

#AskAboutAsthma

Small steps improve lives for asthma sufferers

1 in 10 children and young people in London have asthma but less than half of these have an asthma management plan or know how to use their inhaler correctly

North London Partners is supporting the Healthy London Partnership and NHS England London campaign #AskAboutAsthma to help improve the lives of those living with asthma in North Central London.

The campaign, which is launching to coincide with children and young people returning to school and the highest peak of hospital admissions for asthma, aims to encourage all children and young people with asthma to take these three simple steps:

- Have an [asthma management plan](#) (which will soon be available as an app on mobile devices). The plan helps identify the right colour inhaler and dosage and the time to seek emergency help
- Be able to use their [inhaler](#) effectively
- Ensure they have an [annual asthma review](#)

We need your support to ensure this campaign raises awareness of asthma and its impact to children and young people, by:

1. Cascading these key messages across your organisational network channels
2. Putting up the [poster](#) during the campaign in patient facing environments.
3. Encouraging staff to have a look at the resources available at [HLP](#)
4. Consider how you, or your organisation can reduce your impact on [air pollution](#)

#AskAboutAsthma

To coincide with the start of the new school year and the highest hospital admission rates for asthma, the #AskAboutAsthma campaign will run for its second year from 3rd - 16th September 2018.

The campaign, which is being led by the Healthy London Partnership, wants to encourage children and young people, their parents and carers ask three simple but important questions that can help them control their asthma:

1. *Do I have an asthma management plan? The plan (which will shortly be available as an app for mobile devices) helps identify the right colour inhaler and dosage and the time to seek emergency help.*
2. *Can I use my inhaler effectively?*
3. *Have I had an annual asthma review?*

If the answer is not always yes, the advice will be that it is time to see your GP to get these things in place: it could be life changing!