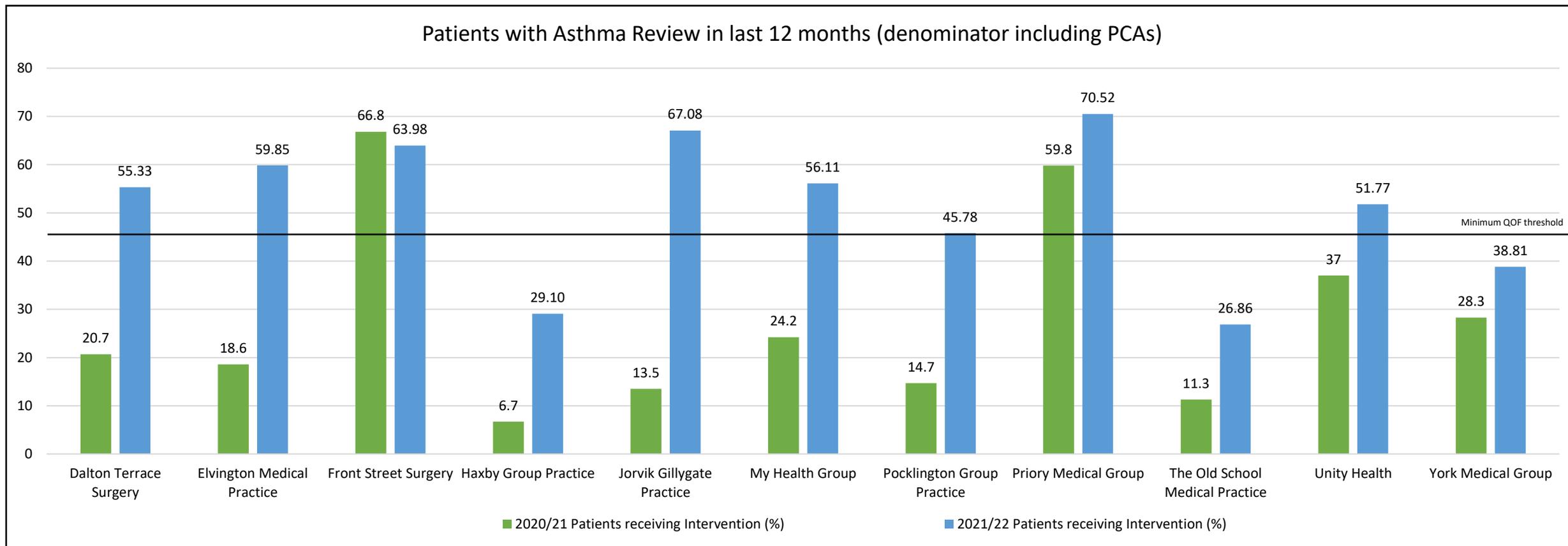
Asthma prevalence rates for people aged 6+ slightly increased for 10 out of 11 practices between 2020/21 and 2021/22. Pre 2020, prevalence data was collected for all-ages so direct comparisons are not possible. The all-age data for 2019 suggests prevalence rates were mostly consistent with previous years, with 4 out of 10 practices experiencing a slight increase.

Sources

- [Quality and Outcomes Framework, 2021-22 - NHS Digital](#) 2021/22 6+ data
- [National General Practice Profiles - Data - OHID \(phe.org.uk\)](#) 2020/21 6+ data and 2019/20 all-age prevalence data

Summary of QOF data on achievement of asthma reviews 2020/21 – 2021/22

QOF	Points	Thresholds
AST007. The percentage of patients with asthma on the register, who have had an asthma review in the preceding 12 months that includes an assessment of asthma control using a validated asthma control questionnaire, a recording of the number of exacerbations, an assessment of inhaler technique and a written personalised action plan.	20	45-70%

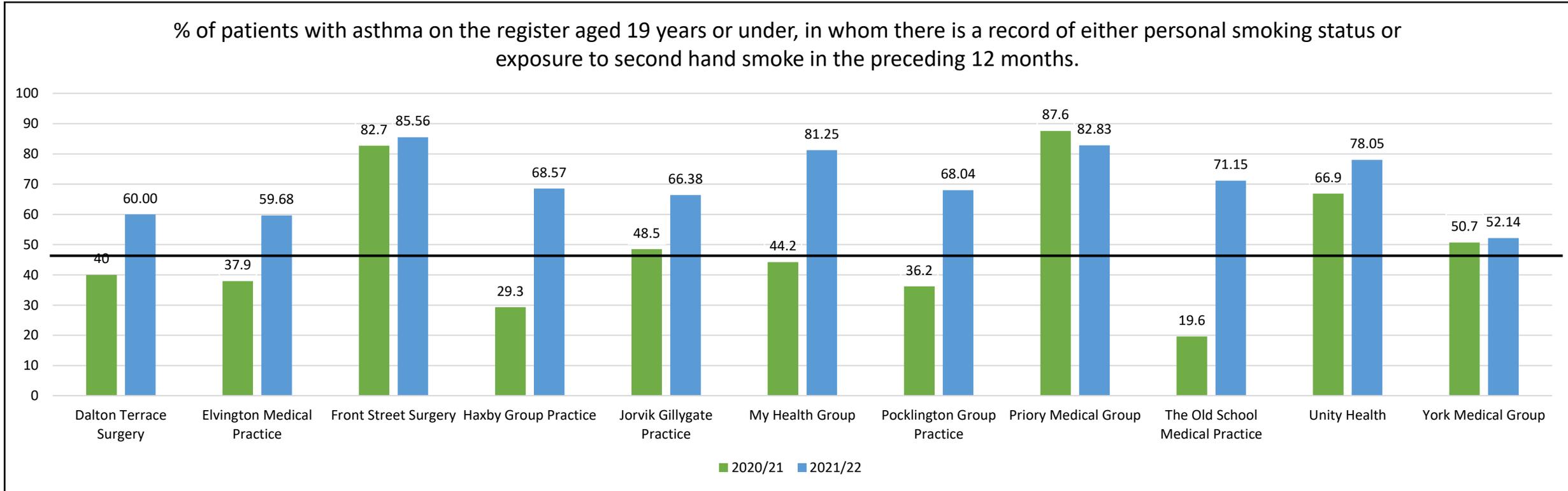


The % of patients with asthma on the register who have had an asthma review in the last 12 months has mostly increased across practices between 2020/21 and 2021/22. In 2020/21 practices were focussed on COVID related activities, accounting for the lower number of reviews undertaken during this year in some practices. In 2021/22 there was variation in achievement rates from 26.86% to 70.52% across practices. 8 out of 11 practices met the minimum QOF threshold.

- Sources**
- [National General Practice Profiles - Data - OHID \(phe.org.uk\)](https://phn.nhs.uk/national-general-practice-profiles) – 2020/21 data
 - [Quality and Outcomes Framework, 2021-22 - NHS Digital](https://www.nhs.uk/quality-and-outcomes-framework) – 2021/22 data

Summary of QOF data on second hand smoking status 2020/21 – 2021/22

QOF	Points	Thresholds
AST008. The percentage of patients with asthma on the register aged 19 years or under, in whom there is a record of either personal smoking status or exposure to second hand smoke in the preceding 12 months.	6	45–80%



The % of patients with asthma on the register aged 19 years or under where there is a record of either personal smoking status or exposure to second hand smoke in the preceding 12 months has mostly increased across practices from 2020/21 to 2021/22. In 2021/22 all practices met the minimum QOF threshold for this measure. In 2021/22, in all practices over half of u19s on the asthma register had a record of either a personal smoking status or exposure to second hand smoke.

Sources

- [Quality and Outcomes Framework, 2021-22 - NHS Digital](#) – 2021/22 data
- [National General Practice Profiles - Data - OHID \(phe.org.uk\)](#) – 2020/21 data

Annex A: Key findings from 'Cost of Living Crisis in York Understanding and reducing the Health impacts' data pack

Summary of Findings

Finding	Recommendation
Financial vulnerability to the COL crisis is likely to affect health. Higher levels of respiratory admissions are seen in wards where UC claims are highest.	Every opportunity should be taken to signpost people in contact with healthcare services to support available, particularly working in these wards
Air pollution contributes a significant amount of disease, hospital admissions and death in York. Changes in car use during the COVID-19 pandemic had a substantial effect. Worse levels of PM2.5 to the south around Fulford & Heslington ward and over to the west in Copmanthorpe.	A number of actions can be taken to improve exposure to outdoor air quality and poor indoor air quality, and healthcare professionals should seek to learn more using the resources highlighted in this pack.
There is a threefold difference geographically in York between the ward with the highest number of people living in fuel poverty (Hull road and the lowest number (Copmanthorpe).	A number of actions can be taken to improve the quality of housing in partnership, and local authority and healthcare professionals should seek to learn more using the resources highlighted in this pack.
Acomb, York City Centre, Tang Hall, Heworth South and the Groves, Westfield, Chapelfields and Foxwood and Clifton North had significantly higher rates of admission for respiratory conditions than other areas of the city.	Identification of individuals and targeted support delivered.
There are a number of risk factors for poorer outcomes for those with COPD or Asthma including smoking , high BMI (highlight), AQ, temperature	Chance to improve coding, risk stratification around COPD and Asthma Reviews in Primary Care and undertake COPD case finding.
Large variability in asthma and COPD reviews, some practice improved a huge amount to clear backlog	Increase number of reviews, risk stratify, automatic referral to pulmonary rehab if indicated and stop smoking services.
Poor quality housing, fuel poverty and energy inefficiency can have negative impacts on health and wellbeing outcomes.	Every opportunity should be taken to educate practitioners about the risks associated with poor quality housing using the resources outlined in this pack.

High Priority City Wards for Action

Ward	Concerns
Heworth	<ul style="list-style-type: none">• Significantly higher respiratory emergency hospital admissions• In top four areas of universal credit claimant rates• Ward with one of the highest proportion of households in fuel poverty (19.5%)• Higher numbers of households with overcrowding based on overall room occupancy levels than the national average• Low number of housing with EPC certificates of C and above (17%)
Westfield	<ul style="list-style-type: none">• Significantly higher respiratory emergency hospital admissions• Area with highest universal credit claimant rates• Ward with one of the highest proportion of households in fuel poverty (16.9%)
Clifton	<ul style="list-style-type: none">• Significantly higher respiratory emergency hospital admissions• In top four areas of universal credit claimant rates• Ward with one of the highest proportion of households in fuel poverty (20.3%)

Summary of support available

Cost of Living:

Financial support:

- [Winter Fuel Payment: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/winter-fuel-payment-overview)
- [Cold Weather Payment: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/cold-weather-payment-overview)
- [Community Food York - Google My Maps](#)
- [York Foodbank | Helping Local People in Crisis](#)
- [York Talk Money | Live Well York](#)
- [Benefits and money – City of York Council](#)
- [All Local Area Coordinators – City of York Council](#)
- [Healthy Eating | Wise About Food | England](#)
- [Free support for unpaid carers \(yorkcarerscentre.co.uk\)](http://yorkcarerscentre.co.uk)

Saving energy in your home:

- [Find ways to save energy in your home - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/find-ways-to-save-energy-in-your-home)
- [Save money by saving energy – City of York Council](#)
- [York Energy Advice – Warmer homes for less](#)

Health and wellbeing:

Winter Health:

- [How to stay well in winter - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/winter-well-being)
- [Winter health – City of York Council](#)
- [Advice and Information Directory - Healthwatch York](#)

Self-management of conditions:

- [Adult Asthma Action Plan](#)
- [Your COPD self-management plan](#)
- [What can I do to manage my bronchiectasis?](#)
- [CYC Health Trainers – City of York Council](#)

For advice about children or young people:

- [When should I worry](#)
- [The Little Orange Book](#)
- [Children's Ambulatory Treatment Hub](#)

Health and wellbeing:

- [Healthwatch York guide to mental health and wellbeing in York](#)
- [York Safe Haven](#)
- [Mental Health Helpline for Urgent Help - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/urgent-help-mental-health)
- [Home - York and Selby IAPT](#)
- [Support with mental health – City of York Council](#)
- [Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/every-mind-matters)
- [Urgent support - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/urgent-support-every-mind-matters)