

# **Statistics on NHS Stop Smoking Services in England, April 2006 to March 2007**



# Summary

This annual bulletin presents final results from NHS Stop Smoking Services in England during the period April 2006 to March 2007. The statistics presented in this bulletin supersede the quarterly results previously published for the period April to December 2006. This bulletin includes information on the number of people setting a quit date and the number who successfully quit at the 4 week follow-up. It also presents a more in depth analyses of the key measures of the service, including pregnant women, breakdowns by ethnic groups and regional analyses at Government Office Region (GOR), Strategic Health Authority (SHA) and Primary Care Trust (PCT) levels. In addition, some information is also given on smoking prevalence and attitudes to smoking to help put these results into context.

During the period April 2006 to March 2007:

- 600,410 people set a quit date through NHS Stop Smoking Services;
- At the 4 week follow-up, 319,720 (53%) of those setting a quit date had successfully quit (based on self-report). This is a substantial increase since 2001/02 when the figure was 119,834, although slightly lower than in 2005/06 (329,681);
- Quarter 4 (January to March 2007) of 2006/07 produced the largest number of quitters in any quarter since data collection began (127,193);
- More women than men set a quit date (334,099 compared with 266,311) and more women than men had successfully quit at the 4 week follow-up (174,604 compared with 145,116), although the success rate of giving up smoking was slightly higher among men than women (54% and 52% respectively);
- Success at the four week follow-up increased with age, from 36% of those aged under 18, to 63% of those aged 60 and over;
- People from ethnic minority groups accounted for 6% of those setting a quit date in 2006/07 (37,035), compared to 3% in 2000/01 (4,086);
- 18,341 pregnant women set a quit date through the services, with 9,547 successfully quitting at the 4 week follow-up, a success rate of 52%;
- 496,932 (83%) of those setting a quit date received Nicotine Replacement Therapy (NRT), 27,395 (5%) bupropion and 3,810 (1%) received both NRT and bupropion. Only 38,617 (6%) of people setting a quit date did not receive any smoking cessation aid, while the type of treatment was unknown for 6%;
- Greater Manchester SHA had both the highest number of people setting a quit date (44,177) and highest number of successful quitters at the 4 week follow-up (21,174);
- County Durham and Tees valley SHA reported the highest number of successful quitters per 100,000 of the population (1,216);
- The cost per quitter was £160 in 2006/07. This is higher than in 2005/06 (£158), but 22% lower than in 2001/02 (£206).



# Contents

1.	Introduction.....	1
2.	Key results.....	3
3.	Ethnicity, pregnancy, treatment and cost.....	27
4.	Smoking prevalence, prescriptions and attitudes to smoking.....	41
5.	New geographical structures.....	61
	Appendix A: Government targets and plans.....	73
	Appendix B: Technical notes.....	79
	Appendix C: Editorial notes.....	85
	Appendix D: Further information.....	87
	Appendix E: Statistical return form for 2006/07.....	91



# 1 Introduction

**Please note since the release of this annual bulletin there have been some revisions made to the data. Please see [Appendix B](#) for more details.**

This statistical bulletin presents results from the NHS Stop Smoking Services in England for the period April 2006 to March 2007. The statistics presented in this bulletin supersede results previously published for this period and are the finalised figures for 2006/07.

The NHS Stop Smoking Services (formerly known as the smoking cessation services) were set up in Health Action Zones (HAZ) in 1999/00 and rolled out across all Health Authorities (HA) in England in 2000/01. The services offer support to help people quit smoking. This can include intensive support through group therapy or one-to-one support. The support is designed to be widely accessible within the local community and is provided by trained personnel, such as specialist smoking cessation advisors and trained nurses and pharmacists. These services complement the use of stop smoking aids, nicotine replacement therapy (NRT) and bupropion (Zyban).

Key results from the NHS Stop Smoking Services in 2006/07 are presented in chapter 2, together with an analysis of trends in the performance of the service over recent years.

Chapter 3 reports on variations in the success of the NHS Stop Smoking Services among different ethnic groups, pregnant

women and treatment received to help stop smoking. The chapter also reports on the costs associated with the Stop Smoking Services.

Chapter 4 presents information from other sources, showing the prevalence of smoking, with various breakdowns, including, ethnicity, pregnancy and Strategic Health Authorities (SHAs), from the General Household Survey and the Infant Feeding Survey. The chapter also presents information from the Office for National Statistics Omnibus survey looking at the behaviour and attitudes of smokers wanting to give up smoking, attempts made to stop smoking and sources of stop smoking help and advice.

Chapter 5 provides data broken down by the new SHA and Primary Care Trust structures (PCT). The chapter also presents data on prescriptions.

Throughout the bulletin, references to sources for further information are given. The bulletin also contains five appendices. Appendix A sets out Government policy and targets in the area and Appendix B describes the technical aspects of the NHS Stop Smoking Services. Appendix C sets out the editorial notes in respect of tables. Appendix D contains sources of further information and useful contacts, as well as an overview of smoking cessation research and future collections. The return form used by the SHAs to submit data to the Information Centre in 2006/07 is given in Appendix E.

## 2 Key results

### 2.1 Background

This chapter looks at the key results from the NHS Stop Smoking Services in 2006/07, together with an analysis of trends in the performance of the service over recent years. This is done at a national level and at a regional level using the Strategic Health Authorities (SHAs) and Primary Care Trusts (PCTs) which were in place at the start of the year. Data on the new SHAs and PCTs are presented in chapter 5.

### 2.2 Main results

#### 2.2.1 Overall results

During the period April 2006 to March 2007, 600,410 people set a quit date through the NHS Stop Smoking Services. At the 4-week follow-up 319,720 people had successfully quit (based on self report), 53% of those setting a quit date. A client is counted as a 'self-reported 4-week quitter' if they have been assessed 4 weeks after the designated quit date and declares that he/she has not smoked even a single puff on a cigarette in the past two weeks. A further 25% (150,290) failed to quit while 22% (130,400) were lost to follow up.

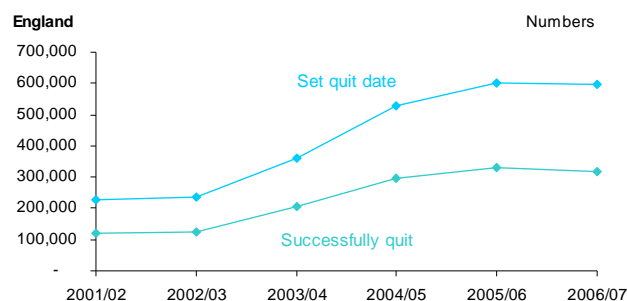
**In 2006/07, 319,720 people had successfully quit with the NHS Stop Smoking Services**

Clients who self-report as having quit at the 4-week follow up are required to have their Carbon Monoxide (CO) levels monitored as a validation of their quit attempt (unless the intervention was by telephone). Of the 319,720 successful quitters, CO validation was attempted on 229,347 clients. Of those tested, 86% were confirmed as successful quitters by CO validation. Therefore, 33% of

people who set a quit date successfully quit with CO validation confirmed.

The number of people setting a quit date and the number of successful quitters (based on self report) are slightly lower than during 2005/06, when there were 602,820 people setting a quit date and 329,681 people successfully quit at the 4-week follow-up (Table 2.1, Figure 2.1).

**Figure 2.1** Number of people setting a quit date and quitting at the 4 week follow up, 2001/02 to 2006/07



Source: Lifestyle Statistics, The Information Centre, 2007

During quarter 4 (covering the period 1<sup>st</sup> January to 31<sup>st</sup> March 2007) more people set a quit date and successfully quit than in any other quarter, a pattern seen in previous years. The success rate in quarter 4 (56%) was also higher than that in any other quarter in that particular year, again a pattern seen in previous years. Quarter 4 of 2006/07 produced the largest number of quitters in any quarter since data collection began (127,193) (Table 2.2).

**Quarter 4 of 2006/07 produced the largest number of quitters ever seen in any quarter (127,193)**

#### 2.2.2 Results by gender

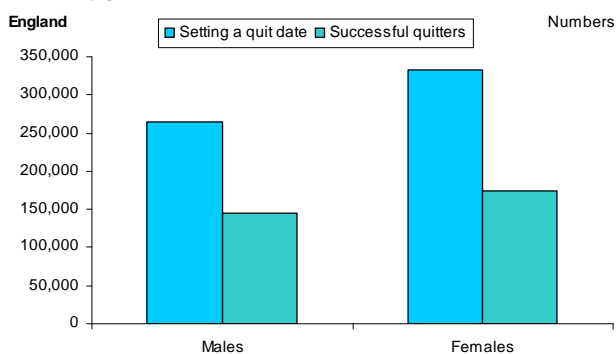
As in previous years, more women than men set a quit date with the services (334,099 compared with 266,311). Of those setting a



quit date, again more women successfully quit than men (174,604 compared with 145,116), although the success rate of giving up smoking was slightly higher among men than women (54% and 52% respectively) (Table 2.3, Figure 2.2).

**More women than men set a quit date with the services (334,099 compared with 266,311)**

**Figure 2.2 Number of people setting a quit date and outcome at 4 weeks, by gender, 2006/07**

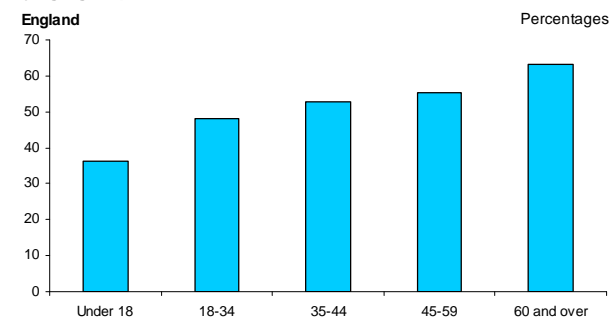


Source: Lifestyle Statistics. The Information Centre, 2007

### 2.2.3 Results by age group

Those aged 18-34 had the largest number of people setting a quit date (180,739). However, the 45-59 age group had a slightly higher number of people successfully quitting at the 4-week follow-up (87,576). As this indicates, the success rate of quitting generally increased with age, from 36% for those aged under 18, to 63% of those aged 60 and over (Table 2.4, Figure 2.3).

**Figure 2.3 Percentage of people successfully quitting at 4 weeks, by age group, 2006/07**



Source: Lifestyle Statistics. The Information Centre, 2007

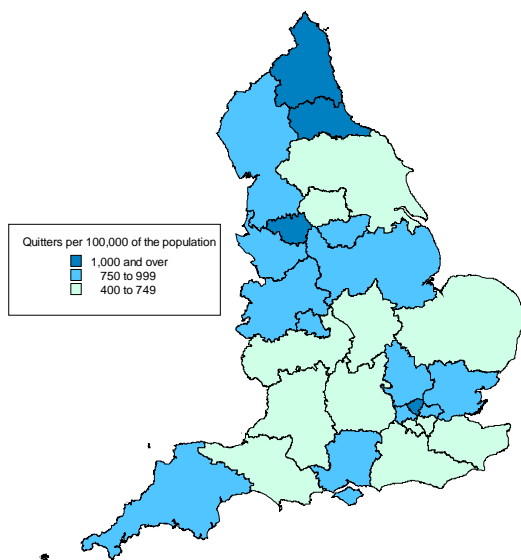
## 2.3 Geographical areas

### 2.3.1 Strategic Health Authorities

When looking at results from the Stop Smoking Services in different regions, figures should be interpreted with caution as the areas are obviously of different sizes and have different population structures. Also, different measures will highlight different areas as being either successful or less successful compared with other areas. Greater Manchester SHA had both the highest number of people setting a quit date (44,177) and the highest number of people successfully quitting (21,174) in 2006/07.

When looking at the number of people successfully quit per 100,000 of the population at SHA level, County Durham and Tees valley SHA reported the highest number successfully quit (1,216 per 100,000), with South West London SHA reporting the lowest number of successful quitters (412 per 100,000) (Table 2.5, Figure 2.4).

Figure 2.4 People successfully quit at the 4 week follow up, per 100,000 of the population, by Strategic Health Authority, 2006/07



Source: Lifestyle Statistics, The Information Centre

Using the most recent information on smoking prevalence from the General Household Survey 2005/06 (GHS) and results collected by the Information Centre, it is estimated that North East, North West and West Midlands GOR had the highest number of quitters per 100,000 smokers (3,900), while East Midlands had the lowest (2,700) (Table 2.6).

### 2.3.2 Strategic Health Authority Trends

Since 2001/02, the number of people setting a quit date in England has increased by 164%. This varies greatly at the SHA level. Among the SHAs, North West London stands out with over a ten-fold increase (1040%) in the number of people setting a quit date since 2001/02, whilst West Yorkshire SHA reported the smallest increase during the same period, increasing by around a half (Table 2.7). North West London also showed the largest increase in the number of people successfully quitting at 4 weeks, while Northumberland, Tyne and

Wear SHA showed the smallest percentage increase at 50% (Table 2.8).

North West London SHA reported over a ten-fold increase in the number of people setting a quit date, since 2001/02

Again North West London SHA showed the largest increase since 2001/02 in successful quitters per 100,000 of the population, with just under a ten-fold increase (964%). North Central London and Kent and Medway also had increases of over 500%. This compares to Northumberland, Tyne and Wear where there was an increase of only 46%. The trend seen for those setting a quit date per 100,000 of the population is similar to the overall numbers quitting with North West London having the largest increase (Tables 2.9, 2.10).

### 2.3.3 Primary Care Trusts Trends

Ealing PCT had the highest number of successful quitters in 2006/07 (2,996), while Daventry & South Northamptonshire PCT delivered the lowest number of successful quitters (213). Barnet PCT also had almost 3,000 quitters (2,941).

Central Derby PCT had the highest number of successful quitters per 100,000 population (1,950), over double the average for England. The PCT with the lowest number of successful quitters per 100,000 population was East Elmbridge and Mid Surrey (200) (Table 2.12).

### References

1. The General Household Survey 2005. The Office for National Statistics. Available at: <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=5756>



## List of tables

- 2.1 People setting a quit date and outcome at 4 weeks, 2001/02 to 2006/07
- 2.2 People setting a quit date and outcome at 4 weeks, by quarter, 2000/01 to 2006/07
- 2.3 People setting a quit date and outcome at 4 weeks, by gender, 2006/07
- 2.4 People setting a quit date, and outcome at 4 weeks by age group, 2006/07
- 2.5 People setting a quit date and successful quitters, per 100,000 population, by Government Office Region and Strategic Health Authority, 2006/07
- 2.6 People successfully quit and estimated quitters per 100,000 smokers aged, by Government Office Region, 2006/07
- 2.7 People setting a quit date, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07
- 2.8 People successfully quit at the 4 week follow up, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07
- 2.9 People setting a quit date, per 100,000 of the population, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07
- 2.10 People successfully quit at the 4 week follow up, per 100,000 of the population, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07
- 2.11 Percentage of people successfully quitting at 4 weeks by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07
- 2.12 People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2006/07

**Table 2.1 People setting a quit date and outcome<sup>1</sup> at 4 weeks, 2001/02 to 2006/07**

England	Numbers/Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
<b>Numbers</b>						
Total number setting a quit date	227,335	234,858	361,224	529,567	602,820	600,410
<b>Outcome at 4 weeks</b>						
Number who had successfully quit at 4 week follow-up (self-report)	119,834	124,082	204,876	298,124	329,681	319,720
Number who had not quit at 4 week follow-up (self-report)	57,161	56,106	82,381	120,232	144,658	150,290
Number not known/lost to follow up	50,340	54,670	73,967	111,211	128,481	130,400
<b>CO validation</b>						
Number who had successfully quit at 4 week follow up, where CO validation attempted	89,856	92,690	143,509	216,635	240,964	229,347
Number who had successfully quit at 4 week follow up, confirmed by CO validation	79,767	83,163	127,493	191,251	210,415	198,052
<b>Percentages</b>						
Total number setting a quit date	100	100	100	100	100	100
<b>Outcome at 4 weeks</b>						
Number who had successfully quit at 4 week follow-up (self-report)	53	53	57	56	55	53
Number who had not quit at 4 week follow-up (self-report)	25	24	23	23	24	25
Number not known/lost to follow up	22	23	20	21	21	22
<b>CO validation</b>						
Number who had successfully quit at 4 week follow up, where CO validation attempted	40	39	40	41	40	38
Number who had successfully quit at 4 week follow up, confirmed by CO validation	35	35	35	36	35	33

1. A client counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. Pregnant women are included in the relevant group

3. Carbon Monoxide (CO) validation measures the level of carbon monoxide in the bloodstream and provides an indication of the level of use of tobacco: it is a motivational tool for clients as well as validation of their smoking status. CO validation is attempted on all clients who self-report as having successfully quit at the 4 week follow-up, except for those who were followed up by telephone

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.2 People setting a quit date and outcome<sup>1</sup> at 4 weeks, by quarter, 2000/01 to 2006/07**

England	Numbers/Percentages		
	Number setting quit date	Number successfully quit (self-report)	Percentage successfully quit
1 April to 30 June 2000	12,432	4,242	34
1 July to 30 September 2000	20,694	9,229	45
1 October to 31 December 2000	30,946	15,411	50
1 January to 31 March 2001	68,472	35,672	52
<b>Total: April 2000 to March 2001</b>	132,544	64,554	49
1 April to 30 June 2001	56,935	28,828	51
1 July to 30 September 2001	48,578	25,054	52
1 October to 31 December 2001	48,155	25,518	53
1 January to 31 March 2002	73,667	40,434	55
<b>Total: April 2001 to March 2002</b>	227,335	119,834	53
1 April to 30 June 2002	59,810	30,752	51
1 July to 30 September 2002	49,049	24,976	51
1 October to 31 December 2002	48,511	25,382	52
1 January to 31 March 2003	77,488	42,972	55
<b>Total: April 2002 to March 2003</b>	234,858	124,082	53
1 April to 30 June 2003	68,620	36,573	53
1 July to 30 September 2003	67,075	35,968	54
1 October to 31 December 2003	76,400	43,615	57
1 January to 31 March 2004	149,129	88,720	59
<b>Total: April 2003 to March 2004</b>	361,224	204,876	57
1 April to 30 June 2004	104,420	56,192	54
1 July to 30 September 2004	103,969	56,058	54
1 October to 31 December 2004	109,781	62,121	57
1 January to 31 March 2005	211,397	123,753	59
<b>Total: April 2004 to March 2005</b>	529,567	298,124	56
1 April to 30 June 2005	145,538	76,495	53
1 July to 30 September 2005	126,367	65,693	52
1 October to 31 December 2005	122,034	66,690	55
1 January to 31 March 2006	208,881	120,803	58
<b>Total: April 2005 to March 2006</b>	602,820	329,681	55
1 April to 30 June 2006	137,803	68,901	50
1 July to 30 September 2006	117,003	59,967	51
1 October to 31 December 2006	119,986	63,659	53
1 January to 31 March 2007	225,618	127,193	56
<b>Total: April 2006 to March 2007</b>	600,410	319,720	53

1. A client counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. There have been some minor revisions to the provisional figures published in previous quarters. The number of people setting a quit date in 2006/07 Quarter 1 (April to June 2006) has been revised from 131,072 to 136,768. The number of people who had successfully quit at the 4 week follow up (self-report) has been revised from 65,522 to 68,338. The number of people setting a quit date in 2006/07 Quarter 2 (July to September 2006) has been revised from 115,182 to 116,232. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 59,281 to 59,529. The number of people setting a quit date in 2006/07 Quarter 3 (October to December 2006) has been revised from 119,346 to 119,836. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 63,359 to 63,614.

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.3 People setting a quit date and outcome<sup>1</sup> at 4 weeks, by gender, 2006/07**

England	Numbers/Percentages					
	Total	Males	Females <sup>2</sup>	Total	Males	Females
Total number setting a quit date	600,410	266,311	334,099	100	100	100
<b>Outcome at 4 weeks</b>						
People who had successfully quit at 4 week follow-up (self-report)	319,720	145,116	174,604	53	54	52
People who had not quit at 4 week follow-up (self-report)	150,290	63,641	86,649	25	24	26
People not known/lost to follow up	130,400	57,554	72,846	22	22	22
<b>CO validation<sup>3</sup></b>						
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	229,347	103,550	125,797	38	39	38
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	198,052	89,882	108,170	33	34	32

1. A client counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. Pregnant women are included in the relevant group

3. Carbon Monoxide (CO) validation measures the level of carbon monoxide in the bloodstream and provides an indication of the level of use of tobacco: it is a motivational tool for clients as well as validation of their smoking status. CO validation is attempted on all clients who self-report as having successfully quit at the 4 week follow-up, except for those who were followed up by telephone

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.4 People setting a quit date, and outcome<sup>1</sup> at 4 weeks by age group<sup>2</sup>, 2006/07**

England	Numbers/Percentages					
	Total	Under 18	18-34	35-44	45-59	60 and over
<b>Numbers</b>						
Total number setting a quit date	600,410	18,546	180,739	147,298	157,934	95,893
<b>Outcome at 4 weeks</b>						
Number who had successfully quit at 4 week follow-up (self report)	319,720	6,695	86,857	77,909	87,576	60,683
Number who had not quit at 4 week follow-up (self report)	150,290	6,078	46,362	36,295	39,547	22,008
Number not known/lost to follow up	130,400	5,773	47,520	33,094	30,811	13,202
<b>CO validation<sup>3</sup></b>						
Number who had successfully quit at 4 week follow-up (self report), where CO validation attempted	229,347	4,796	59,931	56,664	64,517	43,439
Number who had successfully quit at 4 week follow-up, confirmed by CO validation	198,052	4,141	50,788	49,335	56,214	37,574
<b>Percentages</b>						
Total percentage setting a quit date	100	100	100	100	100	100
<b>Outcome at 4 weeks</b>						
Percentage who had successfully quit at 4 week follow-up (self report)	53	36	48	53	55	63
Percentage who had not quit at 4 week follow-up (self report)	25	33	26	25	25	23
Percentage not known/lost to follow up	22	31	26	22	20	14
<b>CO validation</b>						
Percentage who had successfully quit at 4 week follow-up (self report), where CO validation attempted	38	26	33	38	41	45
Percentage who had successfully quit at 4 week follow-up, confirmed by CO validation	33	22	28	33	36	39

1. A client counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. Pregnant women are included in the relevant group

3. Carbon Monoxide (CO) validation measures the level of carbon monoxide in the bloodstream and provides an indication of the level of use of tobacco: it is a motivational tool for clients as well as validation of their smoking status. CO validation is attempted on all clients who self-report as having successfully quit at the 4 week follow-up, except for those who were followed up by telephone

**Source:**

Lifestyle Statistics. The Information Centre, 2007



**Table 2.5 People setting a quit date and successful quitters, per 100,000 population, by Government Office Region and Strategic Health Authority, 2006/07**

England	Numbers/Percentages						
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>	Number lost to follow-up	Number successfully quit (CO validation attempted)	Number successfully quit (CO validation confirmed)
<b>England</b>	600,410	319,720	53	785	130,400	229,347	198,052
<b>North East Government Office Region</b>	50,515	23,900	47	1,147	16,010	21,281	18,255
County Durham & Tees Valley	23,079	11,307	49	1,216	6,957	9,802	7,758
Northumberland, Tyne & Wear	27,436	12,593	46	1,092	9,053	11,479	10,497
<b>North West Government Office Region</b>	106,115	52,105	49	946	19,520	35,595	23,683
Cheshire & Merseyside	38,454	17,353	45	910	7,641	14,094	11,076
Cumbria & Lancashire	23,484	13,578	58	868	4,132	8,163	7,759
Greater Manchester	44,177	21,174	48	1,039	7,747	13,338	4,848
<b>Yorkshire and the Humber Government Office Region</b>	55,739	28,874	52	708	14,122	23,361	20,125
North & East Yorkshire, Northern Lincolnshire	15,583	8,686	56	643	2,997	7,072	6,308
South Yorkshire	17,081	8,167	48	786	4,598	7,443	6,201
West Yorkshire	23,075	12,021	52	712	6,527	8,846	7,616
<b>East Midlands Government Office Region</b>	43,242	23,994	55	702	11,626	19,541	18,119
Leicestershire, Northamptonshire & Rutland	13,008	6,993	54	562	3,645	5,866	5,444
Trent	30,234	17,001	56	782	7,981	13,675	12,675
<b>West Midlands Government Office Region</b>	70,990	36,742	52	855	15,108	26,779	26,286
Birmingham & The Black Country	35,354	17,846	50	990	8,176	14,802	14,460
Shropshire & Staffordshire	17,435	9,666	55	793	2,980	7,394	7,269
West Midlands South	18,201	9,230	51	723	3,952	4,583	4,557
<b>East of England Government Office Region</b>	57,548	33,407	58	747	11,635	18,692	16,493
Bedfordshire & Hertfordshire	14,591	10,673	73	825	1,579	3,964	3,859
Essex	20,363	10,907	54	824	4,637	7,883	6,740
Norfolk, Suffolk & Cambridgeshire	22,594	11,827	52	637	5,419	6,845	5,894
<b>London Government Office Region</b>	91,516	50,022	55	824	21,251	31,495	28,973
North Central London	18,122	10,842	60	1,075	3,363	4,412	4,388
North East London	20,817	11,637	56	963	4,444	8,163	6,999
North West London	25,842	15,061	58	979	5,261	9,714	8,815
South East London	17,199	8,004	47	653	5,518	5,953	5,623
South West London	9,536	4,478	47	412	2,665	3,253	3,148
<b>South East Government Office Region</b>	69,635	40,384	58	611	11,913	30,730	27,197
Hampshire & Isle of Wight	18,811	11,549	61	785	1,997	10,084	8,176
Kent & Medway	14,625	7,814	53	603	3,789	7,003	5,701
Surrey & Sussex	18,815	11,135	59	531	3,538	9,138	8,971
Thames Valley	17,384	9,886	57	567	2,589	4,505	4,349
<b>South West Government Office Region</b>	55,110	30,292	55	731	9,215	21,873	18,921
Avon, Gloucestershire & Wiltshire	21,676	11,333	52	629	3,744	7,738	7,059
Dorset & Somerset	11,464	7,101	62	711	1,177	3,859	3,722
South West Peninsula	21,970	11,858	54	883	4,294	10,276	8,140

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2005 figures based on the 2001 census published by the Office for National Statistics

3. Information on ONS Population data is available at <http://www.statistics.gov.uk/census2001/default.asp>

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.6 People successfully quit<sup>1</sup> and estimated quitters per 100,000 smokers aged<sup>2</sup>, by Government Office Region, 2006/07**

England	Number successfully quit	Estimated quitters per 100,000 smokers <sup>2</sup>
<b>England</b>	319,720	3,300
North East	23,900	3,900
North West	52,105	3,900
Yorkshire and the Humber	28,874	2,800
East Midlands	23,994	2,700
West Midlands	36,742	3,900
East of England	33,407	3,300
London Government	50,022	3,800
South East	40,384	2,800
South West	30,292	2,900

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. Based on General Household Survey 2005 estimates of prevalence among adults aged 16 and over, by Government Office Region

**Sources:**

Lifestyle Statistics. The Information Centre, 2007

General Household Survey 2005. Office for National Statistics

Copyright © 2007, Re-used with the permission of The Office for National Statistics

**Table 2.7 People setting a quit date, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07**

England						Numbers
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
<b>England</b>	227,335	234,858	361,224	529,567	602,820	600,410
<b>North East Government Office Region</b>	27,696	27,501	34,844	44,242	48,752	50,515
County Durham & Tees Valley	12,094	10,785	14,741	21,195	22,791	23,079
Northumberland, Tyne & Wear	15,602	16,716	20,103	23,047	25,961	27,436
<b>North West Government Office Region</b>	54,558	52,554	70,218	101,484	109,754	106,115
Cheshire & Merseyside	21,914	22,114	28,437	36,846	39,272	38,454
Cumbria & Lancashire	13,827	13,675	18,193	25,507	25,200	23,484
Greater Manchester	18,817	16,765	23,588	39,131	45,282	44,177
<b>Yorkshire and the Humber Government Office Region</b>	29,441	29,706	39,133	49,988	56,764	55,739
North & East Yorkshire, Northern Lincolnshire	6,903	7,768	11,165	14,475	15,999	15,583
South Yorkshire	6,975	5,954	7,737	12,325	15,767	17,081
West Yorkshire	15,563	15,984	20,231	23,188	24,998	23,075
<b>East Midlands Government Office Region</b>	11,040	12,318	22,640	37,465	47,030	43,242
Leicestershire, Northamptonshire & Rutland	3,776	3,445	7,620	13,878	16,332	13,008
Trent	7,264	8,873	15,020	23,587	30,698	30,234
<b>West Midlands Government Office Region</b>	28,802	30,379	48,103	66,553	70,655	70,990
Birmingham & The Black Country	10,709	9,483	16,648	26,230	32,872	35,354
Shropshire & Staffordshire	10,269	11,073	14,213	19,969	18,973	17,435
West Midlands South	7,824	9,823	17,242	20,354	18,810	18,201
<b>East of England Government Office Region</b>	15,648	16,392	27,383	49,290	53,616	57,548
Bedfordshire & Hertfordshire	3,580	4,204	6,504	10,391	11,274	14,591
Essex	3,668	3,378	7,992	17,895	18,926	20,363
Norfolk, Suffolk & Cambridgeshire	8,400	8,810	12,887	21,004	23,416	22,594
<b>London Government Office Region</b>	20,042	20,348	38,654	65,763	87,214	91,516
North Central London	3,082	3,285	5,406	10,502	15,391	18,122
North East London	6,048	6,040	12,863	18,097	20,012	20,817
North West London	2,266	2,603	7,277	15,128	25,321	25,842
South East London	5,398	5,160	7,275	13,072	15,983	17,199
South West London	3,248	3,260	5,833	8,964	10,507	9,536
<b>South East Government Office Region</b>	16,182	19,964	40,859	64,553	74,986	69,635
Hampshire & Isle of Wight	3,807	3,604	6,996	14,376	18,249	18,811
Kent & Medway	2,108	2,842	8,138	12,415	15,520	14,625
Surrey & Sussex	6,755	8,255	13,493	20,747	22,620	18,815
Thames Valley	3,512	5,263	12,232	17,015	18,597	17,384
<b>South West Government Office Region</b>	23,926	25,696	39,390	50,229	54,049	55,110
Avon, Gloucestershire & Wiltshire	11,873	12,266	18,516	23,505	24,103	21,676
Dorset & Somerset	3,258	3,718	7,316	10,140	11,829	11,464
South West Peninsula	8,795	9,712	13,558	16,584	18,117	21,970

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.8 People successfully quit at the 4 week follow up<sup>1</sup>, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07**

England	Numbers					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
<b>England</b>	119,834	124,082	204,876	298,124	329,681	319,720
<b>North East Government Office Region</b>	14,979	14,987	18,511	22,421	23,648	23,900
County Durham & Tees Valley	6,582	6,464	8,601	11,159	11,235	11,307
Northumberland, Tyne & Wear	8,397	8,523	9,910	11,262	12,413	12,593
<b>North West Government Office Region</b>	25,877	24,695	35,418	51,621	54,488	52,105
Cheshire & Merseyside	11,253	10,645	13,588	17,715	18,242	17,353
Cumbria & Lancashire	7,145	7,516	10,816	14,933	14,863	13,578
Greater Manchester	7,479	6,534	11,014	18,973	21,383	21,174
<b>Yorkshire and the Humber Government Office Region</b>	16,674	16,265	21,444	27,782	29,971	28,874
North & East Yorkshire, Northern Lincolnshire	4,556	4,651	6,829	8,841	9,142	8,686
South Yorkshire	4,225	3,546	4,408	6,770	8,020	8,167
West Yorkshire	7,893	8,068	10,207	12,171	12,809	12,021
<b>East Midlands Government Office Region</b>	6,158	6,941	14,525	23,645	28,687	23,994
Leicestershire, Northamptonshire & Rutland	2,052	1,878	4,495	8,290	9,189	6,993
Trent	4,106	5,063	10,030	15,355	19,498	17,001
<b>West Midlands Government Office Region</b>	14,918	15,776	26,238	36,159	38,235	36,742
Birmingham & The Black Country	5,398	5,044	9,940	14,698	17,639	17,846
Shropshire & Staffordshire	5,480	5,635	7,584	11,269	10,980	9,666
West Midlands South	4,040	5,097	8,714	10,192	9,616	9,230
<b>East of England Government Office Region</b>	9,812	10,052	17,544	29,779	30,461	33,407
Bedfordshire & Hertfordshire	2,323	2,666	4,196	7,045	7,577	10,673
Essex	2,752	2,551	5,940	11,665	10,604	10,907
Norfolk, Suffolk & Cambridgeshire	4,737	4,835	7,408	11,069	12,280	11,827
<b>London Government Office Region</b>	9,155	9,865	22,558	36,642	46,966	50,022
North Central London	1,508	1,660	2,790	5,607	9,010	10,842
North East London	2,634	3,082	8,552	10,535	11,121	11,637
North West London	1,342	1,364	4,698	9,056	13,061	15,061
South East London	2,433	2,239	3,612	7,149	8,930	8,004
South West London	1,238	1,520	2,906	4,295	4,844	4,478
<b>South East Government Office Region</b>	9,373	11,614	26,345	41,196	46,492	40,384
Hampshire & Isle of Wight	2,054	2,084	4,237	8,858	11,970	11,549
Kent & Medway	1,123	1,697	5,836	8,715	9,205	7,814
Surrey & Sussex	4,399	4,904	8,245	13,109	13,961	11,135
Thames Valley	1,797	2,929	8,027	10,514	11,356	9,886
<b>South West Government Office Region</b>	12,888	13,887	22,293	28,879	30,733	30,292
Avon, Gloucestershire & Wiltshire	6,318	6,472	9,615	12,874	13,034	11,333
Dorset & Somerset	2,102	2,270	5,132	6,834	7,710	7,101
South West Peninsula	4,468	5,145	7,546	9,171	9,989	11,858

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.9 People setting a quit date<sup>1</sup>, per 100,000 of the population<sup>2,3</sup>, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07**

England	Numbers					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
<b>England</b>	575	590	902	1,313	1,494	1,475
<b>North East Government Office Region</b>	1,358	1,345	1,697	2,142	2,361	2,425
County Durham & Tees Valley	1,324	1,176	1,601	2,291	2,463	2,481
Northumberland, Tyne & Wear	1,386	1,482	1,775	2,022	2,277	2,379
<b>North West Government Office Region</b>	1,010	968	1,284	1,844	1,994	1,917
Cheshire & Merseyside	1,170	1,177	1,505	1,940	2,068	2,016
Cumbria & Lancashire	910	895	1,181	1,642	1,622	1,501
Greater Manchester	936	828	1,157	1,907	2,207	2,141
<b>Yorkshire and the Humber Government Office Region</b>	743	745	976	1,235	1,403	1,367
North & East Yorkshire, Northern Lincolnshire	528	591	842	1,080	1,194	1,154
South Yorkshire	689	585	756	1,196	1,530	1,643
West Yorkshire	948	967	1,218	1,384	1,492	1,367
<b>East Midlands Government Office Region</b>	336	371	674	1,106	1,388	1,265
Leicestershire, Northamptonshire & Rutland	315	285	624	1,127	1,326	1,045
Trent	347	420	703	1,094	1,423	1,391
<b>West Midlands Government Office Region</b>	688	720	1,134	1,562	1,658	1,652
Birmingham & The Black Country	606	533	933	1,466	1,837	1,962
Shropshire & Staffordshire	860	923	1,180	1,649	1,567	1,430
West Midlands South	639	793	1,378	1,613	1,491	1,426
<b>East of England Government Office Region</b>	362	377	623	1,114	1,212	1,286
Bedfordshire & Hertfordshire	283	331	509	811	880	1,127
Essex	284	260	612	1,364	1,442	1,539
Norfolk, Suffolk & Cambridgeshire	474	494	712	1,148	1,280	1,217
<b>London Government Office Region</b>	341	344	650	1,099	1,457	1,508
North Central London	318	335	547	1,055	1,546	1,796
North East London	512	507	1,076	1,511	1,670	1,723
North West London	156	176	490	1,005	1,683	1,679
South East London	446	426	601	1,076	1,316	1,403
South West London	308	307	549	835	979	877
<b>South East Government Office Region</b>	251	308	627	985	1,145	1,054
Hampshire & Isle of Wight	266	250	481	985	1,250	1,278
Kent & Medway	168	225	640	968	1,210	1,129
Surrey & Sussex	327	399	650	996	1,086	896
Thames Valley	206	308	712	986	1,078	997
<b>South West Government Office Region</b>	597	637	968	1,222	1,315	1,330
Avon, Gloucestershire & Wiltshire	679	699	1,046	1,315	1,349	1,202
Dorset & Somerset	335	380	741	1,021	1,191	1,147
South West Peninsula	683	747	1,033	1,246	1,361	1,636

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2005 figures based on the 2001 census published by the Office for National Statistics

3. Information on ONS Population data is available at <http://www.statistics.gov.uk/census2001/default.asp>

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.10 People successfully quit at the 4 week follow up<sup>1</sup>, per 100,000 of the population<sup>2,3</sup>, by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07**

England	Numbers					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
<b>England</b>	303	312	512	739	817	785
<b>North East Government Office Region</b>	735	733	901	1,086	1,145	1,147
County Durham & Tees Valley	721	705	934	1,206	1,214	1,216
Northumberland, Tyne & Wear	746	755	875	988	1,089	1,092
<b>North West Government Office Region</b>	479	455	648	938	990	946
Cheshire & Merseyside	601	567	719	933	961	910
Cumbria & Lancashire	470	492	702	961	957	868
Greater Manchester	372	323	540	925	1,042	1,039
<b>Yorkshire and the Humber Government Office Region</b>	421	408	535	687	741	708
North & East Yorkshire, Northern Lincolnshire	349	354	515	660	682	643
South Yorkshire	417	349	431	657	778	786
West Yorkshire	481	488	614	726	764	712
<b>East Midlands Government Office Region</b>	187	209	433	698	847	702
Leicestershire, Northamptonshire & Rutland	171	155	368	673	746	562
Trent	196	239	469	712	904	782
<b>West Midlands Government Office Region</b>	356	374	619	848	897	855
Birmingham & The Black Country	305	284	557	822	986	990
Shropshire & Staffordshire	459	470	630	930	907	793
West Midlands South	330	412	696	808	762	723
<b>East of England Government Office Region</b>	227	231	399	673	689	747
Bedfordshire & Hertfordshire	184	210	328	550	591	825
Essex	213	197	455	889	808	824
Norfolk, Suffolk & Cambridgeshire	267	271	409	605	671	637
<b>London Government Office Region</b>	156	167	380	612	785	824
North Central London	156	169	282	563	905	1,075
North East London	223	259	715	879	928	963
North West London	92	92	316	602	868	979
South East London	201	185	298	589	735	653
South West London	117	143	273	400	451	412
<b>South East Government Office Region</b>	145	179	404	629	710	611
Hampshire & Isle of Wight	143	145	292	607	820	785
Kent & Medway	90	134	459	679	717	603
Surrey & Sussex	213	237	397	629	670	531
Thames Valley	105	171	467	609	658	567
<b>South West Government Office Region</b>	322	344	548	702	747	731
Avon, Gloucestershire & Wiltshire	362	369	543	720	729	629
Dorset & Somerset	216	232	520	688	776	711
South West Peninsula	347	396	575	689	751	883

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2005 figures based on the 2001 census published by the Office for National Statistics

3. Information on ONS Population data is available at <http://www.statistics.gov.uk/census2001/default.asp>

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.11 Percentage of people successfully quitting at 4 weeks<sup>1,2</sup> by Government Office Region and Strategic Health Authority, 2001/02 to 2006/07**

England	Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
<b>England</b>	53	53	57	56	55	53
<b>North East Government Office Region</b>	54	54	53	51	49	47
County Durham & Tees Valley	54	60	58	53	49	49
Northumberland, Tyne & Wear	54	51	49	49	48	46
<b>North West Government Office Region</b>	47	47	50	51	50	49
Cheshire & Merseyside	51	48	48	48	46	45
Cumbria & Lancashire	52	55	59	59	59	58
Greater Manchester	40	39	47	48	47	48
<b>Yorkshire and the Humber Government Office Region</b>	57	55	55	56	53	52
North & East Yorkshire, Northern Lincolnshire	66	60	61	61	57	56
South Yorkshire	61	60	57	55	51	48
West Yorkshire	51	50	50	52	51	52
<b>East Midlands Government Office Region</b>	56	56	64	63	61	55
Leicestershire, Northamptonshire & Rutland	54	55	59	60	56	54
Trent	57	57	67	65	64	56
<b>West Midlands Government Office Region</b>	52	52	55	54	54	52
Birmingham & The Black Country	50	53	60	56	54	50
Shropshire & Staffordshire	53	51	53	56	58	55
West Midlands South	52	52	51	50	51	51
<b>East of England Government Office Region</b>	63	61	64	60	57	58
Bedfordshire & Hertfordshire	65	63	65	68	67	73
Essex	75	76	74	65	56	54
Norfolk, Suffolk & Cambridgeshire	56	55	57	53	52	52
<b>London Government Office Region</b>	46	48	58	56	54	55
North Central London	49	51	52	53	59	60
North East London	44	51	66	58	56	56
North West London	59	52	65	60	52	58
South East London	45	43	50	55	56	47
South West London	38	47	50	48	46	47
<b>South East Government Office Region</b>	58	58	64	64	62	58
Hampshire & Isle of Wight	54	58	61	62	66	61
Kent & Medway	53	60	72	70	59	53
Surrey & Sussex	65	59	61	63	62	59
Thames Valley	51	56	66	62	61	57
<b>South West Government Office Region</b>	54	54	57	57	57	55
Avon, Gloucestershire & Wiltshire	53	53	52	55	54	52
Dorset & Somerset	65	61	70	67	65	62
South West Peninsula	51	53	56	55	55	54

1. The proportion of those setting a quit date who had successfully quit at the 4 week follow-up

2. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 2.12 People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2006/07**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>England</b>	600,410	319,720	53	785
<b>North East Government Office Region</b>	50,515	23,900	47	1,147
<b>County Durham and Tees Valley SHA</b>	23,079	11,307	49	1,216
Darlington	1,503	728	48	914
Derwentside	2,066	643	31	912
Durham & Chester Le Street	2,133	1,023	48	841
Durham Dales	1,322	839	63	1,182
Easington	2,652	1,127	42	1,504
Hartlepool	2,626	1,344	51	1,883
Langbaugh	1,924	1,011	53	1,266
Middlesbrough	3,664	1,968	54	1,396
North Tees	3,604	1,746	48	1,171
Sedgefield	1,585	878	55	1,235
<b>Northumberland, Tyne and Wear SHA</b>	27,436	12,593	46	1,092
Gateshead	3,793	1,736	46	1,109
Newcastle	5,019	2,442	49	1,065
North Tyneside	4,115	1,950	47	1,241
Northumberland Care Trust	5,056	2,411	48	942
South Tyneside	3,494	1,469	42	1,193
Sunderland Teaching	5,959	2,585	43	1,118
<b>North West Government Office Region</b>	106,115	52,105	49	946
<b>Cheshire &amp; Merseyside SHA</b>	38,454	17,353	45	910
Bebington & West Wirral	723	322	45	323
Birkenhead & Wallasey	4,199	1,618	39	1,064
Central Cheshire	3,958	1,753	44	846
Central Liverpool	6,132	2,621	43	1,324
Cheshire West	2,009	762	38	609
Eastern Cheshire	2,461	1,013	41	658
Ellesmere Port & Neston	881	515	58	796
Halton	2,129	1,049	49	1,112
Knowsley	2,652	1,432	54	1,218
North Liverpool	2,857	1,198	42	1,423
South Liverpool	2,201	891	40	1,051
South Sefton	3,025	1,260	42	951
Southport & Formby	1,219	508	42	532
St Helens	2,199	1,286	58	909
Warrington	1,809	1,125	62	721
<b>Cumbria &amp; Lancashire SHA</b>	23,484	13,578	58	868
Blackburn & Darwen	2,740	1,648	60	1,558
Blackpool	2,858	1,356	47	1,164
Burnley, Pendle & Rossendale	3,016	1,905	63	995
Carlisle & District	774	462	60	475
Chorley & South Ribble	2,313	1,355	59	798
Eden Valley	485	337	69	559
Fylde	636	355	56	555
Hyndburn & Ribble Valley	1,898	1,137	60	1,133
Morecambe Bay	3,074	1,604	52	628
Preston	1,760	1,014	58	887
West Cumbria	1,167	709	61	644
West Lancashire	1,107	735	66	834
Wyre	1,656	961	58	1,059



**Table 2.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>Greater Manchester SHA</b>	44,177	21,174	48	1,039
Ashton, Leigh & Wigan	5,064	2,550	50	1,032
Bolton	4,742	2,206	47	1,051
Bury	2,987	1,567	52	1,075
Central Manchester	3,267	1,559	48	1,196
Heywood & Middleton	1,666	649	39	1,096
North Manchester	3,436	1,641	48	1,503
Oldham	3,369	2,051	61	1,206
Rochdale	2,490	972	39	947
Salford	4,362	1,906	44	1,088
South Manchester	2,567	1,213	47	1,025
Stockport	4,654	1,852	40	815
Tameside & Glossop	2,526	1,854	73	937
Trafford North	1,550	585	38	809
Trafford South	1,497	569	38	576
<b>Yorkshire and the Humber Government Office Region</b>	55,739	28,874	52	708
<b>North &amp; East Yorkshire &amp; Northern Lincolnshire SHA</b>	15,583	8,686	56	643
Craven, Harrogate & Rural District	2,318	1,022	44	597
East Yorkshire	1,199	725	60	504
Eastern Hull	1,527	1,018	67	1,078
Hambleton & Richmondshire	1,210	599	50	609
North East Lincolnshire	1,077	668	62	529
North Lincolnshire	846	520	61	421
Scarborough Whitby & Ryedale	1,798	879	49	671
Selby & York	2,253	1,158	51	502
West Hull	2,001	1,256	63	1,188
Yorkshire Wolds & Coast	1,354	841	62	674
<b>South Yorkshire SHA</b>	17,081	8,167	48	786
Barnsley	4,966	2,105	42	1,177
Doncaster Central	1,280	652	51	1,147
Doncaster East	1,293	664	51	725
Doncaster West	1,428	727	51	866
North Sheffield	1,545	746	48	778
Rotherham	2,695	1,397	52	690
Sheffield South West	747	399	53	457
Sheffield West	1,165	550	47	504
South East Sheffield	1,962	927	47	694
<b>West Yorkshire SHA</b>	23,075	12,021	52	712
Airedale	1,601	764	48	772
Bradford City	1,149	428	37	458
Bradford South & West	1,951	820	42	741
Calderdale	2,188	1,149	53	740
East Leeds	1,503	806	54	630
Eastern Wakefield	1,875	1,038	55	742
Huddersfield Central	1,358	621	46	572
Leeds North East	1,787	1,302	73	1,442
Leeds North West	1,252	648	52	409
Leeds West	894	544	61	604
North Bradford	1,660	754	45	1,061
North Kirklees	1,958	1,090	56	809
South Huddersfield	912	338	37	496
South Leeds	1,781	1,080	61	886
Wakefield West	1,206	639	53	538

**Table 2.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>East Midlands Government Office Region</b>	43,242	23,994	55	702
<b>Leicestershire, Northants &amp; Rutland SHA</b>	13,008	6,993	54	562
Charnwood & North West Leicestershire	1,880	1,309	70	671
Daventry & South Northamptonshire	481	213	44	249
Eastern Leicester	1,113	528	47	380
Hinckley & Bosworth	1,350	653	48	679
Leicester City West	3,133	1,573	50	1,766
Melton, Rutland & Harborough	1,616	946	59	799
Northampton	697	398	57	235
Northamptonshire Heartlands	1,373	683	50	308
South Leicestershire	1,365	690	51	530
<b>Trent SHA</b>	30,234	17,001	56	782
Amber Valley	1,618	979	61	1,018
Ashfield	976	583	60	862
Bassetlaw	1,403	659	47	735
Broxtowe & Hucknall	1,145	722	63	631
Central Derby	1,659	1,001	60	1,950
Chesterfield	1,317	766	58	941
Derbyshire Dales & South Derbyshire	858	477	56	520
East Lincolnshire	3,548	1,541	43	673
Erewash	1,278	741	58	836
Gedling	641	500	78	550
Greater Derby	1,767	1,196	68	884
High Peak & Dales	726	463	64	563
Lincolnshire South West	2,293	1,148	50	814
Mansfield District	1,597	839	53	1,049
Newark & Sherwood	1,122	688	61	769
North East Derbyshire	1,881	977	52	702
Nottingham City	2,988	2,119	71	924
Rushcliffe	736	456	62	522
West Lincolnshire	2,681	1,146	43	606
<b>West Midlands Government Office Region</b>	70,990	36,742	52	855
<b>Birmingham &amp; the Black Country SHA</b>	35,354	17,846	50	990
Dudley Beacon & Castle	1,737	841	48	940
Dudley South	2,396	1,231	51	784
Eastern Birmingham	4,214	2,474	59	1,485
Heart of Birmingham	5,397	2,940	54	1,587
North Birmingham	1,714	1,003	59	754
Oldbury & Smethwick	1,463	545	37	775
Rowley Regis & Tipton	1,621	611	38	841
Solihull	2,510	1,316	52	820
South Birmingham	4,313	2,425	56	829
Walsall Teaching	4,199	1,964	47	983
Wednesbury & West Bromwich	1,881	807	43	970
Wolverhampton City	3,909	1,689	43	879
<b>Shropshire and Staffordshire SHA</b>	17,435	9,666	55	793
Burntwood, Lichfield & Tamworth	1,646	957	58	778
Cannock Chase	1,170	718	61	696
East Staffordshire	1,369	659	48	710
Newcastle under Lyme	1,067	558	52	655
North Stoke	1,924	980	51	984
Shropshire County	2,553	1,702	67	722
South Stoke	2,274	955	42	961
South Western Staffordshire	1,850	954	52	578
Staffordshire Moorlands	1,231	557	45	632
Telford and Wrekin	2,351	1,626	69	1,278

**Table 2.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>West Midlands South</b>	18,201	9,230	51	723
Coventry	5,186	2,717	52	1,113
Herefordshire	2,280	1,110	49	760
North Warwickshire	2,534	1,201	47	817
Redditch & Bromsgrove	1,725	807	47	602
Rugby	1,417	621	44	847
South Warwickshire	2,245	1,113	50	519
South Worcestershire	2,221	1,267	57	544
Wyre Forest	593	394	66	466
<b>East of England Government Office Region</b>	57,548	33,407	58	747
<b>Bedfordshire &amp; Hertfordshire SHA</b>	14,591	10,673	73	825
Bedford	1,173	788	67	645
Bedfordshire Heartlands	2,381	1,516	64	779
Dacorum	1,290	987	77	894
Hertsmere	1,045	774	74	1,037
Luton	1,930	1,342	70	938
North Hertfordshire & Stevenage	1,270	1,017	80	705
Royston, Buntingford & Bishops Stortford	608	468	77	821
South East Hertfordshire	1,431	1,144	80	875
St Albans & Harpenden	888	668	75	633
Watford & Three Rivers	1,413	1,042	74	797
Welwyn Hatfield	1,162	927	80	1,146
<b>Essex SHA</b>	20,363	10,907	54	824
Basildon	1,796	1,056	59	1,332
Billericay, Brentwood & Wickford	1,156	798	69	723
Castle Point & Rochford	1,894	1,052	56	781
Chelmsford	1,417	651	46	630
Colchester	2,117	1,020	48	759
Epping Forest	1,316	652	50	664
Harlow	1,143	541	47	877
Maldon & South Chelmsford	781	438	56	618
Southend on Sea	2,427	1,236	51	964
Tendring	2,385	1,184	50	1,021
Thurrock	1,517	1,041	69	906
Uttlesford	495	361	73	615
Witham, Braintree & Halstead	1,919	877	46	780
<b>Norfolk, Suffolk &amp; Cambridgeshire SHA</b>	22,594	11,827	52	637
Broadland	1,051	507	48	508
Cambridge City	1,136	566	50	527
Central Suffolk	1,004	571	57	696
East Cambridgeshire & Fenland	1,749	889	51	747
Great Yarmouth	1,096	500	46	661
Huntingdonshire	1,098	848	77	719
Ipswich	1,799	918	51	794
North Norfolk	914	466	51	550
North Peterborough	1,185	620	52	809
Norwich	1,177	664	56	618
South Cambridgeshire	748	410	55	371
South Peterborough	909	447	49	526
Southern Norfolk	1,954	1,037	53	598
Suffolk Coastal	772	431	56	517
Suffolk West	2,305	1,169	51	640
Waveney	1,697	903	53	891
West Norfolk	2,000	881	44	652

**Table 2.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>London Government Office Region</b>	91,516	50,022	55	824
<b>North Central London SHA</b>	18,122	10,842	60	1,075
Barnet	4,698	2,941	63	1,113
Camden	3,805	1,880	49	988
Enfield	2,929	2,094	71	944
Haringey	3,330	1,998	60	1,107
Islington	3,360	1,929	57	1,269
<b>North East London SHA</b>	20,817	11,637	56	963
Barking & Dagenham	1,846	1,186	64	945
City & Hackney	4,705	2,047	44	1,208
Havering	1,123	744	66	408
Newham	3,818	1,941	51	1,039
Redbridge	2,539	1,688	66	851
Tower Hamlets	4,056	2,148	53	1,274
Waltham Forest	2,730	1,883	69	1,062
<b>North West London SHA</b>	25,842	15,061	58	979
Brent	4,867	2,027	42	924
Ealing	3,902	2,996	77	1,227
Hammersmith & Fulham	2,769	1,701	61	1,124
Harrow	2,181	1,261	58	733
Hillingdon	1,959	1,390	71	691
Hounslow	2,545	1,807	71	1,061
Kensington & Chelsea	2,808	1,558	55	930
Westminster	4,811	2,321	48	1,090
<b>South East London SHA</b>	17,199	8,004	47	653
Bexley	1,547	1,096	71	625
Bromley	2,455	1,129	46	466
Greenwich	2,557	1,212	47	667
Lambeth	4,546	1,748	38	795
Lewisham	3,060	1,576	52	798
Southwark	3,034	1,243	41	596
<b>South West London SHA</b>	9,536	4,478	47	412
Croydon	2,817	937	33	345
Kingston	920	524	57	419
Richmond & Twickenham	809	483	60	318
Sutton & Merton	2,820	1,323	47	441
Wandsworth	2,170	1,211	56	509
<b>South East Government Office Region</b>	69,635	40,384	58	611
<b>Hampshire and Isle of Wight SHA</b>	18,811	11,549	61	785
Blackwater Valley & Hart	1,364	919	67	652
East Hampshire	2,192	1,297	59	939
Eastleigh & Test Valley	1,003	623	62	477
Fareham & Gosport	3,246	1,765	54	1,170
Isle of Wight	1,768	987	56	851
Mid-Hampshire	1,103	696	63	482
New Forest	1,279	980	77	691
North Hampshire	1,169	792	68	469
Portsmouth City	2,966	1,907	64	1,224
Southampton City	2,721	1,583	58	859

**Table 2.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>Kent and Medway SHA</b>	14,625	7,814	53	603
Ashford	1,001	572	57	648
Canterbury & Coastal	1,543	932	60	672
Dartford, Gravesham & Swanley	2,036	1,092	54	610
East Kent Coastal	2,826	1,574	56	835
Maidstone Weald	1,831	1,069	58	555
Medway	2,279	1,034	45	500
Shepway	1,089	603	55	759
South West Kent	1,270	642	51	445
Swale	750	296	39	381
<b>Surrey &amp; Sussex SHA</b>	18,815	11,135	59	531
Adur, Arun & Worthing	1,812	1,057	58	592
Bexhill & Rother	1,151	518	45	708
Brighton & Hove City	2,875	2,014	70	942
Crawley	1,211	701	58	895
East Elmbridge & Mid Surrey	974	432	44	200
East Surrey	1,232	485	39	379
Eastbourne Downs	1,454	1,053	72	750
Guildford & Waverley	834	610	73	335
Hastings & St Leonards	1,931	900	47	1,330
Horsham & Chantonsbury	749	374	50	383
Mid Sussex	823	466	57	442
North Surrey	718	579	81	350
Surrey Heath & Woking	648	475	73	286
Sussex Downs & Weald	736	583	79	466
Western Sussex	1,667	888	53	552
<b>Thames Valley SHA</b>	17,384	9,886	57	567
Bracknell Forest	868	456	53	520
Cherwell Vale	882	531	60	537
Chiltern & South Bucks	821	472	57	366
Milton Keynes	2,451	1,288	53	738
Newbury & Community	734	541	74	710
North East Oxfordshire	733	466	64	815
Oxford City	1,393	752	54	524
Reading	1,777	848	48	535
Slough	1,271	631	50	684
South East Oxfordshire	713	454	64	764
South West Oxfordshire	1,793	1,046	58	659
Vale of Aylesbury	1,413	800	57	505
Windsor, Ascot & Maidenhead	813	448	55	371
Wokingham	878	590	67	481
Wycombe	844	563	67	529
<b>South West Government Office Region</b>	55,110	30,292	55	731
<b>Avon, Gloucestershire &amp; Wiltshire SHA</b>	21,676	11,333	52	629
Bath & North East Somerset	1,446	971	67	677
Bristol North	2,178	1,109	51	619
Bristol South & West	1,941	1,081	56	725
Cheltenham & Tewkesbury	1,774	829	47	631
Cotswold & Vale	1,476	725	49	463
Kennet & North Wiltshire	1,535	833	54	512
North Somerset	2,123	1,042	49	656
South Gloucestershire	2,466	1,191	48	600
South Wiltshire	1,409	825	59	868
Swindon	2,184	1,124	51	746
West Gloucestershire	2,192	1,064	49	597
West Wiltshire	952	539	57	542

**Table 2.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>Dorset &amp; Somerset SHA</b>	11,464	7,101	62	711
Bournemouth	1,554	903	58	736
Mendip	1,087	591	54	672
North Dorset	891	604	68	821
Poole	1,477	866	59	590
Somerset Coast	2,028	1,175	58	985
South & East Dorset	880	665	76	530
South Somerset	1,633	945	58	760
South West Dorset	996	766	77	680
Taunton Deane	918	586	64	677
<b>South West Peninsula SHA</b>	21,970	11,858	54	883
Central Cornwall	2,073	1,290	62	812
East Devon	2,064	949	46	925
Exeter	1,396	914	65	790
Mid Devon	1,184	622	53	791
North & East Cornwall	1,970	1,167	59	864
North Devon	2,061	1,064	52	852
Plymouth Teaching	3,998	2,111	53	1,048
South Hams & West Devon	1,003	568	57	609
Teignbridge	2,018	939	47	1,055
Torbay	1,724	817	47	744
West of Cornwall	2,479	1,417	57	1,060

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 population aged 16 and over for England and each SHA and PCT uses estimated resident population mid-2005 figures based on the 2001 census published by the Office for National Statistics

3. Information on ONS Population data is available at <http://www.statistics.gov.uk/census2001/default.asp>

**Source:**

Lifestyle Statistics. The Information Centre, 2006



# 3 Ethnicity, pregnancy, treatment and cost

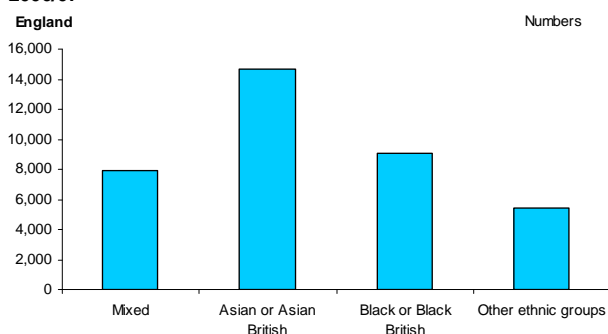
## 3.1 Background

This chapter presents information on the NHS Stop Smoking Services by a variety of different factors - ethnicity, pregnancy, use of smoking cessation aid and costs of the services.

## 3.2 Use of services by ethnic groups

As with previous years, the majority (85%) of people setting a quit date with the services were White (513,056). Among the ethnic minority groups, Asian or Asian British had the highest number of people setting a quit date (14,674), followed by Black or Black British (9,046). The Mixed and Other ethnic groups each made up 1% of people setting a quit date through the services (7,881 and 5,434 respectively) (Table 3.1, Figure 3.1).

Figure 3.1 People setting a quit date, by ethnic minority group, 2006/07



Source: Lifestyle Statistics. The Information Centre, 2007

Although, overall there were more women setting a quit date through the services than men, among ethnic minority groups the opposite was reported. Overall, 334,099 women and 266,311 men set a quit date through the services in 2006/07, whereas only 14,225 women from ethnic minority groups set a quit date, compared to 22,810 men.

There has been a steady increase in the number of people from ethnic minority groups setting a quit date through the services from 7,366 in 2001/02 (3% of all people setting a quit date) to 37,035 in 2006/07 (6% of all those setting a quit date), (Table 3.2).

Over nine times as many people from minority ethnic groups set a quit date in 2006/07 compared to 2000/01

Data on successful quitters by ethnic group will be collected for the first time in 2007/08. Provisional quarterly results will become available during 2007.

The proportion of people setting a quit date belonging to different ethnic groups varied quite widely between SHAs, obviously depending on the distributions of ethnic populations living in different areas. Among the SHAs, Northumberland, Tyne and Wear, Cumbria and Lancashire, North and East Yorkshire and Lincolnshire, and Shropshire and Staffordshire all had very high proportions of White people setting a quit date (98% or 97%). North East London and North West London SHAs had the lowest proportions of White people setting a quit date (56% and 52% respectively).

The highest proportions of Mixed, Asian and Black ethnic groups setting a quit date were all found in the London SHAs, for example the highest proportion of Asian people setting a quit date were from North East London SHA (14%), with North East London and North Central London reporting the highest proportion belonging to the Mixed group people setting a quit date (6%). Among Black or Black British, South East



London reported the highest proportion setting a quit date (10%) (Table 3.3).

These figures should be interpreted with some caution as reporting of ethnicity is very variable between SHAs. For example, 28% of all people setting a quit date in North West London SHA was unknown.

### 3.3 Use of services by pregnant women

In 2006/07, 18,341 pregnant women set a quit date with NHS Stop Smoking Services, compared to 4,037 pregnant women in 2001/02. There has been an increase in the number of pregnant women setting a quit date in each year since 2001/02.

**18,341 pregnant women set a quit date in 2006/07 compared with 4,037 in 2001/02**

In 2006/07, 52% of pregnant women setting a quit date (9,547) had successfully quit at the 4 week follow-up. There was an 18% loss to follow-up among pregnant women which is lower than the loss to follow-up in the service overall (22%), (Table 3.4, Figure 3.2).

**Figure 3.2 Number of pregnant women setting a quit date and successfully quitting, 2001/02 to 2006/07**



Source: Lifestyle Statistics. The Information Centre, 2007

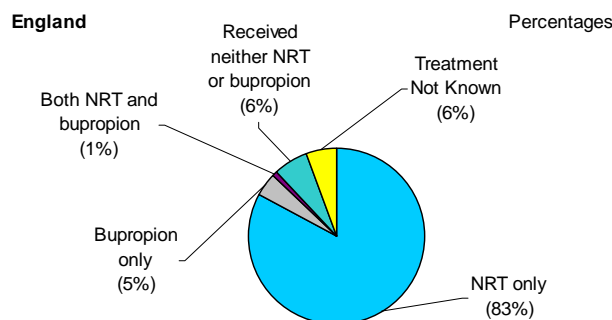
Hampshire and Isle of Wight SHA had the highest rate of successful quitters among pregnant women, with 87% of those setting a quit date reporting successfully quitting. South Yorkshire SHA had the lowest

success rate at 37%. Again care should be taken when making these comparisons as pregnancy rates will vary by SHA (Table 3.5).

### 3.4 Use of smoking cessation aids

Of the 600,410 people who set a quit date in 2006/07, 528,137 (88%) received some kind of smoking cessation aid, either Nicotine Replacement Therapy (NRT), bupropion (Zyban) or both. Among the smoking cessation aids used, 83% had taken NRT, 5% bupropion and 1% had received both NRT and bupropion. Only 6% of people setting a quit date did not receive any aid (Figure 3.3).

**Figure 3.3 Receipt of smoking cessation aids, 2006/07**



Source: Lifestyle Statistics. The Information Centre, 2007

**88% of people who set a quit date received smoking cessation aids in 2006/07**

The proportion of people receiving NRT has increased over the years (from 63% in 2001/02 to 83% in 2006/07). However, the proportion receiving bupropion has fallen over the same period, from 19% to 5%. Those who did not receive any smoking cessation aid has fallen since 2001/02, from 11% to 6% in 2006/07 (Table 3.6).

Data on successful quitters by treatment option will be collected for the first time in

2007/08. Provisional quarterly results will become available during 2007.

Birmingham and the Black Country SHA reported the highest proportion of people setting a quit date receiving NRT only (93%), while Bedfordshire and Hertfordshire had the lowest (65%). North & East Yorkshire and Northern Lincolnshire had the highest proportion receiving bupropion only (9%). Nineteen per cent of those setting a quit date in North Central London SHA received neither NRT or bupropion. As with the recording of the ethnic groups, recording of treatment option was varied with 24% of people setting a quit date in Bedfordshire and Hertfordshire SHA recorded as treatment option not known (Table 3.7).

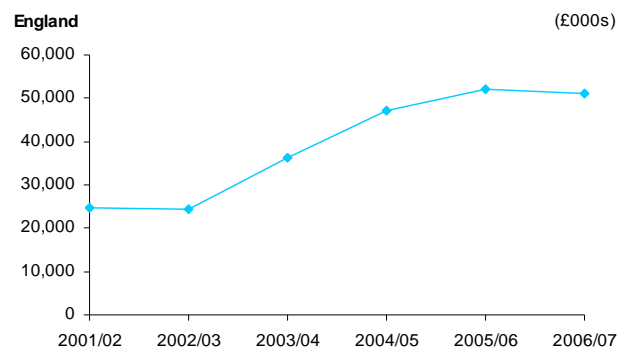
### 3.5 Expenditure on Stop Smoking Services

Excluding NRT and bupropion prescriptions, the total expenditure on NHS Stop Smoking Services in 2006/07 was £51.2 million, slightly less than in 2005/06 (£51.9 million), but over double the expenditure in 2001/02 (£24.7 million).

The cost per quitter was £160 in 2006/07. This is higher than in 2005/06 (£158), but

22% lower than in 2001/02 (£206) (Table 3.8, Figure 3.4).

**Figure 3.4 Expenditure on Stop Smoking Services, 2001/02 to 2006/07**



Source: Lifestyle Statistics. The Information Centre, 2007

**In 2006/07, the cost per quitter was £160**

Birmingham and the Black Country SHA had the highest expenditure (£3.7 million). South West London reported the highest cost per quitter, at £297 per quitter. Bedfordshire and Hertfordshire reported the lowest expenditure among the SHAs (£839,000), and also reported the lowest cost per quitter (£79) (Table 3.9).



## List of tables

- 3.1 People setting a quit date, by ethnic group and gender, 2006/07
- 3.2 People setting a quit date, by ethnic group and gender, 2000/01 to 2006/07
- 3.3 People setting a quit date by ethnic group, Government Office Region and Strategic Health Authority, 2006/07
- 3.4 Pregnant women setting a quit date and outcome at 4 weeks, 2001/02 to 2006/07
- 3.5 Pregnant women setting a quit date and outcome at 4 weeks, by Government Office Region (GOR) and Strategic Health Authority (SHA), 2006/07
- 3.6 People setting a quit date and treatment received, 2001/02 to 2006/07
- 3.7 People setting a quit date receiving Nicotine Replacement Therapy (NRT) and/or bupropion (Zyban) by Government Office Region and Strategic Health Authority, 2006/07
- 3.8 People successfully quit at the 4 week follow up, total expenditure and cost per quitter for NHS Stop Smoking Services, 2001/02 to 2006/07
- 3.9 People successfully quit at the 4 week follow up, total expenditure and cost per quitter, by Government Office Region and Strategic Health Authority, 2006/07

**Table 3.1 People setting a quit date, by ethnic group<sup>1,2</sup> and gender, 2006/07**

England	Numbers/Percentages <sup>3</sup>					
	Total	Males	Females	Total	Males	Females
<b>Total</b>	600,410	266,311	334,099	100	100	100
<b>White</b>	513,056	220,645	292,411	85	83	88
British	492,795	211,109	281,686	82	79	84
Irish	6,714	2,961	3,753	1	1	1
Any other white background	13,547	6,575	6,972	2	2	2
<b>Mixed</b>	7,881	3,604	4,277	1	1	1
White and Black Caribbean	2,924	1,141	1,783	0	0	1
White and Black African	1,211	617	594	0	0	0
White and Asian	1,268	691	577	0	0	0
Any other mixed background	2,478	1,155	1,323	0	0	0
<b>Asian or Asian British</b>	14,674	11,535	3,139	2	4	1
Indian	4,896	3,728	1,168	1	1	0
Pakistani	4,713	3,822	891	1	1	0
Bangladeshi	2,650	2,190	460	0	1	0
Any other Asian background	2,415	1,795	620	0	1	0
<b>Black or Black British</b>	9,046	4,588	4,458	2	2	1
Caribbean	4,432	1,872	2,560	1	1	1
African	2,769	1,827	942	0	1	0
Any other Black background	1,845	889	956	0	0	0
<b>Other ethnic groups</b>	5,434	3,083	2,351	1	1	1
Chinese	713	398	315	0	0	0
Any other ethnic group	4,721	2,685	2,036	1	1	1
<b>Not stated</b>	50,319	22,856	27,463	8	9	8

1. Up to 2002/03 information was collected on five ethnic groups: White, Mixed, Asian, Black or other ethnic groups. In 2003/04 some Strategic Health Authorities submitted data for these "5+1" categories, while others submitted data for the more detailed "16+1" categories, as shown in this table. From 2004/05, all Strategic Health Authorities have been asked to provide data for these "16+1" categories

2. These categories are based on those used for the 2001 census. Further guidance on collecting ethnicity category data is available from:

<http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalDevelopment/fs/en>

3. Percentages may not sum due to rounding

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 3.2 People setting a quit date, by ethnic group and gender, 2000/01 to 2006/07**

England	Numbers/Percentages													
	2000/01		2001/02		2002/03		2003/04		2004/05		2005/06		2006/07	
<b>Persons</b>	132,544	100	227,335	100	234,858	100	361,224	100	529,567	100	602,820	100	600,410	100
White	121,752	92	214,059	94	221,234	94	330,505	91	473,082	89	528,348	88	513,056	85
Mixed	875	1	1,354	1	1,501	1	2,656	1	4,548	1	6,024	1	7,881	1
Asian	1,527	1	3,002	1	3,415	1	5,911	2	9,905	2	12,998	2	14,674	2
Black	1,072	1	1,948	1	2,102	1	3,766	1	6,385	1	8,953	1	9,046	2
Other	612	0	1,062	0	1,234	1	2,563	1	3,174	1	4,373	1	5,434	1
Not known	6,706	5	5,910	3	5,372	2	15,823	4	32,473	6	42,124	7	50,319	8
<b>Men</b>	55,340	100	98,234	100	99,895	100	155,456	100	227,532	100	261,635	100	266,311	100
White	50,315	91	91,408	93	92,776	93	139,299	90	198,896	87	223,103	85	220,645	83
Mixed	308	1	530	1	572	1	1,165	1	2,026	1	2,593	1	3,604	1
Asian	1,194	2	2,356	2	2,607	3	4,557	3	7,769	3	10,175	4	11,535	4
Black	454	1	868	1	933	1	1,769	1	2,935	1	4,428	2	4,588	2
Other	329	1	565	1	711	1	1,386	1	1,822	1	2,424	1	3,083	1
Not known	2,740	5	2,507	3	2,296	2	7,280	5	14,084	6	18,912	7	22,856	9
<b>Women</b>	77,204	100	129,101	100	134,963	100	205,768	100	302,035	100	341,185	100	334,099	100
White	71,437	93	122,651	95	128,458	95	191,206	93	274,186	91	305,245	89	292,411	88
Mixed	566	1	824	1	929	1	1,491	1	2,522	1	3,431	1	4,277	1
Asian	333	0	646	1	808	1	1,354	1	2,136	1	2,823	1	3,139	1
Black	618	1	1,080	1	1,169	1	1,997	1	3,450	1	4,525	1	4,458	1
Other	284	0	497	0	523	0	1,177	1	1,352	0	1,949	1	2,351	1
Not known	3,966	5	3,403	3	3,076	2	8,543	4	18,389	6	23,212	7	27,463	8

1. These categories are based on those used for the 2001 census. Further guidance on collecting ethnicity category data is available from: [http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalDevelopment/DevelopmentInPersonalSocialServices/DevelopmentPersonalSocialServicesArticle/fs/en?CONTENT\\_ID=4015020&chk=V04W/1](http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalDevelopment/DevelopmentInPersonalSocialServices/DevelopmentPersonalSocialServicesArticle/fs/en?CONTENT_ID=4015020&chk=V04W/1)

2. Pregnant women are included in the relevant ethnic group

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 3.3 People setting a quit date by ethnic group, Government Office Region and Strategic Health Authority, 2006/07**

England	All persons	Numbers/Percentages					
		White	Mixed	Asian	Black	Other	Not known
<b>England</b>	600,410	85	1	2	2	1	8
<b>North East Government Office Region</b>	50,515	95	0	0	0	0	4
County Durham & Tees Valley	23,079	92	0	0	0	0	7
Northumberland, Tyne & Wear	27,436	98	0	0	0	0	1
<b>North West Government Office Region</b>	106,115	91	1	1	0	0	7
Cheshire & Merseyside	38,454	93	0	0	0	0	6
Cumbria & Lancashire	23,484	97	0	1	0	0	1
Greater Manchester	44,177	86	1	2	1	0	10
<b>Yorkshire and The Humber Government Office Region</b>	55,739	90	1	2	0	0	6
North & East Yorkshire & Northern Lincolnshire	15,583	97	0	0	0	0	2
South Yorkshire	17,081	81	0	1	0	0	17
West Yorkshire	23,075	93	1	4	1	0	1
<b>East Midlands Government Office Region</b>	43,242	86	1	2	1	0	10
Leicestershire, Northamptonshire & Rutland	13,008	88	1	4	1	0	5
Trent	30,234	85	1	1	1	0	12
<b>West Midlands Government Office Region</b>	70,990	90	2	4	1	1	3
Birmingham & The Black Country	35,354	83	2	7	2	1	4
Shropshire & Staffordshire	17,435	97	1	1	0	0	1
West Midlands South	18,201	95	1	2	1	0	2
<b>East of England Government Office Region</b>	57,548	84	1	1	1	0	13
Bedfordshire & Hertfordshire	14,591	72	3	3	1	1	20
Essex	20,363	82	1	0	0	0	17
Norfolk, Suffolk & Cambridgeshire	22,594	93	0	1	1	0	5
<b>London Government Office Region</b>	91,516	63	4	8	7	4	15
North Central London	18,122	64	6	5	6	6	13
North East London	20,817	56	6	14	7	4	12
North West London	25,842	52	3	9	5	3	28
South East London	17,199	74	4	3	10	3	7
South West London	9,536	81	4	5	6	2	2
<b>South East Government Office Region</b>	69,635	88	1	1	1	0	9
Hampshire & Isle of Wight	18,811	82	0	1	0	0	16
Kent & Medway	14,625	90	1	1	1	0	8
Surrey & Sussex	18,815	93	1	1	0	1	4
Thames Valley	17,384	87	1	3	1	0	7
<b>South West Government Office Region</b>	55,110	91	0	0	0	0	7
Avon, Gloucestershire & Wiltshire	21,676	91	1	0	1	0	7
Dorset & Somerset	11,464	95	0	0	0	0	4
South West Peninsula	21,970	90	0	0	0	0	9

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 3.4 Pregnant women setting a quit date and outcome at 4 weeks<sup>1</sup>, 2001/02 to 2006/07**

England	2001/02		2002/03		2003/04		2004/05		2005/06		Numbers/Percentages 2006/07	
	Numbers	Percentages	Numbers	Percentages	Numbers	Percentages	Numbers	Percentages	Numbers	Percentages	Numbers	Percentages
Total number setting a quit date	4,037	100	6,770	100	11,325	100	15,060	100	17,920	100	18,341	100
<b>Outcome at 4 weeks</b>												
Number who had successfully quit at 4 week follow-up (self-report)	1,941	48	2,993	44	5,756	51	7,702	51	9,586	53	9,547	52
Number who had not quit at 4 week follow-up (self-report)	1,523	38	2,598	38	3,700	33	4,715	31	5,472	31	5,561	30
Number not known/lost to follow up	573	14	1,179	17	1,869	17	2,637	18	2,862	16	3,233	18
<b>CO validation</b>												
Number who had successfully quit at 4 week follow-up, where CO validation attempted	1,117	28	1,886	28	3,759	33	5,104	34	5,379	30	6,247	34
Number who had successfully quit at 4 week follow-up, confirmed by CO validation	983	24	1,699	25	3,196	28	4,617	31	4,739	26	4,997	27

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

**Source:**

Lifestyle Statistics. The Information Centre, 2007



**Table 3.5 Pregnant women setting a quit date and outcome at 4 weeks, by Government Office Region (GOR) and Strategic Health Authority (SHA), 2006/07**

England	Numbers/Percentages		
	Setting a quit date	Number successfully quit	Percentage successfully quit
<b>England</b>	18,341	9,547	52
<b>North East Government Office Region</b>	1,557	691	44
County Durham & Tees Valley	692	258	37
Northumberland, Tyne & Wear	865	433	50
<b>North West Government Office Region</b>	2,925	1,144	39
Cheshire & Merseyside	965	398	41
Cumbria & Lancashire	800	307	38
Greater Manchester	1,160	439	38
<b>Yorkshire and the Humber Government Office Region</b>	1,882	848	45
North and East Yorkshire and Northern Lincolnshire	421	203	48
South Yorkshire	684	253	37
West Yorkshire	777	392	50
<b>East Midlands Government Office Region</b>	2,488	1,713	69
Leicestershire, Northamptonshire & Rutland	515	315	61
Trent	1,973	1,398	71
<b>West Midlands Government Office Region</b>	2,133	921	43
Birmingham & The Black Country	984	401	41
Shropshire & Staffordshire	407	201	49
West Midlands South	742	319	43
<b>East Of England Government Office Region</b>	950	555	58
Bedfordshire & Hertfordshire	182	118	65
Essex	193	86	45
Norfolk, Suffolk & Cambridgeshire	575	351	61
<b>London Government Office Region</b>	1,267	640	51
North Central London	316	202	64
North East London	237	103	43
North West London	184	101	55
South East London	343	151	44
South West London	187	83	44
<b>South East Government Office Region</b>	2,939	1,988	68
Hampshire & Isle of Wight	1,206	1,051	87
Kent & Medway	704	369	52
Surrey & Sussex	597	333	56
Thames Valley	432	235	54
<b>South West Government Office Region</b>	2,200	1,047	48
Avon, Gloucestershire & Wiltshire	615	330	54
Dorset & Somerset	263	152	58
South West Peninsula	1,322	565	43

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 3.6 People setting a quit date and treatment received<sup>1,2</sup>, 2001/02 to 2006/07**

England	Numbers/Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
Number setting a quit date	227,335	234,858	361,224	529,567	602,820	600,410
Received NRT only	142,260	175,674	277,041	424,509	494,105	496,932
Received bupropion (Zyban) only	44,286	26,773	30,158	33,931	30,559	27,395
Received both NRT and bupropion	4,513	3,487	3,791	4,182	4,036	3,810
Did not receive NRT or bupropion (Zyban)	24,389	19,784	27,623	35,472	40,306	38,617
Treatment Not Known <sup>3</sup>	11,887	9,140	22,611	31,473	33,814	33,656
Received NRT only	63	75	77	80	82	83
Received bupropion (Zyban) only	19	11	8	6	5	5
Received both NRT and bupropion	2	1	1	1	1	1
Did not receive NRT or bupropion (Zyban)	11	8	8	7	7	6
Treatment Not Known <sup>3</sup>	5	4	6	6	6	6

1. 'Receipt' means obtained by prescription, purchase or supply free of charge

2. NRT became available on NHS prescription in April 2001; previously NRT was available through the Stop Smoking Services on a voucher scheme. Bupropion was first available on prescription as a Stop Smoking Services product in June 2000

3. A client is counted as 'treatment option not known' if he/she is lost to follow-up at 4 weeks and it is not known whether they received NRT and/or bupropion

**Source:**

Lifestyles Statistics. The Information Centre, 2007

**Table 3.7 People setting a quit date receiving Nicotine Replacement Therapy (NRT) and/or bupropion (Zyban) by Government Office Region and Strategic Health Authority, 2006/07**

England	Number setting a quit date	NRT only	Bupropion only	NRT and Bupropion <sup>1</sup>	Numbers/Percentages	
					Neither NRT nor Bupropion	Treatment option not known
<b>England</b>	600,410	83	5	1	6	6
<b>North East Government Office Region</b>	50,515	88	3	0	4	5
County Durham & Tees Valley	23,079	91	2	0	5	2
Northumberland, Tyne & Wear	27,436	86	3	1	4	7
<b>North West Government Office Region</b>	106,115	86	5	1	6	3
Cheshire & Merseyside	38,454	88	3	0	6	2
Cumbria & Lancashire	23,484	88	5	1	4	3
Greater Manchester	44,177	82	5	2	6	4
<b>Yorkshire and the Humber Government Office Region</b>	55,739	79	8	1	6	7
North & East Yorkshire, Northern Lincolnshire	15,583	79	9	1	8	3
South Yorkshire	17,081	84	6	1	1	9
West Yorkshire	23,075	76	8	0	7	8
<b>East Midlands Government Office Region</b>	43,242	83	5	1	6	5
Leicestershire, Northamptonshire & Rutland	13,008	89	3	0	6	1
Trent	30,234	81	6	1	6	7
<b>West Midlands Government Office Region</b>	70,990	90	3	0	5	2
Birmingham & The Black Country	35,354	93	1	0	3	3
Shropshire & Staffordshire	17,435	86	5	1	6	3
West Midlands South	18,201	88	4	0	7	0
<b>East of England Government Office Region</b>	57,548	78	6	0	6	10
Bedfordshire & Hertfordshire	14,591	65	3	0	8	24
Essex	20,363	83	8	1	5	4
Norfolk, Suffolk & Cambridgeshire	22,594	82	6	0	6	6
<b>London Government Office Region</b>	91,516	76	3	0	12	8
North Central London	18,122	74	2	0	19	4
North East London	20,817	70	4	0	12	14
North West London	25,842	85	1	0	9	5
South East London	17,199	75	3	0	13	9
South West London	9,536	76	7	1	5	12
<b>South East Government Office Region</b>	69,635	81	6	1	5	8
Hampshire & Isle of Wight	18,811	75	8	1	4	12
Kent & Medway	14,625	83	5	1	4	7
Surrey & Sussex	18,815	84	7	1	6	3
Thames Valley	17,384	80	2	0	9	8
<b>South West Government Office Region</b>	55,110	84	5	0	5	4
Avon, Gloucestershire & Wiltshire	21,676	82	8	1	8	1
Dorset & Somerset	11,464	84	8	1	5	2
South West Peninsula	21,970	86	2	0	3	9

1. Where a client received both NRT and Bupropion (Zyban) this was either concurrently or consecutively

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 3.8 People successfully quit at the 4 week follow up<sup>1,2</sup>, total expenditure<sup>3</sup> and cost per quitter for NHS Stop Smoking Services, 2001/02 to 2006/07**

England	Numbers/£					
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
Number successfully quit (self-report)	119,834	124,082	204,876	298,124	329,681	319,720
Total expenditure (£000s)	24,694	24,499	36,201	47,069	51,927	51,234
Cost per quitter (£)	206.07	197.44	176.70	157.89	157.51	160.25

1. A client counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. Pregnant women are included

3. Total expenditure and cost per quitter excludes NRT and bupropion (Zyban) on prescription

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 3.9 People successfully quit at the 4 week follow up<sup>1,2</sup>, total expenditure<sup>3</sup> and cost per quitter, by Government Office Region and Strategic Health Authority, 2006/07**

England	Numbers/£		
	Number successfully quit	Total expenditure (£000s)	Cost per quitter (£)
<b>England</b>	319,720	51,234	160
<b>North East Government Office Region</b>	23,900	2,861	120
County Durham & Tees Valley	11,307	1,152	102
Northumberland, Tyne & Wear	12,593	1,710	136
<b>North West Government Office Region</b>	52,105	8,887	171
Cheshire & Merseyside	17,353	3,412	197
Cumbria & Lancashire	13,578	2,181	161
Greater Manchester	21,174	3,295	156
<b>Yorkshire and the Humber Government Office Region</b>	28,874	5,446	189
North & East Yorkshire, Northern Lincolnshire	8,686	1,644	189
South Yorkshire	8,167	1,513	185
West Yorkshire	12,021	2,289	190
<b>East Midlands Government Office Region</b>	23,994	4,387	183
Leicestershire, Northamptonshire & Rutland	6,993	1,369	195
Trent	17,001	3,018	178
<b>West Midlands Government Office Region</b>	36,742	6,749	184
Birmingham & The Black Country	17,846	3,664	205
Shropshire & Staffordshire	9,666	1,442	149
West Midlands South	9,230	1,643	178
<b>East of England Government Office Region</b>	33,407	3,726	112
Bedfordshire & Hertfordshire	10,673	839	79
Essex	10,907	1,131	104
Norfolk, Suffolk & Cambridgeshire	11,827	1,756	148
<b>London Government Office Region</b>	50,022	8,262	165
North Central London	10,842	1,810	167
North East London	11,637	1,686	145
North West London	15,061	1,685	112
South East London	8,004	1,643	205
South West London	4,478	1,439	321
<b>South East Government Office Region</b>	40,384	6,599	163
Hampshire & Isle of Wight	11,549	1,443	125
Kent & Medway	7,814	1,221	156
Surrey & Sussex	11,135	2,320	208
Thames Valley	9,886	1,614	164
<b>South West Government Office Region</b>	30,292	4,317	143
Avon, Gloucestershire & Wiltshire	11,333	1,779	157
Dorset & Somerset	7,101	1,029	145
South West Peninsula	11,858	1,508	127

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. Pregnant women are included

3. Total expenditure and cost per quitter excludes NRT and bupropion (Zyban) on prescription

**Source:**

Lifestyle Statistics. The Information Centre, 2007

## 4 Smoking prevalence, prescriptions and attitudes to smoking

### 4.1 Background

This chapter presents information on the prevalence of smoking in England, among ethnic groups, pregnant women and in different regions. The chapter also reports on prescriptions for smoking cessation aids and attitudes to stopping smoking. This information may be of interest to those involved in the NHS Stop Smoking Services and also to those interpreting the statistics on Stop Smoking Services.

Information on smoking prevalence is taken from the General Household Survey<sup>1</sup> (GHS). The GHS collects information on a wide range of topics to provide a comprehensive picture of how we live, and the social change we experience in Britain. Each year questions are asked about adults' smoking habits.

The Infant Feeding Survey<sup>2</sup> (IFS) is a national survey of new mothers which monitors the prevalence of breast-feeding and other infant feeding practices. Data are also collected on smoking and drinking behaviours before and during pregnancy.

Information on adults' behaviour and attitudes towards smoking are collected as part of the Office for National Statistics' (ONS) Omnibus Survey. Smoking-related Behaviour and Attitudes, 2006<sup>3</sup> is the latest report containing the results from the survey. Topics covered by the survey include respondents' views on giving up smoking and attempts to stop smoking.

### 4.2 Smoking prevalence

#### 4.2.1 Smoking Status

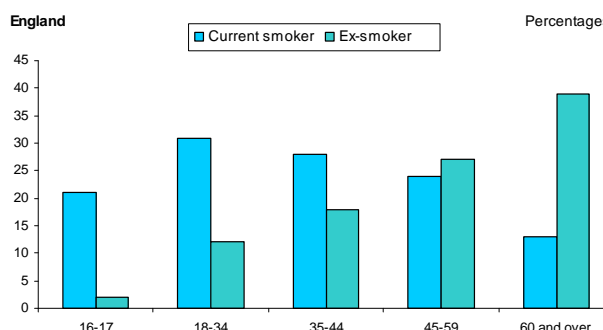
The most recent data available, GHS 2005<sup>1</sup>, estimates that the prevalence of smoking in England is higher among men than women

(25% compared with 22%). This contrasts with the numbers setting a quit date through NHS Stop Smoking Services, as a quarter more women than men set a quit date.

**In England in 2005, 25% of men and 22% of women were smokers**

Among adults, prevalence of cigarette smoking is highest in the 18-34 age group (31%) and lowest among those aged 60 and over (13%). Those aged 60 and over were most likely to be ex-smokers (39%), while younger people (aged 16-17) were most likely to report never or only occasionally smoking (Table 4.1, Figure 4.1).

Figure 4.1 Cigarette smoking status among adults, by age, 2005



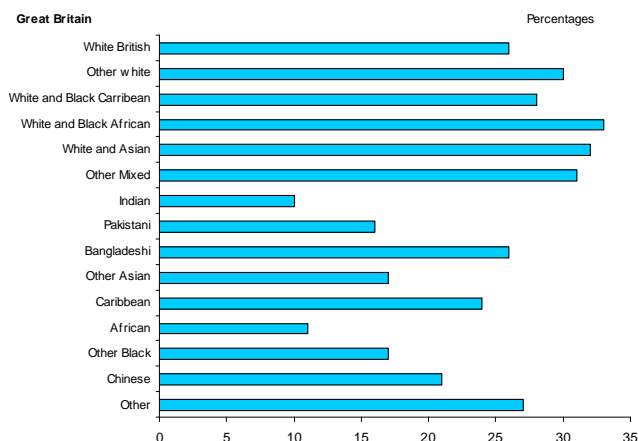
Source: General Household Survey 2004. Office for National Statistics  
Copyright © 2007 The Information Centre, Lifestyles Statistics. All rights reserved

#### 4.2.2 Ethnic groups

Table 4.2 shows the prevalence of smoking among different ethnic groups in Great Britain. To enable this analysis, data has been combined for the years 2001 to 2005. The highest prevalence of smoking was among those in the White and Asian ethnic groups (32%), Other Mixed (31%) and Other White (30%) groups. This compares to 11% among those in the Black African group and 10% in the Indian ethnic group.

For many ethnic minority groups the prevalence of smoking is much lower among women than among men. The biggest difference was among those of Bangladeshi origin, where 45% of men reported smoking, compared to only 7% of women (Figure 4.2).

Figure 4.2 Prevalence of cigarette smoking, by ethnic group, 2001-2005



Source: General Household Survey 2005. Office for National Statistics  
Copyright © 2007 The Information Centre, Lifestyles Statistics. All rights reserved

### 4.2.3 Socio-economic classification

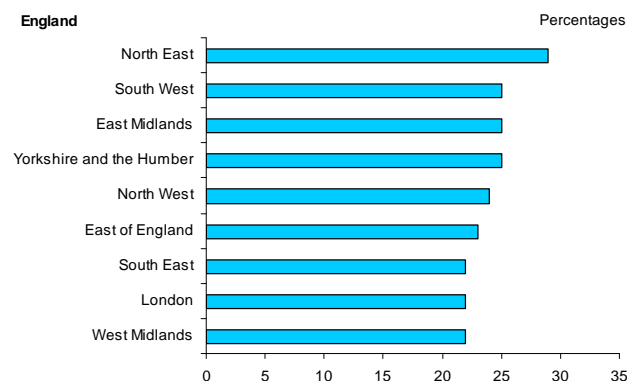
While smoking prevalence overall fell from 27% in 2001 to 24% in 2005, the rate of decrease has varied among different socio-economic groups. Smoking prevalence amongst those belonging to routine and manual households has fallen by 2 percentage points since 2001, from 33% to 31% in 2005. This is also the case for managerial and professional households (from 19% in 2001 to 17% in 2005). The decrease in prevalence was somewhat greater among those in intermediate households, where it fell from 27% in 2001 to 23% in 2005. Hence, those in routine and manual households were still most likely to report smoking in 2005 (Table 4.3).

### 4.2.4 Smoking prevalence by GOR

The GHS also presents figures on smoking prevalence by Government Office Region (GOR). The North East GOR had the highest proportion of smokers, with 29% reporting smoking in 2005. All of the other GORs had a prevalence between 22% and 25%, with London, West Midlands and South East

GORs reporting the lowest at 22%. Comparisons between gender at GOR level shows the biggest difference between men and women was in the London GOR, where 25% of men reported smoking, compared to 20% of women (Table 4.4, Figure 4.3).

Figure 4.3 Prevalence of cigarette smoking, by Government Office Region, 2005



Source: General Household Survey 2005. Office for National Statistics  
Copyright © 2007. Re-used with the permission of The Office for National Statistics

### 4.2.5 Smoking during pregnancy

Information from the IFS give an indication of the number of women who smoke during their pregnancy in England. Results from the 2005 IFS show that 32% of new mothers surveyed smoked in the 12 months before or during their pregnancy and 17% had smoked throughout pregnancy, a fall from 19% in 2000. The highest levels of smoking immediately before or during pregnancy were found among mothers in routine and manual occupations (48%) and among those aged 20 or under (68%). These mothers were also the least likely to have given up smoking at some point before or during pregnancy (45%) (No table). Of those mothers who smoked, 49% reported giving up smoking before or during their pregnancy in 2005 (Table 4.5).

17% of mothers smoked throughout pregnancy in England in 2005

### 4.3 NRT and bupropion costs

Information on prescriptions prescribed by GPs and other non-medical prescribers in England which are dispensed in the community are available from the NHS Business Services Authority<sup>4</sup>.

In 2006/07 the Net Ingredient Cost (NIC) of all smoking cessation aids was £44 million. This compares to £48 million in 2005/06, but around £16 million in 2000/01. In total, there were over 2 million prescription items to help people stop smoking in 2006/07. Of these, 1.9 million were for Nicotine Replacement Therapy (NRT), and 119,000 for bupropion. The average NIC per item was lower in 2006/07 than any other year (£21.42), almost half the average NIC per item in 2000/01 (£38.04) (Table 4.6).

**The Net Ingredient Cost (NIC) of all smoking cessation aids in England was £44 million in 2006/07 compared with £16 million in 2000/01**

### 4.4 Giving up smoking

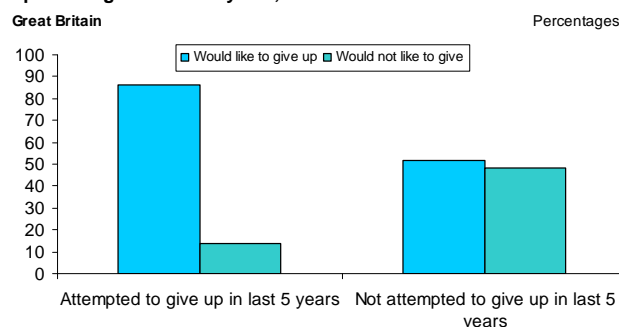
#### 4.4.1 Views on giving up smoking

Results from the Omnibus survey show that in Great Britain, in 2006, 72% of adult smokers said that they would like to give up smoking, with 23% saying they would very much indeed like to give up, whereas 28% of smokers reported that they would not like to give up. Men and women were equally likely to want to give up (Table 4.7). Results show that younger people are more likely to want to give up smoking than older people (No Table).

**72% of adult smokers said that they would like to give up smoking in 2006**

Respondents were also asked if they would like to give up based on whether they had attempted to give up smoking in the last 5 years. Results show that those who had attempted to give up smoking in the last five years were more likely to want to give up than those who hadn't made an attempt to quit in the last five years (86% compared with 52%). Thirty per cent of those who made an attempt to quit in the last five years said they would very much indeed like to give up, compared to 13% of those who hadn't made an attempt in the last five years. Only 14% of those who attempted to give up in the last five years said they would not like to give up smoking, compared with 48% of those who did not make an attempt (Table 4.8, Figure 4.4).

**Figure 4.4 Views on giving up smoking, by whether have tried to give up smoking in the last 5 years, 2006**



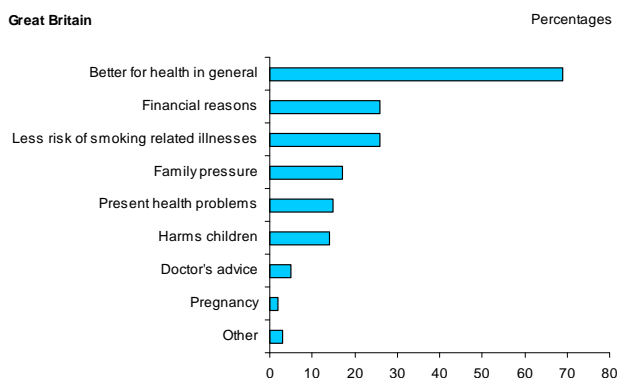
Source: Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics Copyright © 2007. Re-used with the permission of The Office for National Statistics

#### 4.4.2 Main reason for wanting to stop smoking

Those who wanted to give up smoking were also asked why they wanted to do so, and up to three of their answers were recorded. The majority of respondents wanted to give up for at least one health reason (85%). Of these health reasons: 69% wanted to give up for their general health, 26% wanted to reduce the risk of getting smoking related illnesses and 15% said it was because of present health problems. Twenty six per cent of respondents said they could not afford to smoke or considered smoking was a waste of money. Family pressure and concern over harming children's health were also relatively common reasons (Table 4.9, Figure 4.5).



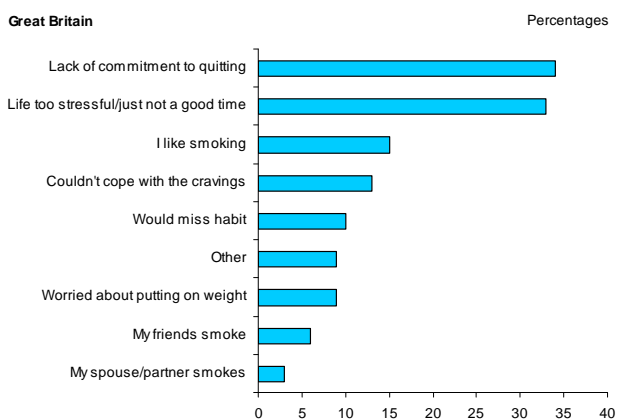
Figure 4.5 Main reasons for wanting to stop smoking, 2006



Source: Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics Copyright © 2007. Re-used with the permission of The Office for National Statistics

As well as giving reasons for wanting to give up, respondents were also asked why they did not want to give up smoking. Thirty four per cent of smokers who wanted to give up smoking, but had either not tried or failed, reported a lack of commitment for not trying to give up smoking. A third (33%) said that they found life too stressful to stop smoking. Fifteen per cent of respondents said that they liked smoking, and 13% said they could not cope with the cravings (Figure 4.6).

Figure 4.6 Main reasons for not trying to give up smoking, 2006



Source: Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics Copyright © 2007. Re-used with the permission of The Office for National Statistics

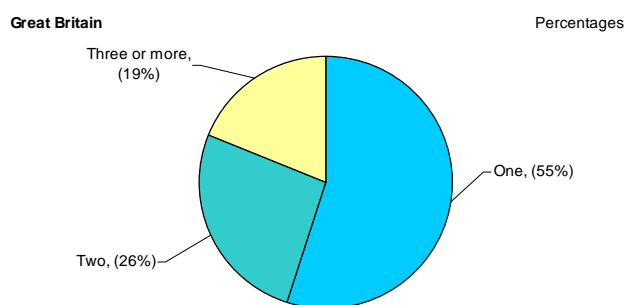
#### 4.4.3 Attempts to stop smoking

Of those respondents who had attempted to give up smoking in the last year, just under a fifth (19%) attempted to give up 3 or more times, with a around quarter (26%) attempting on two occasions, and over a half (55%) reporting one attempt to give up

smoking in the last year. Since 2000, there has been no significant change in the number of attempts people have made to stop smoking (Figure 4.7).

In 2006, 19% of adult smokers had attempted to give up smoking 3 or more times in the last year

Figure 4.7 Number of attempts to give up smoking in the last year, 2006



Source: Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics Copyright © 2007. Re-used with the permission of The Office for National Statistics

Following on from the number of attempts to quit smoking, respondents were asked the length of time they had given up for the last time they stopped smoking. In 2006, a fifth of respondents had given up smoking for one week, before smoking again. Half said that they had given up for between 2 weeks and 6 months, and just under a third (30%) reported giving up for 6 months or more, although, only 8% had given up smoking for more than 2 years (Table 4.10).

#### 4.4.4 Sources of help and advice

In 2006, just over a half of current smokers (51%) had sought some kind of help or advice on how to stop smoking. Of those current smokers, 36% said that they had read leaflets and/or booklets on how to stop smoking and 17% said that they asked a doctor or another health professional for help. Ten per cent reported that they had been referred to or self referred to a stop smoking group. Since 1999, there has been

a significant increase among those who had been referred or self-referred to a stop smoking group, from 1% in 1999 to 10% in 2006.

Overall, 28% of respondents reported taking NRT or other prescribed drugs to help them stop smoking. This was a significant increase from previous years, with only 12% in 2000 being prescribed NRT or other drugs to help them stop smoking. This increase was due to the increase of free prescriptions for NRT. In 2006, 11% of respondents were given free prescriptions for NRT (Table 4.11).

#### 4.5 Views on second-hand smoke

Respondents were asked whether they thought second-hand smoke increases an adult non-smoker's risk of having certain diseases. The majority of respondents (over 80%) thought that it would increase the risk of lung cancer, bronchitis and asthma in 2006. A smaller proportion (77%) thought it would increase the risk of heart disease, and 73% thought it would increase the risk of coughs and colds (Table 4.12).

#### References

1. The General Household Survey 2005. The Office for National Statistics, 2007. Available at: <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=5756>
2. The Infant Feeding Survey 2005. The Information Centre, 2007. Available at: [www.ic.nhs.uk/pubs/ifs2005](http://www.ic.nhs.uk/pubs/ifs2005)
3. Smoking-related Behaviour and Attitudes 2006. The Office for National Statistics, 2007. Available at: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=1638>
4. Prescription Pricing Division (PPD) of the NHS Business Services Authority The Information Centre, 2007. Available at: <http://www.ic.nhs.uk/our-services/prescribing-support>



## List of tables

- 4.1 Cigarette smoking status among adults, by age and gender, 2005
- 4.2 Prevalence of cigarette smoking, by ethnic group and gender, 2001-2005
- 4.3 Prevalence of cigarette smoking, by gender and socio-economic classification of the household reference person, 2001 to 2005
- 4.4 Prevalence of cigarette smoking among adults, by gender and Government Office Region, 2005
- 4.5 Smoking during pregnancy, 2000 and 2005
- 4.6 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban) that were prescribed by GPs and other non-medical prescribers, 2000/01 to 2006/07
- 4.7 Views on giving up smoking, by gender, 2006
- 4.8 Views on giving up smoking, by whether or not respondents have tried to give up smoking in the last 5 years, 2006
- 4.9 Main reasons for wanting to stop smoking, by gender, 2006
- 4.10 Length of time gave up for the last time stopped smoking, 2006
- 4.11 Sources of help and advice used in the last year, 1999 to 2006
- 4.12 Views on whether second-hand smoking increases a non-smoking adult's risk of certain medical conditions, 1996 to 2006

**Table 4.1 Cigarette smoking status among adults<sup>1</sup>, by age and gender, 2005**

England	Percentages					
	All ages	16-17	18-34	35-44	45-59	60 and over
<b>All adults<sup>1</sup></b>						
Current smoker	24	21	31	28	24	13
Ex-smoker	24	2	12	18	27	39
Never or only occasionally smoked	53	77	57	55	49	48
<b>Men</b>						
Current smoker	25	19	33	30	26	14
Ex-smoker	27	2	11	18	30	51
Never or only occasionally smoked	48	79	56	52	44	35
<b>Women</b>						
Current smoker	22	23	29	26	23	13
Ex-smoker	20	2	13	17	23	29
Never or only occasionally smoked	57	74	58	57	53	58
<i>Weighted bases (000s)</i>						
All adults	35,936	1,058	9,437	6,873	8,894	9,675
Men	16,834	546	4,475	3,173	4,246	4,394
Women	19,102	512	4,961	3,700	4,648	5,281
<i>Unweighted bases</i>						
All adults	18,613	499	4,506	3,532	4,713	5,363
Men	8,663	252	2,066	1,608	2,242	2,495
Women	9,950	247	2,440	1,924	2,471	2,868

1. Aged 16 and over

**Source:**

General Household Survey 2005. Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.2 Prevalence of cigarette smoking<sup>1</sup>, by ethnic group and gender, 2001-2005**

Great Britain	Percentages								
	All adults	Men	Women	Weighted base (000s)			Unweighted base		
				All persons	Men	Women	All persons	Men	Women
<b>Total</b>	<b>25</b>	<b>27</b>	<b>24</b>	<b>41,412</b>	<b>19,330</b>	<b>22,082</b>	<b>83,738</b>	<b>38,714</b>	<b>45,024</b>
<b>White</b>									
White British	26	27	25	36,814	17,164	19,650	75,033	34,704	40,329
Other white	30	34	26	1,417	646	772	2,708	1,210	1,498
<b>Mixed</b>									
White and Black Caribbean	28	25	29	96	39	57	181	75	106
White and Black African	33	38	26	49	26	23	93	47	46
White and Asian	32	31	33	82	43	38	156	79	77
Other Mixed	31	39	26	80	32	48	150	59	91
<b>Asian or Asian British</b>									
Indian	10	17	4	650	324	325	1,302	639	663
Pakistani	16	25	6	433	215	219	853	416	437
Bangladeshi	26	45	7	134	65	69	243	119	124
Other Asian	17	26	9	265	130	135	495	239	256
<b>Black or Black British</b>									
Caribbean	24	31	19	420	177	242	780	321	459
African	11	18	5	413	191	222	731	320	411
Other Black	17	19	16	52	21	32	89	33	56
<b>Chinese or Other ethnic group</b>									
Chinese	21	34	8	168	84	84	294	140	154
Other	27	33	19	337	172	165	630	313	317

1. Adults aged 16 and over

2. Shaded figures indicate estimates are unreliable and any analysis using these figures may be invalid. Any use of these shaded figures must be accompanied by this disclaimer

**Source:**

General Household Survey 2005. Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.3 Prevalence of cigarette smoking<sup>1</sup>, by gender and socio-economic classification of the household reference person, 2001 to 2005**

England	Weighted					Weighted base 2005 (000s) = 100%	Percentages
	2001	2002	2003	2004	2005 <sup>2</sup>		Unweighted sample 2005
<b>All adults</b>							
Managerial and professional	19	19	18	19	17	14,612	7,835
Intermediate	27	26	26	24	23	6,453	3,320
Routine and manual	33	31	32	31	31	12,866	6,553
Total <sup>3</sup>	27	26	25	25	24	35,936	18,613
<b>Men</b>							
Managerial and professional	21	20	20	20	18	7,083	3,775
Intermediate	29	27	28	26	24	2,934	1,496
Routine and manual	34	32	34	32	32	5,977	3,028
Total <sup>3</sup>	28	27	27	26	25	16,834	8,663
<b>Women</b>							
Managerial and professional	17	17	17	17	16	7,528	4,060
Intermediate	26	25	24	22	22	3,520	1,824
Routine and manual	31	31	30	30	29	6,889	3,525
Total <sup>3</sup>	25	25	24	23	22	19,102	9,950

1. Adults aged 16 and over

2. 2005 data includes last quarter of 2004/5 data due to survey change from financial year to calendar year

3. Where the household reference person was a full time student, had an inadequately described occupation, had never worked or was long-term unemployed these are not shown as separate categories but are included in the total. The total also includes some missing cases

**Source:**

General Household Survey 2005. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.4 Prevalence of cigarette smoking among adults<sup>1</sup>, by gender and Government Office Region, 2005**

<b>England</b>	Smoking prevalence	<i>Weighted bases</i> (000's)	Percentages
			<i>Unweighted sample</i>
<b>All adults</b>			
<b>England</b>	<b>24</b>	<b>35,936</b>	<b>18,613</b>
North East	29	1,896	965
North West	24	4,892	2,588
Yorkshire and the Humber	25	3,738	1,931
East Midlands	25	3,314	1,761
West Midlands	22	3,483	1,862
East of England	23	3,950	2,130
London	22	4,929	2,213
South East	22	6,015	3,163
South West	25	3,718	2,000
<b>Men</b>			
<b>England</b>	<b>25</b>	<b>16,834</b>	<b>8,663</b>
North East	28	849	428
North West	26	2,265	1,185
Yorkshire and the Humber	27	1,738	901
East Midlands	25	1,597	841
West Midlands	23	1,662	881
East of England	25	1,859	996
London	25	2,277	1,019
South East	24	2,849	1,485
South West	26	1,737	927
<b>Women</b>			
<b>England</b>	<b>22</b>	<b>19,102</b>	<b>9,950</b>
North East	30	1,046	537
North West	23	2,627	1,403
Yorkshire and the Humber	23	2,000	1,030
East Midlands	25	1,717	920
West Midlands	21	1,822	981
East of England	21	2,091	1,134
London	20	2,652	1,194
South East	21	3,166	1,678
South West	25	1,981	1,073

1. Aged 16 and over

**Source:**

General Household Survey 2005. Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics



**Table 4.5 Smoking during pregnancy, 2000 and 2005**

<b>England</b>	Percentages	
	2000	2005
Smoked before or during pregnancy	35	32
Smoked throughout pregnancy	19	17
<i>Base: All mothers<sup>1</sup></i>	4,921	5,896
Gave up smoking before or during pregnancy	45	49
<i>Base: All mothers who smoked before or during pregnancy</i>	1,720	1,905

1. Excludes mothers who did not supply sufficient information for classifying their smoking status

**Source:**

Infant Feeding Survey 2005: Early Results. The Information Centre.

**Table 4.6 Prescription items and Net Ingredient Cost<sup>1</sup> of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban) that were prescribed by GPs and other non-medical prescribers, 2000/01 to 2006/07<sup>2</sup>**

England	Numbers/£		
	All smoking cessation aids <sup>3</sup>	Nicotine Replacement Therapies (NRT)	Bupropion (Zyban)
<b>Number of prescription items (000s)</b>			
2000/01	411	44	367
2001/02	1,178	989	189
2002/03	1,292	1,169	124
2003/04	1,599	1,480	118
2004/05	2,044	1,908	136
2005/06	2,205	2,076	129
2006/07	2,057	1,938	119
<b>Net Ingredient Cost (NIC) (£000s)</b>			
2000/01	15,624	930	14,694
2001/02	28,988	21,719	7,269
2002/03	30,359	25,630	4,729
2003/04	37,019	32,486	4,534
2004/05	46,093	40,942	5,151
2005/06	48,092	43,465	4,627
2006/07	44,057	39,743	4,315
<b>Average Net Ingredient Cost (NIC) per item (£)</b>			
2000/01	38.04	21.05	40.09
2001/02	24.61	21.97	38.39
2002/03	23.49	21.93	38.21
2003/04	23.15	21.94	38.26
2004/05	22.55	21.46	37.83
2005/06	21.81	20.93	35.94
2006/07	21.42	20.51	36.16

1. The Net Ingredient Cost (NIC) of all smoking cessation aids is the basic cost of the treatments and does not take account of discounts, dispensing costs, fees or prescription charge income

2. These data are PACT (Prescription Analysis and Cost) data from the Prescription Pricing Division (PPD) of the NHS Business Services Authority, accessed by The Information Centre. PACT covers all prescriptions prescribed by GPs and other non-medical prescribers (excluding dentists) in England which are dispensed in the community. PACT data only covers NRT and bupropion received on prescription. It does not include NRT obtained via other sources such as local voucher schemes, patient group directive or purchased over the counter. Bupropion is only available on prescription so should not be obtained via other sources

3. All smoking cessation aids includes Nicotine Replacement Therapy (NRT) and bupropion (Zyban)

**Source:**

Prescribing Support Unit. The Information Centre, 2007

**Table 4.7 Views on giving up smoking, by gender, 2006**

Great Britain	Percentages		
	All adults	Men	Women
Would like to give up:			
Very much indeed	23	24	22
Quite a lot	27	29	25
A fair amount	15	13	18
A little	7	7	6
Total would like to give up	72	72	72
Would not like to give up	28	28	28
<i>Base</i>	<i>571</i>	<i>279</i>	<i>292</i>

**Source:**

Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.8 Views on giving up smoking, by whether or not respondents have tried to give up smoking in the last 5 years, 2006**

Great Britain	Percentages		
	Attempted to give up in last 5 years	Not attempted to give up in last 5 years	Total
Would like to give up:			
Very much indeed	30	13	23
Quite a lot	34	17	27
A fair amount	17	13	15
A little	4	10	7
Total would like to give up	86	52	72
Would not like to give	14	48	28
<i>Base</i>	329	242	571

**Source:**

Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.9 Main reasons for wanting to stop smoking, by gender, 2006**

Great Britain	Percentages		
	All adults	Men	Women
Better for health in general	69	68	69
Less risk of getting smoking related illnesses	26	32	22
Present health problems	15	14	16
<b>At least one health reason</b>	<b>85</b>	<b>88</b>	<b>83</b>
Financial reasons	26	28	24
Family pressure	17	14	20
Harms children	14	11	16
Doctor's advice	5	4	5
Pregnancy	2	..	5
Other	3	3	2
Gave more than one reason	52	51	53
Base	410	202	208

1. Percentages sum to more than 100 as smokers could give more than one answer

**Source:**

Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.10 Length of time gave up for the last time stopped smoking, 2006**

Great Britain	Percentages
A week	20
2 weeks	13
3-4 weeks	10
5-9 weeks	12
10-25 weeks	15
6-12 months	17
More than 1 year, but less than 2	6
2 years or more	8
<i>Base</i>	445

1. Adults aged 16 and over who have ever tried to stop smoking

**Source:**

Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.11 Sources of help and advice used in the last year, 1999 to 2006**

Great Britain	Percentages							
	1999	2000	2001	2002	2003	2004	2005	2006
Read leaflets/ booklets on how to stop	38	31	30	28	29	35	33	36
Asked doctor or other health professional for help	5	7	10	10	11	15	15	17
Called a smokers' telephone helpline	3	3	4	3	4	5	6	5
Been referred/ self-referred to stop smoking group	1	2	3	4	5	7	8	10
Bought non-prescription NRT <sup>1</sup>	..	10	10	8	9	10	11	12
Free non-prescription NRT <sup>1</sup>	..	0	0	0	0	1	1	2
Paid for prescription NRT <sup>1</sup>	..	1	0	2	3	3	4	4
Free prescription NRT <sup>1</sup>	..	0	2	4	5	6	5	11
Prescribed other 'stop smoking' drugs <sup>1</sup>	..	1	2	1	1	1	1	1
<b>Had any NRT/ other prescribed drugs to help stop smoking</b>	<b>17</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>18</b>	<b>19</b>	<b>19</b>	<b>28</b>
Sought any help or advice	44	37	38	36	39	44	46	51
Did not seek help or advice	56	63	62	64	61	56	54	49
<i>Base</i>	<i>950</i>	<i>872</i>	<i>846</i>	<i>944</i>	<i>851</i>	<i>811</i>	<i>571</i>	<i>572</i>

1. Questions changed between 1999 and 2000

2. Percentages sum to more than the total saying they sought help or advice as people could give more than one answer

**Source:**

Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics

**Table 4.12 Views on whether second-hand smoking increases a non-smoking adult's risk of certain medical conditions, 1996 to 2006**

Great Britain	Percentages									
	1996	1997	1999	2000	2001	2002	2003	2004	2005	2006
<b>Lung cancer</b>										
Increases risk	83	86	84	85	86	86	85	88	88	89
Does not increase risk	12	11	12	12	10	10	12	9	9	9
Can't say	5	4	4	3	4	4	2	3	3	2
<b>Bronchitis</b>										
Increases risk	84	86	84	86	85	85	85	86	87	88
Does not increase risk	12	10	12	11	11	11	13	11	9	10
Can't say	4	4	4	3	4	4	2	3	4	2
<b>Asthma</b>										
Increases risk	79	81	80	81	80	81	81	82	83	82
Does not increase risk	14	14	16	15	15	14	16	14	13	14
Can't say	6	6	4	4	5	5	3	4	4	3
<b>Heart disease</b>										
Increases risk	68	74	68	70	69	69	69	76	79	77
Does not increase risk	22	19	25	23	24	25	26	19	16	19
Can't say	10	7	7	7	7	7	6	5	6	4
<b>Coughs and colds</b>										
Increases risk	68	70	67	69	68	69	68	68	68	73
Does not increase risk	27	25	29	28	29	27	30	29	28	25
Can't say	5	5	4	4	3	4	2	3	4	2
<b>Diabetes</b>										
Increases risk	17	20	16	16	14	15	17	21	22	24
Does not increase risk	50	48	61	60	62	61	65	58	56	57
Can't say	33	32	24	24	24	23	19	21	21	19
<i>Base=100%</i>	3,696	3,716	3,546	3,328	3,493	3,820	3,517	6,546	2,403	2,347

**Source:**

Smoking-related Behaviour and Attitudes, 2006. The Office for National Statistics

Copyright © 2007. Re-used with the permission of The Office for National Statistics





## 5 New geographical structures

### 5.1 Background

The 28 SHAs became 10 new SHAs in July 2006, and 303 PCTs became 152 PCTs in October 2006.

This chapter presents information from the Stop Smoking Services and prescribing data from the NHS Business Service Authority using the new NHS geographies.

### 5.2 Stop Smoking Services data

As data from the services was collected under the SHA and PCT structures which were operational at the start of 2006, the Information Centre (IC) has recalculated results for the new SHAs and PCTs using guidance from the Department of Health's website:

<http://www.dh.gov.uk/assetRoot/04/13/37/6/0/04133760.pdf>.

These results are shown in [Tables 5.1 to 5.4](#). Further details can be found in [Appendix B](#).

### 5.3 Prescription items by SHA

[Tables 5.5 and 5.6](#) present figures from the prescribing Support Unit on the prescription items and Net Ingredient Costs (NIC) of smoking cessation aids that were prescribed by GPs and other non-medical prescribers in England.

These data have been collected in the new Strategic Health Authority (SHA) structure, and therefore have not been aggregated from old SHA structures, unlike the Stop Smoking Services data given in this chapter.

## List of tables

- 5.1 People setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority, 2006/07
- 5.2 Pregnant women setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority, 2006/07
- 5.3 People setting a quit date receiving Nicotine Replacement Therapy (NRT) and/or bupropion (Zyban) by new Strategic Health Authority, 2006/07
- 5.4 People setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority and new Primary Care Trust, 2006/07
- 5.5 Prescription items and Net Ingredient Cost of all smoking cessation aids that were prescribed by GPs and other non-medical prescribers, by new Strategic Health Authority, 2006/07
- 5.6 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban) that were prescribed by GPs and other non-medical prescribers, by new Strategic Health Authority, 2006/07

**Table 5.1 People setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority, 2006/07**

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>England</b>	<b>600,410</b>	<b>319,720</b>	<b>53</b>	<b>785</b>
North East	50,515	23,900	47	1,147
North West	106,115	52,105	49	941
Yorkshire and the Humber	55,739	28,874	52	708
East Midlands	43,564	24,174	55	699
West Midlands	70,990	36,742	52	855
East of England	57,419	33,344	58	747
London	91,516	50,022	55	824
South East Coast	33,440	18,949	57	558
South Central	36,002	21,319	59	669
South West	55,110	30,292	55	731

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2005 figures based on the 2001 census published by the Office for National Statistics

3. Information on ONS Population data is available at <http://www.statistics.gov.uk/census2001/default.asp>

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 5.2 Pregnant women setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority, 2006/07**

<b>England</b>	<i>Numbers/Percentages</i>		
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)
<b>England</b>	<b>18,341</b>	<b>9,547</b>	<b>52</b>
North East	1,557	691	44
North West	2,925	1,144	39
Yorkshire and the Humber	1,882	848	45
East Midlands <sup>2</sup>	2,488	1,713	69
West Midlands	2,133	921	43
East of England <sup>2</sup>	950	555	58
London	1,267	640	51
South East Coast	1,301	702	54
South Central <sup>2</sup>	1,638	1,286	79
South West	2,200	1,047	48

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. The configuration of East Midlands, South Central and East of England SHAs may be subject to a slight error margin because SHA reconfiguration is not totally aligned to PCT reconfiguration

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 5.3 People setting a quit date receiving Nicotine Replacement Therapy (NRT) and/or bupropion (Zyban) by new Strategic Health Authority, 2006/07**

England	Numbers/Percentages					
	Number setting a quit date	NRT only	Bupropion only	NRT and Bupropion <sup>1</sup>	Neither NRT nor Bupropion	Treatment option not known
<b>England</b>	<b>600,410</b>	<b>83</b>	<b>5</b>	<b>1</b>	<b>6</b>	<b>6</b>
North East	50,515	88	3	0	4	5
North West	106,115	86	5	1	6	3
Yorkshire and the Humber	55,739	79	8	1	6	7
East Midlands <sup>3</sup>	43,564	83	5	1	6	5
West Midlands	70,990	90	3	0	5	2
East of England <sup>3</sup>	57,419	78	6	0	6	10
London	91,516	76	3	0	12	8
South East Coast	33,440	84	6	1	5	5
South Central <sup>3</sup>	36,002	78	5	1	6	10
South West	55,110	84	5	0	5	4

1. Where a client received both NRT and Bupropion (Zyban) this was either concurrently or consecutively

2. The configuration of East Midlands, South Central and East of England SHAs may be subject to a slight error margin because SHA reconfiguration is not totally aligned to PCT reconfiguration

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 5.4 People setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority and new Primary Care Trust, 2006/07**

		Numbers/Percentages			
		Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2, 3</sup>
<b>England</b>		<b>600,410</b>	<b>319,720</b>	<b>53</b>	<b>785</b>
<b>North East</b>		<b>50,515</b>	<b>23,900</b>	<b>47</b>	<b>1,147</b>
5J9	Darlington PCT	1,503	728	48	914
5ND	County Durham PCT	9,758	4,510	46	1,102
5D9	Hartlepool PCT	2,626	1,344	51	1,883
5QR	Redcar and Cleveland PCT	2,312	1,220	53	1,092
5KM	Middlesbrough PCT	3,276	1,759	54	1,612
5E1	North Tees PCT	3,604	1,746	48	1,171
5KF	Gateshead PCT	3,793	1,736	46	1,109
5D7	Newcastle PCT	5,019	2,442	49	1,065
5D8	North Tyneside PCT	4,115	1,950	47	1,241
TAC	Northumberland Care Trust	5,056	2,411	48	942
5KG	South Tyneside PCT	3,494	1,469	42	1,193
5KL	Sunderland Teaching PCT	5,959	2,585	43	1,118
<b>North West</b>		<b>106,115</b>	<b>52,105</b>	<b>49</b>	<b>941</b>
5NK	Wirral PCT	4,922	1,940	39	770
5NP	Central and Eastern Cheshire PCT	6,419	2,766	43	766
5NL	Liverpool PCT	11,190	4,710	42	1,283
5NN	Western Cheshire PCT	2,890	1,277	44	673
5J4	Knowsley PCT	2,652	1,432	54	1,218
5NJ	Sefton PCT	4,244	1,768	42	776
5NM	Halton and St Helens PCT	4,328	2,335	54	990
5J2	Warrington PCT	1,809	1,125	62	721
5CC	Blackburn with Darwen PCT	2,740	1,648	60	1,558
5HP	Blackpool PCT	2,858	1,356	47	1,164
5NH	East Lancashire PCT	5,079	3,137	62	1,043
5NE	Cumbria PCT	4,160	2,413	58	589
5NG	Central Lancashire PCT	5,015	3,009	60	828
5NF	North Lancashire PCT	3,632	2,015	55	751
5HG	Ashton, Leigh and Wigan PCT	5,064	2,550	50	1,032
5HQ	Bolton PCT	4,742	2,206	47	1,051
5JX	Bury PCT	2,987	1,567	52	1,075
5NT	Manchester PCT	9,270	4,413	48	1,233
5NQ	Heywood, Middleton and Rochdale PCT	4,156	1,621	39	1,002
5J5	Oldham PCT	3,369	2,051	61	1,206
5F5	Salford PCT	4,362	1,906	44	1,088
5F7	Stockport PCT	4,654	1,852	40	815
5LH	Tameside and Glossop PCT	2,526	1,854	73	938
5NR	Trafford PCT	3,047	1,154	38	674
<b>Yorkshire and the Humber</b>		<b>55,739</b>	<b>28,874</b>	<b>52</b>	<b>708</b>
5NV	North Yorkshire and York PCT	7,579	3,658	48	580
5NW	East Riding of Yorkshire PCT	2,553	1,566	61	583
5NX	Hull PCT	3,528	2,274	64	1,136
5AN	North East Lincolnshire PCT	1,077	668	62	529
5EF	North Lincolnshire PCT	846	520	61	420
5JE	Barnsley PCT	4,966	2,105	42	1,177
5N5	Doncaster PCT	4,001	2,043	51	879
5N4	Sheffield PCT	5,419	2,622	48	616
5H8	Rotherham PCT	2,695	1,397	52	690
5NY	Bradford and Airedale PCT	6,361	2,766	43	739
5J6	Calderdale PCT	2,188	1,149	53	740
5N1	Leeds PCT	7,217	4,380	61	744
5N3	Wakefield District PCT	3,081	1,677	54	648
5N2	Kirklees PCT	4,228	2,049	48	658

**Table 5.4 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority and new Primary Care Trust, 2006/07**

England		Numbers/Percentages			
		Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
<b>East Midlands</b>		<b>43,564</b>	<b>24,174</b>	<b>55</b>	<b>699</b>
5PA	Leicestershire County and Rutland PCT	6,211	3,598	58	667
5PD	Northamptonshire PCT	2,873	1,474	51	284
5PC	Leicester City PCT	4,246	2,101	49	921
5N6	Derbyshire County PCT	7,678	4,403	57	760
5N7	Derby City PCT	3,426	2,197	64	1,177
5EM	Nottingham City PCT	2,988	2,119	71	924
5N8	Nottinghamshire County PCT	6,217	3,788	61	715
5ET	Bassetlaw PCT	1,403	659	47	735
5N9	Lincolnshire PCT	8,522	3,835	45	688
<b>West Midlands</b>		<b>70,990</b>	<b>36,742</b>	<b>52</b>	<b>855</b>
5PE	Dudley PCT	4,133	2,072	50	840
5PG	Birmingham East and North PCT	5,928	3,477	59	1,141
5MX	Heart of Birmingham Teaching PCT	5,397	2,940	54	1,476
5PF	Sandwell PCT	4,965	1,963	40	868
TAM	Solihull Care Trust	2,510	1,316	52	820
5M1	South Birmingham PCT	4,313	2,425	56	887
5M3	Walsall Teaching PCT	4,199	1,964	47	983
5MV	Wolverhampton City PCT	3,909	1,689	43	879
5PK	South Staffordshire PCT	6,035	3,288	54	679
5PH	North Staffordshire PCT	2,298	1,115	49	644
5PJ	Stoke on Trent PCT	4,198	1,935	46	971
5M2	Shropshire County PCT	2,553	1,702	67	722
5MK	Telford and Wrekin PCT	2,351	1,626	69	1,278
5MD	Coventry Teaching PCT	5,186	2,717	52	1,113
5CN	Herefordshire PCT	2,280	1,110	49	760
5PM	Warwickshire PCT	6,196	2,935	47	675
5PL	Worcestershire PCT	4,539	2,468	54	547
<b>East of England</b>		<b>57,419</b>	<b>33,344</b>	<b>58</b>	<b>747</b>
5P2	Bedfordshire PCT	3,554	2,304	65	727
5P4	West Hertfordshire PCT	4,636	3,471	75	824
5GC	Luton Teaching PCT	1,930	1,342	70	938
5P3	East and North Hertfordshire PCT	4,471	3,556	80	861
5PY	South West Essex PCT	4,469	2,895	65	950
5P1	South East Essex PCT	4,321	2,288	53	870
5PX	Mid Essex PCT	4,117	1,966	48	686
5PW	North East Essex PCT	4,502	2,204	49	881
5PV	West Essex PCT	2,954	1,554	53	711
5PQ	Norfolk PCT	7,096	3,555	50	587
5PP	Cambridgeshire PCT	5,062	2,876	57	599
5PT	Suffolk PCT	5,880	3,089	53	662
5PR	Great Yarmouth and Waveney PCT	2,793	1,403	50	829
5PN	Peterborough PCT	1,634	841	51	668
<b>London</b>		<b>91,516</b>	<b>50,022</b>	<b>55</b>	<b>824</b>
5C2	Barking and Dagenham PCT	1,846	1,186	64	945
5A9	Barnet PCT	4,698	2,941	63	1,113
5K7	Camden PCT	3,805	1,880	49	988
5C1	Enfield PCT	2,929	2,094	71	944
5C9	Haringey Teaching PCT	3,330	1,998	60	1,107
5K8	Islington PCT	3,360	1,929	57	1,269
5C3	City and Hackney Teaching PCT	4,705	2,047	44	1,208
5A4	Havering PCT	1,123	744	66	408
5C5	Newham PCT	3,818	1,941	51	1,039



**Table 5.4 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by new Strategic Health Authority and new Primary Care Trust, 2006/07**

England		Numbers/Percentages			
		Number setting a quit date	Number successfully quit at 4 weeks (self-report) <sup>1</sup>	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>2,3</sup>
5NA	Redbridge PCT	2,539	1,688	66	851
5C4	Tower Hamlets PCT	4,056	2,148	53	1,274
5NC	Waltham Forest PCT	2,730	1,883	69	1,062
5K5	Brent Teaching PCT	4,867	2,027	42	924
5HX	Ealing PCT	3,902	2,996	77	1,227
5H1	Hammersmith and Fulham PCT	2,769	1,701	61	1,124
5K6	Harrow PCT	2,181	1,261	58	733
5AT	Hillingdon PCT	1,959	1,390	71	691
5HY	Hounslow PCT	2,545	1,807	71	1,061
5LA	Kensington and Chelsea PCT	2,808	1,558	55	930
5LC	Westminster PCT	4,811	2,321	48	1,090
TAK	Bexley Care Trust	1,547	1,096	71	625
5A7	Bromley PCT	2,455	1,129	46	466
5A8	Greenwich Teaching PCT	2,557	1,212	47	667
5LD	Lambeth PCT	4,546	1,748	38	795
5LF	Lewisham PCT	3,060	1,576	52	798
5LE	Southwark PCT	3,034	1,243	41	596
5K9	Croydon PCT	2,817	937	33	345
5A5	Kingston PCT	920	524	57	419
5M6	Richmond and Twickenham PCT	809	483	60	318
5M7	Sutton and Merton PCT	2,820	1,323	47	441
5LG	Wandsworth PCT	2,170	1,211	56	509
<b>South East Coast</b>		<b>33,440</b>	<b>18,949</b>	<b>57</b>	<b>558</b>
5QA	Eastern and Coastal Kent PCT	7,209	3,977	55	692
5P9	West Kent PCT	5,137	2,803	55	536
5L3	Medway Teaching PCT	2,279	1,034	45	523
5P6	West Sussex PCT	6,262	3,486	56	561
5P8	Hastings and Rother PCT	3,082	1,418	46	1,004
5LQ	Brighton and Hove City PCT	2,875	2,014	70	942
5P5	Surrey PCT	4,406	2,581	59	301
5P7	East Sussex Downs and Weald PCT	2,190	1,636	75	617
<b>South Central</b>		<b>36,002</b>	<b>21,319</b>	<b>59</b>	<b>669</b>
5QC	Hampshire PCT	11,356	7,072	62	696
5QT	Isle of Wight Healthcare PCT	1,768	987	56	851
5FE	Portsmouth City Teaching PCT	2,966	1,907	64	1,224
5L1	Southampton City PCT	2,721	1,583	58	859
5QG	Berkshire East PCT	2,952	1,535	52	510
5QF	Berkshire West PCT	3,389	1,979	58	554
5QE	Oxfordshire PCT	5,321	3,133	59	642
5QD	Buckinghamshire PCT	3,078	1,835	60	468
5CQ	Milton Keynes PCT	2,451	1,288	53	735
<b>South West</b>		<b>55,110</b>	<b>30,292</b>	<b>55</b>	<b>731</b>
5FL	Bath and North East Somerset PCT	1,446	971	67	677
5QN	Bournemouth and Poole PCT	3,031	1,769	58	707
5QJ	Bristol PCT	4,119	2,190	53	667
5QP	Cornwall and Isles of Scilly PCT	6,522	3,874	59	906
5QQ	Devon PCT	9,726	5,056	52	837
5QM	Dorset PCT	2,767	2,035	74	615
5QH	Gloucestershire PCT	5,442	2,618	48	562
5M8	North Somerset PCT	2,123	1,042	49	656
5F1	Plymouth Teaching PCT	3,998	2,111	53	1,048
5QL	Somerset PCT	5,666	3,297	58	788
5A3	South Gloucestershire PCT	2,466	1,191	48	600
5K3	Swindon PCT	2,184	1,124	51	742
TAL	Torbay Care Trust	1,724	817	47	744
5QK	Wiltshire PCT	3,896	2,197	56	615

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2005 figures based on the 2001 census published by the Office for National Statistics

3. Information on ONS Population data is available at <http://www.statistics.gov.uk/census2001/default.asp>

**Source:**

Lifestyle Statistics. The Information Centre, 2007

**Table 5.5 Prescription items and Net Ingredient Cost of all smoking cessation aids<sup>1,2</sup> that were prescribed by GPs and other non-medical prescribers, by Strategic Health Authority, 2006/07**

England	Number of items (Thousands)	Net Ingredient Cost (NIC) <sup>4</sup> (£000s)	Numbers/£ Average NIC per item (£)
England <sup>3</sup>	2,057	44,057	21.42
North East	184	3,900	21.16
North West	328	7,324	22.32
Yorkshire and The Humber	249	5,406	21.68
East Midlands	139	3,160	22.66
West Midlands	190	3,949	20.76
East of England	229	4,960	21.65
London	203	4,272	21.07
South East Coast	158	3,440	21.78
South West	249	4,952	19.89
South Central	126	2674	21

1. These data are PACT (Prescription Analysis and Cost) data from the Prescription Pricing Division (PPD) of the NHS Business Services Authority, accessed by The Information Centre. PACT covers all prescriptions prescribed by GPs and other non-medical prescribers (excluding dentists) in England which are dispensed in the community. PACT data only covers NRT and bupropion received on prescription. It does not include NRT obtained via other sources such as local voucher schemes, patient group directive or purchased over the counter. Bupropion is only available on prescription so should not be obtained via other sources

2. All smoking cessation aids includes Nicotine Replacement Therapy (NRT) and bupropion (Zyban)

3. Totals for England include prescription items prescribed by unidentified doctors. This occurs where it has not been possible for the Prescription Pricing Authority (PPA) to allocate items to a SHA; this may lead to individual figures for SHAs not summing to the total for all SHAs

4. Net Ingredient Cost is the basic cost of a drug and does not take account of discounts, dispensing costs, fees or prescription charge income

**Source:**

Prescribing Support Unit. The Information Centre, 2007

**Table 5.6 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban)<sup>1</sup> that were prescribed by GPs and other non-medical prescribers, by Strategic Health Authority, 2006/07**

England	Nicotine Replacement Therapies (NRT)				Bupropion (Zyban)			
	Number of items	Percentage of all smoking cessation aid items	Net Ingredient Cost (NIC) <sup>3</sup>	Average NIC per item	Number of items	Percentage of all smoking cessation aid items	Net Ingredient Cost (NIC) <sup>3</sup>	Average NIC per item
	(Thousands)		(£000s)	(£)	(Thousands)		(£000s)	(£)
<b>England<sup>2</sup></b>	1,938	94	39,743	20.51	119.3	6	4,315	35.94
<b>North East</b>	178	97	3,737	20.94	6.1	3	230	37.97
<b>North West</b>	327	94	7,089	21.69	20.4	6	770	37.68
<b>Yorkshire and The Humber</b>	240	93	5,043	21.05	18.5	7	670	36.32
<b>East Midlands</b>	151	92	3,318	22.04	12.3	8	461	37.35
<b>West Midlands</b>	189	94	3,816	20.19	11.4	6	409	35.88
<b>East of England</b>	241	94	5,167	21.43	14.2	6	528	37.07
<b>London</b>	204	95	4,295	21.01	11.0	5	374	33.99
<b>South East</b>	291	94	6,059	20.80	20.1	6	710	35.39
<b>South West</b>	255	95	4,938	19.37	14.7	5	474	32.21
<b>South Central</b>	52	91	964	18.48	4.9	9	130	26.62

1. These data are PACT (Prescription Analysis and Cost) data from the Prescription Pricing Division (PPD) of the NHS Business Services Authority, accessed by The Information Centre. PACT covers all prescriptions prescribed by GPs and other non-medical prescribers (excluding dentists) in England which are dispensed in the community. PACT data only covers NRT and bupropion received on prescription. It does not include NRT obtained via other sources such as local voucher schemes, patient group directive or purchased over the counter. Bupropion is only available on prescription so should not be obtained via other sources

2. Totals for England include prescription items prescribed by unidentified doctors. This occurs where it has not been possible for the Prescription Pricing Authority (PPA) to allocate items to a SHA; this may lead to individual figures for SHAs not summing to the total for all SHAs

3. Net Ingredient Cost is the basic cost of a drug and does not take account of discounts, dispensing costs, fees or prescription charge income

**Source:**

Prescribing Support Unit. The Information Centre, 2007



# Appendix A: Government targets and plans

## Introduction

The Government's strategy on tobacco consists of a wide range of measures including helping people to give up smoking, increasing tobacco taxation to reduce affordability, mass media health promotion campaigns, legislative provisions through the Health Act 2006 to make virtually all enclosed public places and workplaces smokefree from summer 2007; a virtually comprehensive ban on tobacco advertising promotion and sponsorship since February 2003.

[www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/fs/en](http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/fs/en)

## 6- Strand Tobacco Control Strategy

The Government has developed a comprehensive 6-strand Tobacco Control Strategy to tackle the smoking epidemic. Each strand has a measurable impact on reducing smoking prevalence:

- Reducing exposure to second-hand smoke (SHS);
- Reducing tobacco advertising and promotion;
- NHS Stop Smoking Services and wider availability of Nicotine Replacement Therapy (NRT);
- National smoking communication campaigns and education;
- Regulating tobacco products;
- Reducing availability and supply of tobacco.

[www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/fs/en](http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/fs/en)

## Smoking Kills

A White Paper: 'Smoking Kills' was published in December 1998. It outlined the government's policies on smoking and a range of measures to be implemented to tackle smoking, such as a programme of public education to persuade smokers to quit and non-smokers not to start.

To measure the success of the White Paper, smoking prevalence targets have been set for children, pregnant women, all adults and adults in routine and manual groups:

- To reduce adult smoking in all social classes so that the overall rate falls from 28 per cent to 24 per cent or less by the year 2010; with a fall to 26 per cent by the year 2005; This target has been superseded by the Public Service Agreement (PSA) described in the next section.
- To reduce smoking among children from 13 per cent to 9 per cent or less by the year 2010; with a fall to 11 per cent by the year 2005;
  - Target met: Latest figure, for 2005, is 9%

- To reduce the percentage of women who smoke during pregnancy from 23 per cent to 15 per cent by the year 2010; with a fall to 18 per cent by the year 2005. Target met: Latest figure, for 2005, is 17%

[www.archive.official-documents.co.uk/document/cm41/4177/4177.htm](http://www.archive.official-documents.co.uk/document/cm41/4177/4177.htm)

## Public Service Agreements

In 2004, the Department of Health agreed a new PSA target with the Treasury specifically on smoking to:

- Reduce adult smoking rates to 21 per cent or less by 2010, with a reduction in prevalence among routine and manual groups to 26 per cent or less.

[www.hm-treasury.gov.uk/spending\\_review/spend\\_sr04/psa/spend\\_sr04\\_psaindex.cfm](http://www.hm-treasury.gov.uk/spending_review/spend_sr04/psa/spend_sr04_psaindex.cfm)

## The NHS Plan

The NHS Plan was published in July 2000 and committed the Government to the introduction of a number of measures by 2001. These included a major expansion in smoking cessation, so that by 2001 the NHS would provide a comprehensive smoking cessation service.

[www.dh.gov.uk/assetRoot/04/05/57/83/04055783.pdf](http://www.dh.gov.uk/assetRoot/04/05/57/83/04055783.pdf)

## The Cancer Plan

The NHS Cancer Plan was published in September 2000. The Cancer Plan is particularly committed to reducing the health inequalities gap through setting new national and local targets for the reduction of smoking rates.

In addition to the existing *Smoking Kills* target of reducing smoking in adults from 28% to 24% by 2010, new national and local targets to address the gap between socio-economic groups in smoking rates and the resulting risks of cancer and heart disease were set out in The Cancer Plan including a target:

- To reduce smoking rates among manual groups from 32% in 1998 to 26% by 2010

[www.dh.gov.uk/assetRoot/04/01/45/13/04014513.pdf](http://www.dh.gov.uk/assetRoot/04/01/45/13/04014513.pdf)

Latest figure, for 2005, is 29%

## Priorities & Planning Framework

In 2002, the Department of Health published the Priorities and Planning Framework (PPF) which set out key targets for the NHS for the three years 2003/04 to 2005/06. The PPF includes a target of 800,000 smokers successfully quitting at the 4 week follow-up (based on self-report), with the help of local NHS Stop Smoking Services over the three year period. The PPF also includes a target to deliver a one-percentage point reduction per year in the proportion of women continuing to smoke throughout pregnancy.

By 2010 the PPF requires all PCTs to:

- Reduce the proportion of women continuing to smoke throughout pregnancy, focusing especially on smokers from disadvantaged groups. This contributes to the national target to

reduce, by at least 10%, the gap in mortality between 'routine' and 'manual' groups and the population as a whole, starting with children aged under one year  
<[www.dh.gov.uk/assetRoot/04/07/02/02/04070202.pdf](http://www.dh.gov.uk/assetRoot/04/07/02/02/04070202.pdf)>

## Choosing Health

The White Paper "Choosing Health: Making healthier choices easier" was published in November 2004. It was intended to build on the commitments in the 1998 White Paper Smoking Kills and sets out the key principles for supporting the public to make healthier and more informed choices in regards to their health. Action to tackle tobacco includes making smoke-free environments the norm, further restrictions on tobacco advertising, and tougher action on shops that sell cigarettes to children and introducing hard hitting picture warnings on tobacco packets.

<[www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4094550&chk=aN5Cor](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4094550&chk=aN5Cor)>

## NHS Stop Smoking Services

NHS Stop Smoking Services were set up in Health Action Zones in 1999/2000 and rolled out across England from 2000/01.

Results from monitoring the NHS Stop Smoking Services for the period April 2003 - March 2006, show that the total number of people who had successfully quit at the 4 week stage was 832,700. This meets and exceeds the three-year target of 800,000 successful quitters.

In December 2005, the Government announced that Nicotine Replacement Therapy (NRT) would be made available to more people than before, following a change in the guidance for the use of NRT. Patient groups including adolescents over 12 years, pregnant or breast feeding women and patients with heart, liver and kidney disease are now able to use NRT in their attempt to give up smoking.

In September 2006, the European Commission approved Champix, generic name *varenicline*, as a new "stop smoking" aid for adults. NICE has issued draft guidance on 30 May, which recommends the use of Champix in the NHS. Final guidance is expected in July 2007.

The establishment and development of Stop Smoking Services in the NHS is an important element of the government's overall tobacco control strategy to help reduce smoking prevalence.

<[www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/TobaccoGeneralInformation/TobaccoGeneralArticle/fs/en?CONTENT\\_ID=4002192&chk=5Xx9q6](http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/TobaccoGeneralInformation/TobaccoGeneralArticle/fs/en?CONTENT_ID=4002192&chk=5Xx9q6)>

## Tobacco Advertising and Promotion Act

The Tobacco Advertising and Promotion Act 2002 became law in November 2002. The key provisions of the Act came into force in February 2003. The Act bans the advertising and promotion of tobacco products, including sponsorship. Regulations prohibiting tobacco advertising on the internet came into force in September 2006.

<[www.opsi.gov.uk/ACTS/acts2002/20020036.htm](http://www.opsi.gov.uk/ACTS/acts2002/20020036.htm)>

## Tobacco Products Regulations

The Tobacco Products (Safety) Regulations 2002 began to come into force in December 2002 and were mandatory from September 2003. The key measures of the new legislation require manufacturers to cover 30% of the front and 40% of the back of tobacco packaging with stark health warnings, and prohibit the use of terms such as 'low-tar' and 'light'.

The White Paper, Choosing Health, committed the Government to consult on introducing picture warnings on to tobacco packs. The consultation concluded in August 2006. The UK Government plans to introduce these picture warnings during 2008.

[www.opsi.gov.uk/si/si2002/20023041.htm](http://www.opsi.gov.uk/si/si2002/20023041.htm)

## Tackling Tobacco Smuggling

The Tackling Tobacco Smuggling Strategy was highly successful, cutting the illicit cigarette market to 16 per cent by 2003/04. The original target was a reduction in the illicit market to 17 per cent by 2005/06, and meeting this target two years early led the Government to set a new, more challenging target in 2004 for the strategy to reduce the illicit share to 13 per cent by 2007/08. In 2006, the Government published its 'New responses to new challenges: Reinforcing the Tackling Tobacco Smuggling Strategy' which details a comprehensive response to the new challenges emerging as the illicit market in tobacco adapts and develops.

[www.hm-treasury.gov.uk/media/6A1/17/433.pdf](http://www.hm-treasury.gov.uk/media/6A1/17/433.pdf)

[http://www.hm-treasury.gov.uk/media/7/7/bud06\\_tobacco\\_273.pdf](http://www.hm-treasury.gov.uk/media/7/7/bud06_tobacco_273.pdf)

## Children and Young Persons Act

Under the Children and Young Persons (Protection from Tobacco) Act 1991, it is illegal to sell any tobacco product to anyone under the age of 16. The Tobacco Enforcement Protocol launched by the government in September 2000 sets out best practice for local Trading Standards Officers to prevent underage sales of tobacco, and proposes an annual survey of enforcement practice.

Under new law, from 1<sup>st</sup> October 2007 it will be illegal to sell tobacco products to children under the age of 18.

[www.opsi.gov.uk/ACTS/acts1991/Ukpga\\_19910023\\_en\\_1.htm](http://www.opsi.gov.uk/ACTS/acts1991/Ukpga_19910023_en_1.htm)

## Tackling Health Inequalities

Tackling Health Inequalities: A Program for Action was published in July 2003. It sets out plans to tackle health inequalities over the next three years. It establishes the foundations required to achieve the target of reducing inequalities in health outcomes by 10% by 2010, as measured by infant mortality and life expectancy at birth. Key interventions that will contribute to this target are those to reduce smoking among manual groups and to reduce the percentage of women who smoke during pregnancy.

[www.dh.gov.uk/Consultations/ResponsesToConsultations/ResponsesToConsultationsDocumentSummary/fs/en?CONTENT\\_ID=4017164&chk=H52Z%2BK](http://www.dh.gov.uk/Consultations/ResponsesToConsultations/ResponsesToConsultationsDocumentSummary/fs/en?CONTENT_ID=4017164&chk=H52Z%2BK)



## The Health Act 2006 (smoke-free environments)

The Choosing Health White Paper made a commitment to make smoke-free environments the norm both at work and at leisure.

The Health Act 2006 makes legislative provisions for virtually all enclosed public places and workplaces to be smoke free. In England, public places and workplaces will become smokefree from the 1<sup>st</sup> July 2007, and Wales introduced their smoking on April 2<sup>nd</sup> 2007, and Northern Ireland on 30 April.

The Government will monitor these changes and there will be a review after three years.

Following consultations, the Government has announced that it will increase the age at which tobacco can legally be bought from 16 to 18 and will strengthen sanctions against retailers for sales of tobacco to people who are under-age. This legislation will come into effect on October 1st 2007.

Separate from the provisions of the Health Act 2006, and in line with the commitment in the Choosing Health White Paper, all Government departments and the NHS were smoke-free by the end of 2006.

[www.publications.parliament.uk/pa/cm200506/cmbills/069/2006069.htm](http://www.publications.parliament.uk/pa/cm200506/cmbills/069/2006069.htm)

## Reducing exposure to second-hand smoke and smokefree legislation

The Health Act 2006 made virtually all enclosed public places and workplaces in England smokefree with effect from 1 July 2007. Penalties for breeches of the smokefree law are for failing to display no-smoking signs, smoking in an enclosed public space / workplace and for failing to prevent smoking in enclosed public places and workplaces.

Detailed information on smokefree legislation is available at the dedicated website:

<http://www.smokefreeengland.co.uk/>



# Appendix B: Technical notes

## Revisions to data

Just prior to the release of this bulletin on August 17th 2007, the IC became aware of problems experienced by North West SHA in their submission process as part of the Healthcare Commission's Ratification process. This affected the returns of the following PCT's: Aston, Leigh & Wigan, Bury, Central & Eastern Cheshire, Halton & St. Helens, Sefton, Western Cheshire and Wirral. Whilst unable to review the affected figures in time for the August publication a commitment was made by the IC to review and update the bulletin if necessary. The revised figures show that overall there were an extra 1,956 people setting a quit date, with 1,056 people successfully quitting at the 4 week follow-up in the North West SHA and therefore in England, during 2006/07. As a result, this will affect a majority of the tables presented in the bulletin. The tables have been updated accordingly.

## Information about the Stop Smoking Services

NHS Stop Smoking Services (previously called Smoking Cessation Services) were launched in Health Action Zones (HAZ) in 1999/00, and were set up in all Health Authorities in England in 2000/01.

Monitoring of the NHS Stop Smoking Services is carried out via quarterly monitoring returns. The quarterly reports present provisional results from the monitoring of the NHS Stop Smoking Services, until the release of the annual bulletin when all quarterly figures are finalised.

## Services monitored

Stop Smoking co-ordinators are required to monitor in all Stop Smoking Services in England. Brief interventions by GPs, health professionals and other relevant practitioners are provided in the normal course of the professional's duties rather than comprising a "new" service, and monitoring information about clients in receipt of such interventions is not therefore required centrally.

## Quit date

It is recognised that in certain cases some time may need to be spent with clients before they are ready to set a quit date. However only actual quit attempts are counted for national monitoring.

## Support

Advisers normally offer weekly support for at least the first four weeks of a quit attempt: this may be by telephone where appropriate.

## When has a client successfully quit smoking?

On the basis that the clinical viewpoint tends to be that a client should not be counted as a “failure” if he/she has smoked in the difficult first days after the quit date, a client is counted as having successfully quit smoking if he/she has not smoked at all since two weeks after the quit date.

## Follow-up

The four week follow-up (and CO validation, if appropriate) must be completed within six weeks of the quit date. Persons not contacted within this time are treated as lost to follow-up for evaluation purposes.

## Carbon Monoxide (CO) validation

CO monitoring is normally carried out with all clients of the Stop Smoking Services who self-report as not having smoked since two weeks after the quit date, at the four week follow-up. CO monitoring would not be undertaken where follow-up was carried out by telephone.

## Nicotine Replacement Therapy (NRT)

- Patches: these work by releasing a steady dose of nicotine into the blood stream, via the skin. Some patches are intended to be worn during the day only and other "24-hour" patches are designed for 24-hour use in order to help stave off early morning cravings.
- Gum: this should be chewed gently and then "parked" in the cheek so that nicotine is absorbed through the lining of the mouth.
- Nasal spray: this is the strongest form of NRT and is a small bottle of nicotine solution, which is sprayed directly into the nose. Absorbed faster than any other kind of NRT, this can help heavier smokers, especially where other forms of NRT have failed.
- Microtab: a small white tablet put underneath the tongue and left. It works by being absorbed into the lining of the mouth.

## Zyban (bupropion)

This drug works by suppressing the part of the brain that gives the smoker a nicotine buzz when smoking a cigarette. It reduces the cravings as well as the usual withdrawal symptoms of anxiety, sweating and irritability.

## Champix (Varenicline)

Champix, generic name *varenicline*, is a prescription pill designed to help smokers stop smoking. Champix works primarily in two ways. Firstly, it reduces the smoker's craving for nicotine by binding to nicotine receptors in the brain and reduces the symptoms of withdrawal. Secondly, it reduces the satisfaction a smoker receives when smoking a cigarette. It is taken orally. For the first three days, the dosage is 0.5 mg once daily. For day's four to seven, the dosage is 0.5 mg twice a day. From day eight until the end of the treatment, the dose is 1 mg twice a day.

The European Commission approved Champix on September 29th, 2006 as a stop smoking aid for adults, based on the results from clinical trials. In trials, 44% of the group treated with Champix had stopped smoking after being treated for 12 weeks, as opposed to 11% of smokers taking the placebo. Over the same duration, it was also shown to be twice as effective as Zyban (bupropion), the other main anti-smoking drug treatment.

## Data collection

The NHS Smoking Cessation Services Service and Monitoring Guidance was published in April 2001 and the general principles of this guidance remain extant in 2006/07. It was intended for everyone involved in managing, commissioning or providing NHS Smoking Cessation Services.

[www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4008602&chk=SYvQYW](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4008602&chk=SYvQYW)

In 2000/01, there were minor discrepancies between the then quarterly and annual returns, which could not be resolved (see Annex B: Technical Notes in 2000/01 bulletin). Consequently, some trend tables show trends from 2001/02 onwards.

In 2006/07 monitoring arrangements were the same as 2005/06. See the 2002/03 statistical bulletin for details of monitoring arrangements for 2002/03 and earlier years, available at:

[www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT\\_ID=4082245&chk=jcPKwB](http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT_ID=4082245&chk=jcPKwB)

In 2006/07 detailed monitoring information was collected by Primary Care Trusts (PCTs) and submitted to the Strategic Health Authorities (SHAs): the Strategic Health Authorities were responsible for checking the data they received. The Information Centre for health and social care (IC) then carried out further validation checks on the data submitted by the Strategic Health Authorities, in order to check consistency, identify any errors, and resolve queries, so that the data were as accurate as possible.

## Enhancements to monitoring ethnicity

In light of the 2001 Census, Department of Health policy was amended to collect information on ethnicity based on 16+1 categories rather than 5+1 categories used in previous years. In 2003/04 the monitoring return included the option of either 5+1 or 16+1 categories as a transitional period; from 2004/05 onwards the collection of 16+1 categories has been mandatory.

Up to 2003/04, the following “5+1” categories were used:

- White
- Mixed
- Asian
- Black
- Other
- Not stated

For 2003/04 onwards, the following “16+1” categories were used:

White

- British
  - Irish
  - Any other white background
- Mixed
- White and Black Caribbean
  - White and Black African
  - White and Asian
  - Any other mixed background
- Asian or Asian British
- Indian
  - Pakistani
  - Bangladeshi
  - Any other Asian background
- Black or Black British
- Caribbean
  - African
  - Any other Black background
- Other ethnic groups
- Chinese
  - Any other ethnic group
- Not stated

Further information on collection ethnicity category data is available from:

[www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalDevelopment/DevelopmentInPersonalSocialServices/DevelopmentPersonalSocialServicesArticle/fs/en?CONTENT\\_ID=4015020&chk=V04W/1](http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalDevelopment/DevelopmentInPersonalSocialServices/DevelopmentPersonalSocialServicesArticle/fs/en?CONTENT_ID=4015020&chk=V04W/1)

### Restructuring of Health Authorities to Strategic Health Authorities (SHAs)

From 1 April 2002 the NHS was reorganised. The 95 former Health Authorities (HAs) were disestablished on 31 March 2002, and replaced by 28 SHAs. The SHAs encompass around 300 Primary Care Trusts (PCTs). A table showing the mapping of the 'old' Health Authorities to the new Strategic Health Authorities was contained in Annex C of the Department of Health Statistical Bulletin: 'Statistics on smoking cessation services in England, April 2001 to March 2002' available at:

[www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT\\_ID=4015512&chk=PztXzK](http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT_ID=4015512&chk=PztXzK)

### Health Action Zones (HAZ)

Due to the ending of the HAZ initiative in 2003, data are no longer presented by HAZ. Information at HAZ level is published in previous editions of this bulletin. Available at:

[www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT\\_ID=4032542&chk=GhPZ%2By](http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT_ID=4032542&chk=GhPZ%2By)

## Re-structuring PCTs and SHAs

The 28 SHAs became 10 new SHAs in July 2006, and 303 PCTs became 152 PCTs in October 2006. The configuration of the new SHAs has been derived from guidance from the Department of Health's website:

<http://www.dh.gov.uk/assetRoot/04/13/37/60/04133760.pdf>.

The configuration of East Midlands, South Central and East of England SHAs may be subject to a slight error margin because SHA reconfiguration is not totally aligned to PCT reconfiguration.

On 1 October 2006 Cherwell Vale and South Peterborough PCTs ceased to be. It has been calculated that 78.1% of the old Cherwell Vale PCT became part of the new Oxfordshire PCT with the remaining 21.9% becoming part of the new Northamptonshire PCT. It has also been calculated that 49.4% of the old South Peterborough PCT became part of the new Peterborough PCT, 36.4% part of the new Cambridgeshire PCT, and the remaining 14.2% becoming part of the new Northamptonshire PCT.

The old Cherwell Vale PCT was part of the old Thames Valley SHA while the old South Peterborough PCT was part of the old Norfolk, Suffolk and Cambridgeshire SHA.

The old Thames Valley SHA mapped on to the new South Central SHA on 1 July while the old Norfolk, Suffolk and Cambridgeshire SHA mapped on to the new East of England SHA. Oxfordshire PCT maps on to South Central SHA, Peterborough PCT and Cambridgeshire PCT both map on to East of England SHA, but Northants PCT maps on to East Midlands SHA.

This means that some SHA historical statistical information is now counted in entirety in South Central or East of England SHAs even though 21.9% of Cherwell Vale is now part of East Midlands SHA, as is 14.2% of South Peterborough. The effect is estimated to have a minimum impact upon overall SHA figures.

Data for the period April 2006 to March 2007 within this annual bulletin is presented in both the old and new SHA and PCT structures. From April to June 2007 (Q1) all data will be presented in the new structures only.

## Prescriptions dispensed

The information provided is taken from Prescription Analysis and Cost (PACT) data from the Prescription Pricing Division (PPD) extracted by the Prescribing Support Unit, part of Information Centre for health and social care.

PACT covers all prescriptions that are prescribed in General Practitioner (GP) practices in England, which are dispensed in the community. It does not include hospital prescriptions, drugs purchased over the counter or drugs obtained via other sources such as local voucher schemes and patient group direction. Each single item written on a prescription form is counted as a prescription item.

## Nicotine Replacement Therapy (NRT) and bupropion (Zyban)

Prior to April 2001, Nicotine Replacement Therapy (NRT) was available through Stop Smoking Services on a voucher scheme, and only a few NRT products were available on prescription. All NRT products became available on NHS prescription from April 2001. The data in this bulletin does not include NRT provided under the voucher scheme. Bupropion (Zyban) was made available on NHS prescription in June 2000. Therefore, figures for 2000/01 are not for a full year. For more information about NRT products and bupropion generally, see the following website: [www.givingupsmoking.co.uk/how\\_to\\_give\\_up/Tips\\_Tricks/A-Z/](http://www.givingupsmoking.co.uk/how_to_give_up/Tips_Tricks/A-Z/)

## Net Ingredient Cost (NIC)

Net Ingredient Cost is the basic cost of a drug and does not take account of discounts, dispensing costs, fees or prescription charge income. Further information on Net Ingredient Cost is available on the Prescription statistics website referred to below.

For further details of individual smoking cessation products please refer to the Prescription statistics website: [www.publications.doh.gov.uk/prescriptionstatistics/index.htm](http://www.publications.doh.gov.uk/prescriptionstatistics/index.htm) Data on the website is from the Prescription Cost Analysis (PCA) system which is slightly different to the PACT data given in Tables presented in this bulletin. PACT covers all prescriptions that are *prescribed* in GP practices in England whereas PCA covers all prescription items that are *dispensed* in the community in England.

## NHS Performance Ratings for PCTs

The 2005/06 NHS Performance Ratings for PCTs were published by the Healthcare Commission on 27 July 2006, and included 4 week smoking quitters as a key target. The measure employed was the number of 4 week quitters (based on self report) achieved compared to local plans. Further information about the Healthcare Commission, who produced and published the ratings, is available from:

[ratings2006.healthcarecommission.org.uk/](http://ratings2006.healthcarecommission.org.uk/)

## Revisions to 2005/06 data since publication of provisional 2005/06 results in July 2006

There have been some minor revisions to the provisional figures published in previous quarters. The number of people setting a quit date in 2006/07 Quarter 1 (April to June 2006) has been revised from 131,072 to 136,768. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 65,522 to 68,338. The number of people setting a quit date in 2006/07 Quarter 2 (July to September 2006) has been revised from 115,182 to 116,232. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 59,281 to 59,529. The number of people setting a quit date in 2006/07 Quarter 3 (October to December 2006) has been revised from 119,346 to 119,836. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 63,359 to 63,614.



## Appendix C: Editorial notes

---

For the purpose of clarity, figures in the bulletin are shown in accordance with the Information Centre publication conventions.

These are as follows:

- . not applicable
- .. not available
- zero
- 0 less than 0.5

Numbers greater than or equal to 0.5 are rounded to the nearest integer. Totals may not sum due to rounding.



## Appendix D: Further information

This annual bulletin draws together statistics on NHS Stop Smoking Services for the year 2006/07. The next annual bulletin will be published in 2008. Publication dates for 2007/08 are listed below:

- Statistics on NHS Stop Smoking Services, April 2007 to June 2007 (Q1) – W/C 08/10/2007;
- Statistics on NHS Stop Smoking Services, July 2007 to September 2007 (Q2) – W/C 28/01/2008;
- Statistics on NHS Stop Smoking Services, October 2007 to December 2007 (Q3) – W/C 14/04/2008;
- Statistics on NHS Stop Smoking Services, April 2007 to March 2008 (Annual) – W/C 18/08/2008.

Constructive comments on this bulletin would be welcomed. Any questions concerning any data in this publication, or requests for further information, should be addressed to:

### The Contact Centre

The Information Centre  
1 Trevelyan Square  
Boar Lane  
Leeds  
West Yorkshire  
LS1 6AE

Telephone: 0845 300 6016

Email: [enquiries@ic.nhs.uk](mailto:enquiries@ic.nhs.uk)

This bulletin is available on the internet:

<http://www.ic.nhs.uk/pubs/sss0607annualrep>

The previous edition of this bulletin were published by the Information Centre and is available at:

[www.ic.nhs.uk/pubs/SSS0506](http://www.ic.nhs.uk/pubs/SSS0506)

Editions prior to that were published by the Department of Health. Information about their statistics and surveys is available on the Department of Health's website at:

[www.dh.gov.uk/PublicationsAndStatistics/fs/en](http://www.dh.gov.uk/PublicationsAndStatistics/fs/en)

### General Household Survey

The General Household Survey (GHS) is a continuous survey carried out by the Office for National Statistics (ONS). It collects information on a range of topics from people living in private households in Great Britain. Questions about smoking were included in the survey in alternate years since 1974. Following a review of the GHS, questions on smoking have been included in the questionnaire every year from 2000 onwards.

The GHS 2005 report presents information about trends in cigarette smoking. It also discusses variations according to personal characteristics such as sex, age, socio-economic classification and economic activity status.

General Household Survey 2005: Smoking and Drinking among Adults, 2005. Office for National Statistics. November 2006.

Available at:

[http://www.statistics.gov.uk/downloads/theme\\_compendia/GHS05/GHS2005\\_SmokingandDrinking\\_Report.pdf](http://www.statistics.gov.uk/downloads/theme_compendia/GHS05/GHS2005_SmokingandDrinking_Report.pdf)

## Infant Feeding Survey

Statistics on smoking behaviour among women before and during pregnancy are available from the Infant Feeding Survey. The Infant Feeding Survey (IFS) covers the population of new mothers in the United Kingdom and is carried out every 5 years, the first in 1975. In 2005, the survey was conducted by the British Market Research Bureau (BMRB) with an initial sample size of around 12,000.

The main aim of the survey is to provide figures on the incidence, prevalence and duration of breastfeeding and other feeding practises. The survey also collects information on the smoking and drinking behaviours of women before, during and after pregnancy. Early results from IFS 2005 were published in 2006, and the full report was published in 2007.

Infant Feeding 2005. The Information Centre. 2007. Available at:

[www.ic.nhs.uk/pubs/ifs2005](http://www.ic.nhs.uk/pubs/ifs2005)

## Omnibus Survey

The Omnibus Survey is a multi-purpose continuous survey carried out by the Office for National Statistics on behalf of a range of Government Departments and other bodies. In 2006, interviews for the smoking module of the survey were conducted with around 1,200 adults aged 16 and over, in private households in Great Britain each month.

In 2006, data collected included: views about giving up smoking, attempts to give up smoking and attitudes towards smoking restrictions.

Smoking-related behaviour and attitudes, 2006. The Office for National Statistics, 2007. Available at: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=1638>

## 2007/08 Stop Smoking Services collection

For the 2007/08 collection, there will be extra data items added to the monitoring form:

- Successful quitters by ethnic group,
- Successful quitters by treatment option,
- Inclusion of champix as a treatment option.

## 2008/09 Stop Smoking Services proposed collection

The Information Centre (IC) currently collects quarterly data from local Stop Smoking Services via aggregated SHA returns. We are working towards collecting all data at a PCT level from the 2008/09 collection directly from PCTs.

With the IC collecting PCT level information we will be able to provide much more detailed figures for use by PCTs enabling them to put their own performance in a national context without adding to the burden of current collection, indeed we would hope to reduce that burden for SHAs. The IC would be responsible for the collection of the data from PCTs including chasing any late returns, informing PCTs of developments and key dates and validating the data. To avoid different versions of the data, data relevant to the SHA will be shared prior to publication so they can still meet existing monitoring requirements.

Proposed additional data items for the 2008/09 collection include:

- Intervention types,
- Socio-economic groups,
- Exception reporting system.

## SHA timelines for data return

In the interests of providing more timely data on performance, the timetable for submission of quarterly returns was amended for 2007/08.

Timetable for the collection and dissemination of Stop Smoking Services in 2007/08:

Quarter	End of 6 week follow up period	SHA deadline to submit data to data collection team and elapsed weeks	Deadline for data collection team to submit data to Lifestyles team and elapsed weeks	Publication date (provisional) and elapsed weeks
April to June	11/08/2007	07/09/2007 (4wks)	14/09/2007 (1wk)	w/c 08/10/2007 (3wks)
July to September	11/11/2007	07/12/2007 (4wks)	14/12/2007 (1wk)	w/c 28/01/2008 (6wks)
October to December	11/02/2008	07/03/2008 (4wks)	14/03/2008 (1wk)	w/c 14/04/2008 (4wks)
January to March	12/05/2008	13/06/2008 (5wks)	20/06/2008 (1wk)	w/c 18/08/2008 (8wks)

At the end of the monitoring period (a quarter plus six weeks), SHAs have a further four weeks to submit data to The IC for quarters 1 to 3 and five weeks to submit quarter 4 data. This means that at the end of the quarter, SHAs have a total of ten weeks to submit returns for quarters 1, 2 and 3 and 11 weeks to return quarter 4.

Revisions of previous quarters (to allow for late data) are permitted for quarters 1, 2 and 3 but not for quarter 4 (due to the deadline for the Healthcare Commission's Annual Health Check) although under this system, more time is available for submission of quarter 4 data than for any other quarter.

For the first three quarters of the year, the IC produces reports in the form of short bulletins which contain a core set of tables and summary text accompanies the report. Within the quarter 4 annual report all provisional figures from previous quarters are confirmed and figures are deemed final. Extensive analysis is conducted at this point and a much more comprehensive report is produced.

## Research

The Department of Health commissioned an evaluation to complement the routine monitoring of the NHS Stop Smoking Services. The study began in November 2000 and reported in April 2005 in a supplement of the journal *Addiction*<sup>1</sup>. It was conducted by a team of researchers led by Professor Ken Judge of the University of Glasgow and examined issues of service development and impact. There was a particular focus on the extent to which target groups of smokers are being reached and the relationship between different types or models of service and success rates. This study built on an evaluation of services in Health Action Zones in 1999/00 and a study of Stop Smoking Services in Trent region<sup>2</sup>. The evaluation included a pilot study examining 52 week success rates.

The evaluation of the NHS Stop Smoking Services programme concluded that equality of access to treatment is very good and that the services have the potential to make a real, if modest, impact on health inequalities. The evaluation also found that around 15 per cent of smokers who set a quit date with the services can be expected to still be non-smokers after a year.

A series of presentations from the 2006 and 2007 UK National Smoking Cessation Conference, covering recent and ongoing research into smoking cessation, can be found on the UK National Smoking Cessation Conference website:

[www.uknsc.org/2006\\_UKNSCC/intro.html](http://www.uknsc.org/2006_UKNSCC/intro.html)  
[http://www.uknsc.org/2007\\_UKNSCC/intro.html](http://www.uknsc.org/2007_UKNSCC/intro.html)

The presentations cover a wide range of topics, including research into directing resources to help people quit, lapsing and relapsing, the role of cessation treatments in reducing health inequalities, best practice for smoking cessation in pregnancy and a Stop Smoking Services plan to maximise the effects of smoke free legislation.

## References

1. *Addiction*, Volume 100, Supplement 2. McNeill A, Raw M, Bauld L, Coleman T
2. National Survey of the new smoking cessation services in England. Pound E, Coleman T, Cheater F, McNeill A. *Health Education Journal*; 2003; 62(3): 246-255

# Appendix E: Statistical return form for 2006/07

ROCR ref: ROCR/OR/0028/007

## The Information Centre: Stop Smoking Services Quarterly Monitoring Return 2007/08

This quarterly return should be completed for each Strategic Health Authority (SHA). Data should be collected at PCT level and aggregated to SHA level. The returns should be completed on a responsible PCT basis (see note on the basis for data collection below). It is important that this return is submitted to The Information Centre within the deadline specified.

This return has been approved by the Review of Central Returns Steering Committee (ROCR).

### The basis for data collection

Data should normally be collected on a responsible PCT basis. This should be determined by the PCT to which a client's GP practice belongs. If a client is not registered with a GP, then the collection should be on the basis of the PCT in which the client resides.

The only exception to this general rule is where clients receive a cessation service at or near their workplace, which may be some distance from their home. For example, a cessation service might be provided for commuters at their workplace in a large city. In such circumstances it is likely that clients will be drawn from a range of places in the surrounding area e.g. commuters to London who live all around the south-east of England.

Where a service is judged to meet these criteria, the pragmatic solution to monitoring this activity is that the PCT providing (and often paying for) the service should include these clients in their monitoring returns. Such activity will therefore count towards their local targets. We would expect local target-setting to take this factor into account as far as possible.

Further information on the NHS smoking cessation services programme and the monitoring scheme can be found from:

[http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4008602&chk=SYvQYW](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4008602&chk=SYvQYW)

Quarter to which this return relates

1 April to 30 June 2007	<input checked="" type="checkbox"/>	1 October to 31 December 2007	<input type="checkbox"/>
1 July to 30 September 2007	<input type="checkbox"/>	1 January to 31 March 2008	<input type="checkbox"/>

Strategic Health Authority

Name of coordinator

Telephone

Fax

E-mail address

If you have any queries regarding this form please contact  
Lily Bond  
The Information Centre for health and social care, 2 South  
1 Trevelyan Square, Boar Lane, Leeds LS1 6AE  
Telephone: 0113 2547 013  
Fax: 0113 2547165  
E-mail: surveyteam@ic.nhs.uk

Part 1 - Summary data for individual clients

Part 1A Number of people setting a quit date and successful quitters during the quarter by ethnic category and gender

Part 1A	(1)	(2)	(3)	(4)	(5)	(6)
Ethnic category and gender	Males setting a quit date	Females setting a quit date	Total persons setting a quit date	Males successfully quit	Females successfully quit	Total persons successfully quit
<b>a White</b>						
01 British			0			0
02 Irish			0			0
03 Any other White background			0			0
04 <b>Sub-total</b>	0	0	0	0	0	0
<b>b Mixed</b>						
05 White and Black Caribbean			0			0
06 White and Black African			0			0
07 White and Asian			0			0
08 Any other mixed background			0			0
09 <b>Sub-total</b>	0	0	0	0	0	0
<b>c Asian or Asian British</b>						
10 Indian			0			0
11 Pakistani			0			0
12 Bangladeshi			0			0
13 Any other Asian background			0			0
14 <b>Sub-total</b>	0	0	0	0	0	0
<b>d Black or Black British</b>						
15 Caribbean			0			0
16 African			0			0
17 Any other Black background			0			0
18 <b>Sub-total</b>	0	0	0	0	0	0
<b>e Other ethnic groups</b>						
19 Chinese			0			0
20 Any other ethnic group			0			0
21 <b>Sub-total</b>	0	0	0	0	0	0
<b>f Not Stated</b>						
22 Not Stated			0			0
23 <b>Total</b>	0	0	0	0	0	0

Notes:

1. In 2007/08 ethnic category must be collected using the 16+1 categories.
2. Pregnant women **should be included** in Part 1A, but not separately identified.
3. If a person sets more than one quit date in the quarter then the person should be included only once in Part 1A.
4. For clients using bupropion (Zyban), it is recommended that a 'target stop date' (i.e. quit date) is set within the first 2 weeks of therapy, usually in the second week, e.g. day 8.
5. For clients using Champix, current license specification and preliminary guidance indicates that the quit date should fall on the 8th day after commencement of dosing with Champix.



Part 1 - Summary data for individual clients

Part 1B: Number of people setting a quit date during the quarter by age and gender and outcome at 4 week follow-up

		(7)	(8)	(9)	(10)	(11)	(12)
		All ages	Under 18	18-34	35-44	45-59	60 and over
<b>Males</b>							
31	Total number setting a quit date in the quarter	0	0	0	0	0	0
32	Number who had successfully quit at 4 week follow-up (self-report)	0					
33	Number who had not quit at 4 week follow-up (self-report)	0					
34	Number not known/lost to follow-up	0					
35	Number who had successfully quit at 4 week follow-up (self-report), where confirmation of non-smoking status by CO validation was <b>attempted</b>	0					
36	Number who had successfully quit at 4 week follow-up (self-report), where non-smoking status <b>confirmed</b> by CO validation	0					

Notes:

1. The total number setting a quit date in the quarter in Part 1B should match the total persons data in Parts 1A and 3.
2. If a person sets more than one quit date in the quarter, then the outcome of the latest quit attempt should be used in Part 1B.
3. Pregnant women should be included in Part 1B as well as in Part 1C.
4. The number who had successfully quit at 4 week follow-up should include everyone who has not smoked since two weeks after the quit date.
5. Age group should be based on age at quit date.
6. Number not known/lost to follow-up should include all clients whom it has not been possible successfully to follow-up during the period four to six weeks from the quit date.
7. "Confirmed by CO validation" means a CO reading of less than 10 ppm.

	(13)	(14)	(15)	(16)	(17)	(18)
	All ages	Under 18	18-34	35-44	45-59	60 and over
<b>Females</b>						
37	Total number setting a quit date in the quarter	0	0	0	0	0
38	Number who had successfully quit at 4 week follow-up (self-report)	0				
39	Number who had not quit at 4 week follow-up (self-report)	0				
40	Number not known/lost to follow-up	0				
41	Number who had successfully quit at 4 week follow-up (self-report), where confirmation of non-smoking status by CO validation was <b>attempted</b>	0				
42	Number who had successfully quit at 4 week follow-up (self-report), where non-smoking status <b>confirmed</b> by CO validation	0				

Notes:

1. The total number setting a quit date in the quarter in Part 1B should match the total persons data in Parts 1A and 3.
2. If a person sets more than one quit date in the quarter, then the outcome of the latest quit attempt should be used in Part 1B.
3. Pregnant women should be included in Part 1B as well as in Part 1C.
4. The number who had successfully quit at 4 week follow-up should include everyone who has not smoked since two weeks after the quit date.
5. Age group should be based on age at quit date.
6. Number not known/lost to follow-up should include all clients whom it has not been possible successfully to follow-up during the period four to six weeks from the quit date.
7. "Confirmed by CO validation" means a CO reading of less than 10 ppm.

Part 1 - Summary data for individual clients

Part 1C: Number of pregnant women setting a quit date during the quarter and outcome at 4 week follow-up

(19)		
	Number	
43	Total number setting a quit date in the quarter	0
44	Number who had successfully quit at 4 week follow-up (self-report)	
45	Number who had not quit at 4 week follow-up (self-report)	
46	Number not known/lost to follow-up	
47	Number who had successfully quit at 4 week follow-up (self-report), where confirmation of non-smoking status by CO validation was <b>attempted</b>	
48	Number who had successfully quit at 4 week follow-up (self-report), where non-smoking status <b>confirmed</b> by CO validation	

Notes:

1. Pregnant women should be included in Parts 1A and 1B as well as in Part 1C.
2. The number who had successfully quit at 4 week follow-up should include everyone who has not smoked since two weeks after the quit date.
3. This table should include all women who are pregnant at the time of the quit date.
4. Number not known/lost to follow-up should include all clients whom it has not been possible successfully to follow-up during the period four to six weeks from the quit date.
5. "Confirmed by CO validation" means a CO reading of less than 10 ppm.

**Part 1 - Summary data for individual clients**

**Part 1D: Number of people setting a quit date and successful quitters during the quarter who received NRT and/or bupropion (Zyban) or Champix (varenicline)**

	(20)	(21)
	Number setting a quit date	Number successfully quit
49 Number who received NRT only		
50 Number who received bupropion (Zyban) only		
51 Number who received Champix (varenicline) only		
52 Number who received both NRT and bupropion (Zyban) either concurrently or consecutively		
53 Number who did not receive either NRT and/or bupropion (Zyban) or Champix (varenicline)		
54 Number where treatment option not known		
55 Total number of people setting a quit date and successful quitters during the quarter	0	0

Notes:

1. Pregnant women who receive NRT should be included in this table but not separately identified.
2. 'Received' means obtained by prescription, purchase or supply free of charge.
3. If a client is lost to follow-up at 4 weeks and it is not known if they received NRT and/or bupropion (Zyban), or Champix (varenicline) then they should be included at "Number where treatment option not known".
4. The sum of the top six boxes should equal the total number of people setting a quit date in the quarter.
5. The total number of people setting a quit date in Part 1D should match the total persons data in Part 1A.

**Part 2: Summary financial information on smoking cessation services**

**Part 2A: Financial allocations for year**

	(22)
Type of allocation	£
56 PCT allocation for smoking cessation for year	
57 Other monies allocated to smoking cessation, including any underspend carried over from the previous year	
58 Total allocation	£ -

**Part 2B: Cumulative total spend on smoking cessation services in the year up to the end of the quarter (£)**

59 (23)

Notes:

1. Parts 2A and 2B should include all monies from whatever source which have been specifically allocated to, or spent on, smoking cessation services e.g. additional funding such as Neighbourhood Renewal Funding.
2. Figures should be to the nearest pound.

**Part 3: Information at Primary Care Trust level for Local Delivery Plan Returns (LDPRs)**

No	(24) PCT Code	(25) Name	(26) Total number setting a quit date	(27) Total number successfully quit at 4 week follow-up
-	-	<b>Total for SHA:</b>	<b>0</b>	<b>0</b>
1				60
2				61
3				62
4				63
5				64
6				65
7				66
8				67
9				68
10				69
11				70
12				71
13				72
14				73
15				74
16				75
17				76
18				77
19				78
20				79
21				80
22				81
23				82
24				83
25				84
				85

Notes:

1. One line in the table should be completed for each PCT in your Strategic Health Authority.
2. The totals for all PCTs will be calculated automatically in Excel; they should match the totals at Parts 1A and 1B.



**Statistics on NHS  
Stop Smoking  
Services in England,  
April 2006 to March  
2007  
Price: Free**

**Published by The Information Centre**

ISBN 978-1-84636-148-7 Bulletin N/A

This publication may be requested in large print or other formats.

For further information contact:

online: [www.ic.nhs.uk](http://www.ic.nhs.uk)

telephone: 0845 300 6016

email: [enquiries@ic.nhs.uk](mailto:enquiries@ic.nhs.uk)

Copyright ©2007, The Information Centre, Lifestyles Statistics. All rights reserved.

This work remains the sole and exclusive property of The Information Centre, and may only be reproduced, and publicly displayed, where there is explicit reference to the ownership of The Information Centre.

This work may only be reproduced in a modified format with the express written permission of The Information Centre.