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Statistics on NHS Stop Smoking Services: England, April 2008 - March 2009

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Author: The NHS Information Centre, Lifestyles Statistics.

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Executive Summary

This annual report presents final results from the monitoring of the NHS Stop Smoking Services (NHS SSS) in England during the period April 2008 to March 2009. This report 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 in depth analyses of the key measures of the service including pregnant women, breakdowns by ethnic groups and type of pharmacotherapy received and regional analyses at Strategic Health Authority (SHA) and Primary Care Trust (PCT) levels.

In 2008/09 there have been new data items added to the collection. This includes data for the number of people setting a quit date and the number who successfully quit at the 4 week follow-up categorised by socio economic classification, eligibility to receive free prescriptions, intervention setting and intervention type¹. There are weaknesses with this newly collected data as is common with new data collections, but rather than withhold this already useful dataset we have been releasing it labelled 'experimental statistics' over the course of the year. The report includes an assessment of the quality of these new data items. Overall there have been clear improvements in data quality throughout the year and we are seeking input from users to help improve it further².

The report also includes for the first time a review of the extent to which revisions have been made to the provisional number of people setting a quit date, the number who successfully quit at the 4 week follow-up and expenditure data from quarter to quarter.

Main findings:

The main findings for England, during the period April 2008 to March 2009 are as follows

- 671,259 people set a quit date through NHS Stop Smoking Services, a decrease of 1% (9,030) from 2007/08 (680,289), but an increase of 12% (70,849) from 2006/07 (600,410).
- At the 4 week follow-up 337,054 people had successfully quit (based on self-report), 50% of those who set a quit date. This is a decrease of 4% (13,746) from 2007/08 (350,800), but an increase of 5% (17,334) from 2006/07 (319,720).
- 67% of those who had successfully quit at the 4 week follow-up had their results confirmed by CO verification³. This percentage was 60% for the same period in 2007/08 and 62% for the same period in 2006/07.

¹ Intervention setting refers to the location of the service used by the client, and includes stop smoking service, primary care and pharmacy settings. Intervention type alternatives include closed groups, open groups, one to one support and drop-in clinics.

² PCT users can view the amended website through which they submit data for information on how to help further improve data quality.

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 should be 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.

- Total expenditure on NHS Stop Smoking Services was £74 million, an increase of 21% (£13 million) from the same period in 2007/08 (£61 million) and an increase of 44% (£22 million) from the same period in 2006/07 (£51 million). The cost per quitter is £219 compared with £173 in the same period in 2007/08 and £160 in the same period in 2006/07. These figures do not include expenditure on pharmacotherapies.
- More women than men set a quit date in 2008/09 (357,339 compared with 313,920) and more women than men successfully quit (175,773 compared with 161,281), although the success rate of giving up smoking was slightly higher among men than women (51% and 49% respectively).
- Of those who set a quit date, success rates generally increased with age, from 39% of those aged under 18, to 53% of those aged 60 and over.
- People from ethnic minority groups⁴ accounted for 7% of those who set a quit date in 2008/09 (45,228), compared to 6% in 2007/08 (37,734) and 3% in 2001/02 (7,366).
- Of the 18,928 pregnant women who set a quit date, 8,641 successfully quit (46%). This is a decrease of 12% (1,176) on the 9,817 successful quitters among pregnant women who set a quit date in 2007/08.
- Among all clients who set a quit date, the majority (67%) received only Nicotine Replacement Therapy (NRT). A further 20% received only varenicline (Champix), 2% received only bupropion (Zyban) and less than 1% received both NRT and bupropion. 5% of people who set a quit date did not receive any pharmacotherapy and the type of treatment was unknown for a further 5%.
- Of those who used varenicline 61% successfully quit, compared with 51% who received bupropion only, and 48% who received NRT only. 48% of people who did not receive any type of pharmacotherapy successfully quit. These data should not be used to assess or compare the clinical effectiveness of the various pharmacotherapies as they reflect only the results obtained through the NHS stop smoking services, and are not based on clinical trials. A trained stop smoking advisor discusses and agrees the treatment option with each client.
- The provisional number of people successfully quitting between April and June 2008 was initially reported as 65,334. Once final data had been submitted at the end of the year, this number had increased by 12% to 73,361. The corresponding final figures for April to September and April to December were also higher by the end of the year than when initially submitted, by 8% and 5% respectively.

⁴ Clients from an 'ethnic minority groups' are those in the Asian, Black, Mixed and Other categories. Those whose ethnicity were unknown were excluded from the denominator of the calculation.

1 Introduction

This statistical bulletin presents results from the NHS Stop Smoking Services in England for the period April 2008 to March 2009. The statistics presented in this bulletin supersede results previously published for this period and are the finalised figures for 2008/09.

The NHS Stop Smoking 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 pharmacotherapies, Nicotine Replacement Therapy (NRT), bupropion (Zyban) and the more recently introduced varenicline (Champix).

Key results from the NHS Stop Smoking Services in 2008/09 are presented in Chapter 2, together with an analysis of trends in the performance of the service over recent years. In addition to this, various demographic characteristics are explored which include gender, age and ethnicity. The chapter also reports on the use of NHS Stop Smoking Services by pregnant women.

Chapter 3 presents geographical patterns in NHS Stop Smoking Services looking at both regional and PCT level data. The chapter also provides some analysis of Spearhead PCTs.

Chapter 4 provides some information on the various treatments used in NHS Stop Smoking Services to help people stop smoking, including successful quitters by type of pharmacotherapy received. The chapter also reports on the costs associated with running the services.

Chapter 5 provides information for the first time illustrating the impact of revisions on quarterly data at England level. Quarterly stop smoking data is provisional at the time of

publication for each of the three quarterly reports, and final in the annual report.

Chapter 6 aims to specify and quantify aspects of data quality associated with the new data items added to the collection in 2008/09, which have been released labelled 'experimental statistics'. The analysis focuses on clients setting a quit date.

Chapter 7 presents a brief summary of other information available on smoking which may be of interest to those involved in the NHS Stop Smoking Services and those interpreting the statistics on NHS Stop Smoking Services. Data are described on smoking prevalence, smoking during pregnancy, prescriptions for pharmacotherapies used to help people quit and knowledge and attitudes towards smoking. Very brief information is presented along with a description of other data available and a link to the data source.

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 NHS Information Centre in 2008/09 is given in Appendix E.

Successful Quitters

Where 'successful quitters' are mentioned in this report, this refers to those people who successfully quit at the four-week follow-up. A client is counted as a 'self-reported 4-week quitter' if when assessed 4 weeks after the designated quit date, they declare that they have not smoked, even a single puff on a cigarette, in the past two weeks. This information is collected on NHS Stop Smoking

returns in line with requirements from the Department of Health (DH).

CO Monitoring

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). This information is collected on NHS Stop Smoking returns in line with requirements from DH.

2 Key Results

2.1 Introduction

This chapter presents the key results from the NHS Stop Smoking Services in 2008/09, together with an analysis of trends in the performance of the service over recent years. In addition to key results, this chapter also looks at various demographic characteristics of those using the service and the use of services by pregnant women.

2.2 Overall results

During the period April 2008 to March 2009, 671,259 people set a quit date through the NHS Stop Smoking Services and 337,054 people successfully quit, 50% of those setting a quit date. A further 27% (180,834) failed to quit, while 23% (153,371) were lost to follow up.

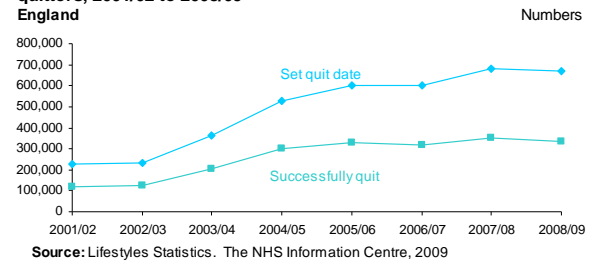
In 2008/09, 337,054 people successfully quit smoking with NHS Stop Smoking Services.

Of the 337,054 successful quitters, carbon monoxide (CO) validation was attempted on 266,833 clients. Of those where an attempt was made to test, 79% 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 in 2008/09 was 1% (9,030) less than in 2007/08 (680,289) but 12% (70,849) higher than in 2006/07 (600,410). A similar pattern is seen for quitters. The number of quitters was 4% (13,746) lower than in 2007/08

(350,800) but 5% (17,334) higher than in 2006/07 (319,720) (Table 2.1, Figure 2.1).

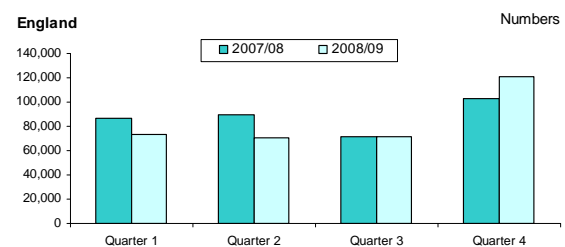
Figure 2.1 Number of people setting a quit date and successful quitters, 2001/02 to 2008/09



During quarter 4 (covering the period 1st January to 31st March 2009) more people set a quit date and successfully quit than in any other quarter in 2008/09, a pattern seen in previous years.

Both the number of people setting a quit date and those who successfully quit in quarters 1 and 2 in 2008/09 were lower than in the same quarters in the previous year. However, numbers for quarters 3 and 4 were higher (Table 2.2, Figure 2.2).

Figure 2.2 Number of successful quitters, by quarter, 2007/08 and 2008/09



When looking at the number of people setting a quit date per 100,000 population, results for 2008/09 fell slightly from the 2007/08 figure (from 1,656 to 1,620) which showed the highest since 2001/02. The same pattern is seen for the number of successful quitters per 100,000 population, (854 in 2007/08 and 813 in 2008/09) (Table 2.3)

2.3 Demographic characteristics

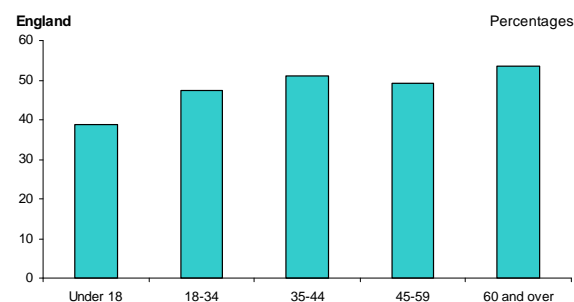
2.3.1 Results by gender

As in previous years, more women than men set a quit date with the services (357,339 compared with 313,920). Of those setting a quit date, again more women successfully quit than men (175,773 compared with 161,281), although the success rate of giving up smoking was slightly higher among men than women (51% and 49% respectively), a pattern also seen in previous years (Table 2.4).

2.3.2 Results by age group

The success rate of giving up smoking generally increased with age, from 39% for those aged under 18, to 53% of those aged 60 and over. Thirty seven per cent of those under 18 were unsuccessful in their quit attempt. Rates for all other age groups ranged between 24% and 28% (Table 2.5, Figure 2.3).

Figure 2.3 Percentage of successful quitters, by age group, 2008/09



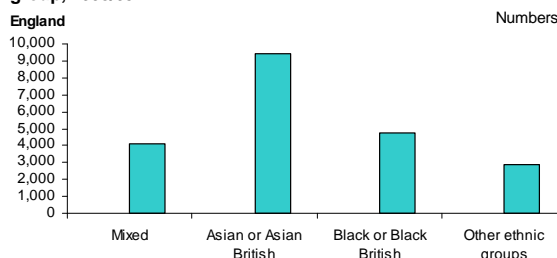
Source: Lifestyle Statistics. The NHS Information Centre, 2009

2.3.3 Results by ethnicity

As with previous years, the majority (93%) of people setting a quit date with the services were White (579,787). Among the

ethnic minority groups⁵, the Asian or Asian British ethnic group had the largest number of people setting a quit date (19,550). The same percentage (93%) of successful quitters were White (293,908), while those in the Asian or Asian British ethnic group had the greatest number of quitters (9,394) among the ethnic minority groups. The success rate of giving up smoking was highest among the White group (51%) and lowest among those in the Black and Black British ethnic group (45%) (Table 2.6, Figure 2.4).

Figure 2.4 Number of successful quitters, by ethnic minority group, 2008/09



Source: Lifestyle Statistics. The NHS Information Centre, 2009

Although overall there were more women setting a quit date through the services than men, among ethnic minority groups the opposite was reported. Only 15,634 women from ethnic minority groups set a quit date in 2008/09, compared to 29,594 men.

Among ethnic minority groups men were much more likely to set a quit date than women

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

⁵ Clients from an 'ethnic minority groups' are those in the Asian, Black, Mixed and Other categories. Those whose ethnicity were unknown were excluded from the denominator of the calculation.

people setting a quit date) to 45,228 in 2008/09 (7% of all those setting a quit date) (Table 2.7).

Over five times as many people from minority ethnic groups set a quit date in 2008/09 compared to 2000/01

The number 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. As might be expected, London had the largest number of people setting quit dates and quitting in each of the ethnic minority groups, accounting for 23% of all those setting a quit date and 22% of those successfully quitting (Table 2.8).

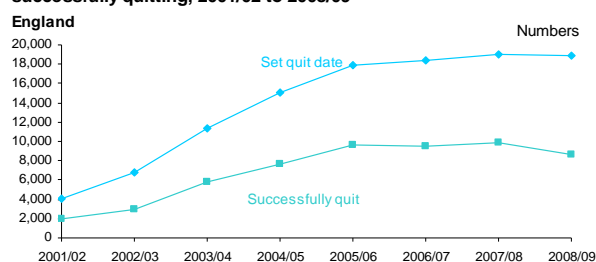
2.4 Use of services by pregnant women

In 2008/09, 18,928 pregnant women set a quit date with NHS Stop Smoking Services, compared to 4,037 pregnant women in 2001/02. The number of pregnant women setting a quit date increased from 4,037 in 2001/02 to a peak of 18,977 in 2007/08 and was 18,928 in 2008/09.

18,928 pregnant women set a quit date in 2008/09 compared with 4,037 in 2001/02

In 2008/09, 46% of pregnant women setting a quit date (8,641) successfully quit (Table 2.9, Figure 2.5).

Figure 2.5 Number of pregnant women setting a quit date and successfully quitting, 2001/02 to 2008/09



Source: Lifestyles Statistics. The NHS Information Centre, 2009

Results by SHA are given in Table 2.10 and by PCT in Table 2.11. North West SHA had the highest number of pregnant women setting a quit date (3,643) and the East Midlands reported the highest number of successful quitters (1,665). Quit rates also varied between the SHAs. Care should be taken when making these comparisons as pregnancy rates will vary by SHA (Table 2.10).

Summary: Key results

This chapter has shown that in 2008/09, more people set a quit date and successfully quit through NHS Stop Smoking Services than in any year since the service started with the exception of 2007/08.

Half of those setting a quit date successfully quit, around a quarter (27%) failed to quit and 23% were lost to follow-up.

More women than men set a quit date and successfully quit through the services. However, success rates were found to be slightly higher among men than among women. Success rates were also found to generally increase with age.

As in previous years, the majority of people who set a quit date and successfully quit were White although there has been a steady increase in the number of people from ethnic minority groups setting a quit date since 2001/02.

The number of pregnant women setting a quit date and successfully quitting has also increased since 2001/02.

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Table 2.1 People setting a quit date and outcome¹, 2001/02 to 2008/09

England	Numbers / Percentages							
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07	2007/08	2008/09
Numbers								
Number setting a quit date	227,335	234,858	361,224	529,567	602,820	600,410	680,289	671,259
Outcome at 4 weeks								
Number of successful quitters	119,834	124,082	204,876	298,124	329,681	319,720	350,800	337,054
Number who had not quit	57,161	56,106	82,381	120,232	144,658	150,290	180,936	180,834
Number not known/lost to follow up	50,340	54,670	73,967	111,211	128,481	130,400	148,553	153,371
CO validation²								
Number of successful quitters, where CO validation attempted	89,856	92,690	143,509	216,635	240,964	229,347	243,539	266,833
Number of successful quitters, confirmed by CO validation	79,767	83,163	127,493	191,251	210,415	198,052	208,742	224,278
Percentages								
Percentage setting a quit date	100	100	100	100	100	100	100	100
Outcome at 4 weeks								
Percentage of successful quitters	53	53	57	56	55	53	52	50
Percentage who had not quit	25	24	23	23	24	25	27	27
Percentage not known/lost to follow up	22	23	20	21	21	22	22	23
CO validation²								
CO validation attempts as a percentage of clients setting a quit date	40	39	40	41	40	38	36	40
CO validated quitters as a percentage of clients setting a quit date	35	35	35	36	35	33	31	33
CO validated quitters as a percentage of successful quitters (self-report)	75	75	70	73	73	72	69	79

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. 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 NHS Information Centre, 2009

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Table 2.2 People setting a quit date and successful quitters¹, by quarter, 2001/02 to 2008/09

England	Numbers / Percentages		
	Number setting a quit date	Number of successful quitters	Percentage who successfully quit
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
Total: April 2001 to March 2002	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
Total: April 2002 to March 2003	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
Total: April 2003 to March 2004	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
Total: April 2004 to March 2005	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
Total: April 2005 to March 2006	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
Total: April 2006 to March 2007	600,410	319,720	53
1 April to 30 June 2007	171,192	86,781	51
1 July to 30 September 2007	179,302	89,496	50
1 October to 31 December 2007	136,771	71,517	52
1 January to 31 March 2008	193,024	103,006	53
Total: April 2007 to March 2008	680,289	350,800	52
1 April to 30 June 2008	149,395	73,361	49
1 July to 30 September 2008	143,683	70,912	49
1 October to 31 December 2008	139,620	71,846	51
1 January to 31 March 2009	238,561	120,935	51
Total: April 2008 to March 2009	671,259	337,054	50

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 2008/09 Quarter 1 (April to June 2008) has been revised from 134,149 to 149,395. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 65,334 to 73,361. The number of people setting a quit date in 2008/09 Quarter 2 (July to September 2008) has been revised from 131,634 to 143,683. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 64,498 to 70,912. The number of people setting a quit date in 2008/09 Quarter 3 (October to December 2008) has been revised from 130,077 to 139,620. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 66,821 to 71,846.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 2.3 People setting a quit date and successful quitters^{1,2} per 100,000 population^{3,4}, 2001/02 to 2008/09

England	Numbers	
	Number setting a quit date per 100,000 of population aged 16 and over	Number of successful quitters per 100,000 of population aged 16 and over
2001/02	575	303
2002/03	590	312
2003/04	902	511
2004/05	1,312	739
2005/06	1,479	809
2006/07	1,461	778
2007/08	1,656	854
2008/09 ⁵	1,620	813

1. May include clients who are aged 15 and under

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

3. The rate of people who set a quit date/ successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2007 figures based on the ONS revised 2007 methodology published in February 2009

4. Information on ONS Population data is available at <http://www.statistics.gov.uk/STATBASE/Product.asp?vlnk=601>

5. The rate of people who set a quit date/ successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2007 figures based on the ONS revised 2007 methodology published in February 2009

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 2.4 People setting a quit date and outcome¹, by gender, 2008/09

England	Numbers / Percentages					
	Total	Males	Females	Total	Males	Females
Number setting a quit date	671,259	313,920	357,339	100	100	100
Outcome at 4 weeks						
Number of successful quitters	337,054	161,281	175,773	50	51	49
Number who had not quit	180,834	80,309	100,525	27	26	28
Number not known/lost to follow up	153,371	72,330	81,041	23	23	23
CO validation²						
Number of successful quitters, where CO validation attempted	266,833	126,838	139,995	40	40	39
Number of successful quitters, confirmed by CO validation	224,278	107,414	116,864	33	34	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. 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 NHS Information Centre, 2009

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Table 2.5 People setting a quit date, and outcome¹, by age group, 2008/09

England	Numbers / Percentages					
	Total	Under 18	18-34	35-44	45-59	60 and over
Numbers						
Number setting a quit date	671,259	20,823	194,641	166,213	184,694	113,918
Outcome at 4 weeks						
Number of successful quitters	337,054	8,063	92,295	84,701	91,095	60,900
Number who had not quit	180,834	7,725	55,342	42,301	47,560	27,906
Number not known/lost to follow up	153,371	7,328	57,069	37,816	35,525	15,633
CO validation²						
Number of successful quitters, where CO validation attempted	266,833	6,073	71,092	67,388	73,456	48,824
Number of successful quitters, confirmed by CO validation	224,278	5,078	57,677	56,912	62,631	41,980
Percentages						
Percentage setting a quit date	100	100	100	100	100	100
Outcome at 4 weeks						
Percentage of successful quitters	50	39	47	51	49	53
Percentage who had not quit	27	37	28	25	26	24
Percentage not known/lost to follow up	23	35	29	23	19	14
CO validation²						
CO validation attempts as a percentage of clients setting a quit date	40	29	37	41	40	43
CO validated quitters as a percentage of clients setting a quit date	33	24	30	34	34	37
CO validated quitters as a percentage of successful quitters (self-report)	67	63	62	67	69	69

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. 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

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Table 2.6 People setting a quit date and successful quitters¹, by ethnic group², 2008/09

England	<i>Numbers / Percentages</i>		
	Number setting a quit date	Number of successful quitters	<i>Percentage who successfully quit</i>
Total	671,259	337,054	50
White	579,787	293,908	51
British	550,835	279,641	51
Irish	7,352	3,557	48
Any other white background	21,600	10,710	50
Mixed	8,987	4,128	46
White and Black Caribbean	3,445	1,520	44
White and Black African	1,370	625	46
White and Asian	1,518	696	46
Any other mixed background	2,654	1,287	48
Asian or Asian British	19,550	9,394	48
Indian	5,825	2,819	48
Pakistani	5,910	2,742	46
Bangladeshi	4,250	2,187	51
Any other Asian background	3,565	1,646	46
Black or Black British	10,611	4,744	45
Caribbean	5,310	2,414	45
African	3,617	1,620	45
Any other Black background	1,684	710	42
Other ethnic groups	6,080	2,853	47
Chinese	709	352	50
Any other ethnic group	5,371	2,501	47
Not stated	46,244	22,427	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. 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/en/PublicationsAndStatistics/Statistics/StatisticalDevelopment/DevelopmentInPersonalSocialServices/DH_4015020

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Table 2.7 People setting a quit date, by ethnic group¹ and gender, 2001/02 to 2008/09

England								Numbers
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07	2007/08	2008/09
Total	227,335	234,858	361,224	529,567	602,820	600,410	680,289	671,259
White	214,059	221,234	330,505	473,082	528,348	513,056	577,720	579,787
Mixed	1,354	1,501	2,656	4,548	6,024	7,881	8,169	8,987
Asian	3,002	3,415	5,911	9,905	12,998	14,674	15,210	19,550
Black	1,948	2,102	3,766	6,385	8,953	9,046	8,869	10,611
Other	1,062	1,234	2,563	3,174	4,373	5,434	5,486	6,080
Not known	5,910	5,372	15,823	32,473	42,124	50,319	64,835	46,244
Men	98,234	99,895	155,456	227,532	261,635	266,311	307,289	313,920
White	91,408	92,776	139,299	198,896	223,103	220,645	253,461	262,223
Mixed	530	572	1,165	2,026	2,593	3,604	3,865	4,345
Asian	2,356	2,607	4,557	7,769	10,175	11,535	12,101	15,685
Black	868	933	1,769	2,935	4,428	4,588	4,619	5,778
Other	565	711	1,386	1,822	2,424	3,083	3,214	3,786
Not known	2,507	2,296	7,280	14,084	18,912	22,856	30,029	22,103
Women	129,101	134,963	205,768	302,035	341,185	334,099	373,000	357,339
White	122,651	128,458	191,206	274,186	305,245	292,411	324,259	317,564
Mixed	824	929	1,491	2,522	3,431	4,277	4,304	4,642
Asian	646	808	1,354	2,136	2,823	3,139	3,109	3,865
Black	1,080	1,169	1,997	3,450	4,525	4,458	4,250	4,833
Other	497	523	1,177	1,352	1,949	2,351	2,272	2,294
Not known	3,403	3,076	8,543	18,389	23,212	27,463	34,806	24,141

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

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Table 2.8 People setting a quit date and successful quitters¹, by ethnic group², Government Office Region and Strategic Health Authority, 2008/09

England											Numbers / Percentages	
	England	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South West	South East	South East Coast	South Central
Number setting a quit date												
All persons	671,259	48,210	113,705	69,511	56,006	75,791	65,215	98,636	59,999	84,186	40,945	43,241
White	579,787	45,934	103,457	64,611	48,713	66,832	56,829	64,914	54,134	74,363	37,099	37,264
Mixed	19,550	242	2,329	1,357	1,368	3,192	812	8,708	278	1,264	347	917
Asian	10,611	32	686	331	431	1,147	449	6,591	296	648	194	454
Black	8,987	119	956	520	490	1,109	500	4,036	439	818	337	481
Other	6,080	80	561	218	342	697	233	3,425	152	372	210	162
Not known	46,244	1,803	5,716	2,474	4,662	2,814	6,392	10,962	4,700	6,721	2,758	3,963
Number who had successfully quit at 4 week follow-up (self-report)												
All persons	337,054	22,325	52,444	36,514	31,565	36,619	34,583	46,445	32,347	44,212	21,242	22,970
White	293,508	21,310	48,467	34,042	27,507	32,306	30,031	31,309	29,211	39,325	19,469	19,856
Mixed	9,394	82	951	588	651	1,656	385	4,247	137	697	163	534
Asian	4,744	15	257	182	220	567	218	2,805	157	323	91	232
Black	4,128	45	372	280	249	469	254	1,807	246	406	177	229
Other	2,853	32	259	98	135	365	115	1,589	64	196	108	88
Not known	22,427	841	2,138	1,324	2,803	1,256	3,580	4,688	2,532	3,265	1,234	2,031
Percentage who had successfully quit at 4 week follow-up (self-report)												
All persons	50	46	46	53	56	48	53	47	54	53	52	53
White	51	46	47	53	56	48	53	48	54	53	52	53
Mixed	48	34	41	43	48	52	47	49	49	55	47	58
Asian	45	47	37	55	51	49	49	43	53	50	47	51
Black	46	38	39	54	51	42	51	45	56	50	53	48
Other	47	40	46	45	39	52	49	46	42	53	51	54
Not known	48	47	37	54	60	45	56	43	54	49	45	51

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. 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

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Table 2.9 Pregnant women setting a quit date and outcome¹, 2001/02 to 2008/09

England	<i>Numbers / Percentages</i>							
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07	2007/08	2008/09
Numbers								
Number setting a quit date	4,037	6,770	11,325	15,060	17,920	18,341	18,977	18,928
Outcome at 4 weeks								
Number of successful quitters	1,941	2,993	5,756	7,702	9,586	9,547	9,817	8,641
Number who had not quit	1,523	2,598	3,700	4,715	5,472	5,561	5,833	6,215
Number not known/lost to follow up	573	1,179	1,869	2,637	2,862	3,233	3,327	4,072
CO validation²								
Number of successful quitters, where CO validation attempted	1,117	1,886	3,759	5,104	5,379	6,247	6,036	6,023
Number of successful quitters, confirmed by CO validation	983	1,699	3,196	4,617	4,739	4,997	4,934	4,597
Percentages								
Percentage setting a quit date	100	100	100	100	100	100	100	100
Outcome at 4 weeks								
Percentage of successful quitters	48	44	51	51	53	52	52	46
Percentage who had not quit	38	38	33	31	31	30	31	33
Percentage not known/lost to follow up	14	17	17	18	16	18	18	22
CO validation²								
CO validation attempts as a percentage of clients setting a quit date	28	28	33	34	30	34	32	32
CO validated quitters as a percentage of clients setting a quit date	24	25	28	31	26	27	26	24
CO validated quitters as a percentage of successful quitters (self-report)	51	57	56	60	49	52	50	53

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. 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.

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Table 2.10 Pregnant women setting a quit date and successful quitters¹, by Government Office Region and Strategic Health Authority 2008/09

England	<i>Numbers / Percentages</i>		
	Number setting a quit date	Number of successful quitters	<i>Percentage who successfully quit</i>
England	18,928	8,641	46
North East	1,553	582	37
North West	3,643	1,391	38
Yorkshire and the Humber	2,150	908	42
East Midlands	2,479	1,665	67
West Midlands	2,177	967	44
East of England	1,026	372	36
London	1,633	767	47
South West	1,879	906	48
South East	2,388	1,083	45
South Central	1,085	518	48
South East Coast	1,303	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

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Table 2.11 Pregnant women setting a quit date and outcome¹, by Primary Care Trust and Strategic Health Authority, April 2007 to March 2009

England	Numbers					Percentages				
	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	People who had successfully quit (self-report), confirmed by CO validation ^{2,3}	Percentage setting a quit date	Percentage of successful quitters	Percentage who had not quit	Percentage not known/lost to follow up	Percentage who had successfully quit (self-report), confirmed by CO validation ^{2,3}
England	18,924	8,639	6,115	3,987	4,564	100	46	32	21	24
North East SHA	Q30	1,553	582	539	336	100	37	35	22	28
County Durham PCT	5ND	291	113	84	94	100	39	29	32	30
Darlington PCT	5J9	93	39	17	37	100	42	18	40	34
Gateshead PCT	5KF	95	40	30	25	100	42	32	26	36
Hartlepool PCT	5D9	120	30	60	30	100	25	50	25	13
Middlesbrough PCT	5KM	97	30	41	26	100	31	42	27	14
Newcastle PCT	5D7	109	44	-	-	100	40	-	-	37
North Tyneside PCT	5D8	98	24	68	6	100	24	69	6	17
Northumberland Care Trust	TAC	225	80	105	40	100	36	47	18	29
Redcar & Cleveland PCT	5QR	51	20	-	-	100	39	-	-	25
South Tyneside PCT	5KG	81	40	19	22	100	49	23	27	36
North Tees PCT	5E1	102	37	47	18	100	36	46	18	10
Sunderland Teaching PCT	5KL	191	85	68	38	100	45	36	20	38
North West SHA	Q31	3643	1391	1467	732	100	38	40	20	17
Ashton, Leigh & Wigan PCT	5HG	356	109	247	0	100	31	69	0	5
Blackburn with Darwen PCT	5CC	60	28	-	-	100	47	-	-	35
Blackpool PCT	5HP	84	22	44	18	100	26	52	21	12
Bolton PCT	5HQ	66	35	23	8	100	53	35	12	-
Bury PCT	5JX	61	23	19	19	100	38	31	31	23
Central & Eastern Cheshire PCT	5NP	242	87	105	50	100	36	43	21	15
Central Lancashire PCT	5NG	280	129	119	32	100	46	43	11	20
Cumbria PCT	5NE	217	97	68	52	100	45	31	24	24
East Lancashire PCT	5NH	96	29	15	52	100	30	16	54	24
Halton & St. Helens PCT	5NM	210	90	92	28	100	43	44	13	23
Heywood, Middleton & Rochdale PCT	5NQ	129	48	40	41	100	37	31	32	9
Knowsley PCT	5J4	96	34	46	16	100	35	48	17	18
Liverpool PCT	5NL	178	102	41	35	100	57	23	20	25
Manchester PCT	5NT	551	166	214	171	100	30	39	31	6
North Lancashire PCT	5NF	61	29	18	14	100	48	30	23	7
Oldham PCT	5J5	150	67	42	51	100	38	28	34	30
Salford PCT	5F5	172	45	108	19	100	26	63	11	26
Sefton PCT	5NJ	171	72	94	5	100	42	55	3	27
Stockport PCT	5F7	90	42	37	11	100	47	41	12	8
Tameside & Glossop PCT	5LH	45	24	-	-	100	53	-	-	-
Trafford PCT	5NR	58	19	35	4	100	33	60	7	33
Warrington PCT	5J2	79	30	14	35	100	38	18	44	38
Western Cheshire PCT	5NN	132	48	30	54	100	36	23	41	23
Wirral PCT	5NK	59	26	16	17	100	44	27	29	32
Yorkshire & Humber SHA	Q32	2150	908	697	545	100	42	32	25	27
Barnsley PCT	5JE	149	50	56	43	100	34	38	29	15
Bradford & Airedale PCT	5NY	144	26	50	68	100	18	35	47	3
Calderdale PCT	5J6	68	31	17	20	100	46	25	29	31
Doncaster PCT	5N5	270	118	101	51	100	44	37	19	33
East Riding of Yorkshire PCT	5NW	51	24	23	4	100	47	45	8	18
Hull PCT	5NK	186	90	75	21	100	48	40	11	22
Kirkless PCT	5N2	167	91	53	23	100	54	32	14	23
Leeds PCT	5N1	186	86	61	39	100	46	33	21	30
North East Lincolnshire Care Trust Plus	TAN	68	37	9	22	100	54	13	32	40
North Lincolnshire PCT	5EF	29	18	5	6	100	62	17	21	59
North Yorkshire & York PCT	5NV	249	85	94	70	100	34	38	28	27
Rotherham PCT	5H8	264	102	95	67	100	39	36	25	23
Sheffield PCT	5N4	197	106	35	56	100	54	18	28	49
Wakefield District PCT	5N3	122	44	23	55	100	36	19	45	33
East Midlands SHA	Q33	2479	1665	417	397	100	67	17	16	22
Bassetlaw PCT	5ET	23	12	8	3	100	52	35	13	22
Derby City PCT	5N7	207	167	28	12	100	81	14	6	6
Derbyshire County PCT	5N6	219	126	47	46	100	58	21	21	22
Leicester City PCT	5PC	270	169	22	79	100	63	8	29	41
Leicestershire County & Rutland PCT	5PA	344	225	110	9	100	65	32	3	52
Lincolnshire PCT	5N9	758	576	21	161	100	76	3	21	11
Northampton PCT	5PD	139	64	50	25	100	46	36	18	18
Nottingham City PCT	5EM	386	281	87	18	100	73	23	5	20
Nottinghamshire County PCT	5N8	133	45	44	44	100	34	33	33	14
West Midlands SHA	Q34	2177	967	852	358	100	44	39	16	33
Birmingham East & North PCT	5PG	97	39	32	26	100	40	33	27	14
Coventry Teaching PCT	5MD	76	28	28	20	100	37	37	26	5
Dudley PCT	5PE	240	146	68	26	100	61	28	11	58
Heart of Birmingham Teaching PCT	5MX	58	33	16	9	100	57	28	16	47
Herefordshire PCT	5CN	124	43	66	15	100	35	53	12	23
North Staffordshire PCT	5PH	63	37	20	6	100	59	32	10	51
Sandwell PCT	5PF	40	18	11	11	100	45	28	28	10
Shropshire County PCT	5M2	116	46	61	9	100	40	53	8	37
South Hull Care Trust	TAM	59	26	27	6	100	44	46	10	27
South Birmingham PCT	5M1	173	69	84	20	100	40	49	12	32
South Staffordshire PCT	5PK	112	54	33	25	100	48	29	22	9
Stoke on Trent PCT	5PJ	98	48	30	20	100	49	31	20	31
Telford & Wrekin PCT	5MK	164	65	88	11	100	40	54	7	37
Walsall Teaching PCT	5M3	189	69	99	21	100	37	52	11	30
Warwickshire PCT	5PM	247	102	87	58	100	41	35	23	32
Wolverhampton City PCT	5MV	173	75	66	32	100	43	38	18	34
Worcestershire PCT	5PL	148	69	36	43	100	47	24	29	35

Table 2.11 Pregnant women setting a quit date and outcome¹, by Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England		Numbers				People who had successfully quit (self-report), confirmed by CO validation ^{2,3}	Percentages				Numbers / Percentages
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up		Percentage setting a quit date	Percentage of successful quitters	Percentage who had not quit	Percentage not known/lost to follow up	
England		18,928	8,641	6,215	4,072	4,597	100	46	33	22	24
East England SHA	Q35	1026	372	310	327	204	100	36	30	32	20
	5P2	162	24	26	112	12	100	15	16	69	7
	5PP	80	35	30	15	11	100	44	38	19	14
	5P3	19	6	8	5	5	100	32	42	26	26
	5PR	18	7	5	6	3	100	39	28	33	17
	5GC	30	15	9	6	-	100	50	30	20	-
	5PX	31	21	-	-	-	100	68	-	-	-
	5PQ	75	26	29	20	26	100	35	39	27	35
	5PW	152	53	30	69	33	100	35	20	45	22
	5PN	45	21	11	13	9	100	47	24	29	20
	5P1	65	24	38	3	14	100	37	58	5	22
	5PY	90	28	35	27	20	100	31	39	30	22
	5PT	154	73	49	32	44	100	47	32	21	29
	5PV	90	31	40	19	21	100	34	44	21	23
	5P4	15	8	-	-	6	100	53	-	-	40
London SHA	Q36	1629	765	398	449	475	100	47	24	28	29
	5C2	73	23	44	6	18	100	32	60	8	25
	5A9	47	19	15	13	18	100	40	32	28	38
	TAK	75	38	35	2	35	100	51	47	3	47
	5K5	-	-	0	0	0	100	-	-	-	-
	5A7	65	30	19	16	21	100	46	29	25	32
	5K7	46	18	11	17	8	100	39	24	37	17
	5C3	84	28	21	35	17	100	33	25	42	20
	5K9	32	3	9	20	3	100	9	28	63	9
	5HX	27	9	10	8	7	100	33	37	30	26
	5C1	55	30	0	25	19	100	55	0	45	35
	5A8	55	39	-	14	38	100	71	-	25	69
	5H1	76	43	4	29	24	100	57	5	38	32
	5C9	59	32	0	27	20	100	54	0	46	34
	5K6	0	0	0	0	0	100	-	-	-	-
	5A4	35	19	16	0	10	100	54	46	0	29
	5AT	93	44	19	30	32	100	47	20	32	34
	5HY	111	38	28	45	7	100	34	25	41	6
	5K8	38	23	8	7	-	100	61	21	18	-
	5LA	-	-	-	0	0	100	-	-	-	-
	5A5	32	16	7	9	14	100	50	22	28	44
	5LD	60	22	24	14	12	100	37	40	23	20
	5LF	124	61	21	42	47	100	49	17	34	38
	5C5	115	68	21	26	26	100	59	18	23	23
	5NA	56	41	-	-	15	100	73	-	-	27
	5M6	15	7	3	5	6	100	47	20	33	40
	5LE	71	39	20	12	32	100	55	28	17	45
	5M7	42	12	13	17	8	100	29	31	40	19
	5C4	40	14	10	16	13	100	35	25	40	33
	5NC	15	4	7	4	4	100	27	47	27	27
	5LG	64	30	29	5	15	100	47	45	8	23
	5LC	24	15	4	5	6	100	63	17	21	25
South East Coast SHA	Q37	1303	565	488	250	277	100	43	37	19	21
	5LQ	73	34	27	12	24	100	47	37	16	33
	5P7	60	26	23	11	13	100	43	38	18	22
	5QA	196	71	86	39	45	100	36	44	20	23
	5P8	135	80	23	32	64	100	59	17	24	47
	5L3	94	28	19	47	16	100	30	20	50	17
	5P5	145	94	38	13	54	100	65	26	9	37
	5P9	415	154	209	52	29	100	37	50	13	7
	5P6	185	78	63	44	32	100	42	34	24	17
South Central SHA	Q38	1085	518	267	300	242	100	48	25	28	22
	5QG	64	21	8	35	14	100	33	13	55	22
	5QF	115	56	30	29	40	100	49	26	25	35
	5QD	46	24	4	18	14	100	52	9	39	30
	5QC	278	117	80	81	54	100	42	29	29	19
	5QT	59	43	4	12	23	100	73	7	20	39
	5CQ	30	12	11	7	8	100	40	37	23	27
	5QE	297	143	65	89	64	100	48	22	30	22
	5FE	97	21	58	18	16	100	22	60	19	16
	5L1	99	81	7	11	9	100	82	7	11	9
South West SHA	Q39	1879	906	680	293	447	100	48	36	16	24
	5FL	103	53	43	7	29	100	51	42	7	28
	5QN	82	31	21	30	26	100	38	26	37	32
	5QJ	92	63	23	6	45	100	68	25	7	49
	5QP	348	154	109	85	130	100	44	31	24	37
	5QQ	318	220	90	8	11	100	69	28	3	3
	5QM	57	24	11	22	13	100	42	19	39	23
	5QH	127	57	50	20	39	100	45	39	16	31
	5M8	34	20	10	4	11	100	59	29	12	32
	5F1	297	95	151	51	31	100	32	51	17	10
	5QL	95	26	63	6	13	100	27	66	6	14
	5A3	73	52	17	4	38	100	71	23	5	52
	5K3	77	37	35	5	28	100	48	45	6	36
	TAL	66	28	21	17	15	100	42	32	26	23
	5QK	110	46	36	28	18	100	42	33	25	16

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. 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.

3. This is the number of people who had successfully quit at the 4 week follow up with CO confirmation expressed as a percentage of the total number setting a quit date.

Source:

Lifestyle Statistics. The NHS Information Centre

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3 Geographical patterns

3.1 Introduction

This chapter presents information from the NHS Stop Smoking Services at a sub-national level, providing analysis for Strategic Health Authorities (SHAs), Government Office Regions (GORs) and Primary Care Trusts (PCTs).

In 2006, SHAs and PCTs were restructured. The 28 SHAs became 10 new SHAs in July 2006; the 303 PCTs became 152 PCTs in October 2006. Where trends are described, this chapter discusses the use of NHS Stop Smoking Services since 2006/07 for the SHA and PCT structures which are now in place. Information on pre-2006 SHA and PCT structures can be found in previous editions of this report¹.

When looking at results from the Stop Smoking Services in different regions, figures should be interpreted with caution as the areas are of different population sizes and composition. Also, different measures (for example numbers setting a quit date per 100,000 population or quit rates) will highlight different areas as being either successful or less successful compared with other areas.

3.2 Strategic Health Authorities

North West SHA had the highest reported number of people setting a quit date (113,705) and the highest reported number of successful quitters (52,444). The quit rates varied between 46% and 56% with the East Midlands SHA reporting the highest percentage of successful quitters

and North East SHA and North West SHA reporting the lowest (Table 3.1, Figure 3.1).



A different pattern is seen when adjusting for the size of the population in each SHA. Information on the number of those setting a quit date and the number who successfully quit per 100,000 population is given in Table 3.2. North East SHA reported both the highest number of people setting a quit date and the highest number of people who successfully quit (2,296 and 1,063 per 100,000 population respectively). South East Coast SHA reported the lowest number of both those setting a quit date and successful quitters (1,183 and 614 per 100,000 respectively).

North West SHA reported the highest numbers of both men and women setting a quit date (49,954 and 63,751 respectively), and reported the highest number of females who had successfully quit (28,846), while London SHA reported the highest number of male successful quitters (23,757) and slightly fewer males setting a quit date (49,769) than North West SHA (Table 3.3). Additional information on the reported number of people setting a quit date and successful quitters, by age and SHA is provided in Table 3.4.

To provide further comparative analyses, the most recent information on smoking prevalence from the General Household Survey 2007², population estimates and Stop Smoking Services results collected by the NHS Information Centre are used to provide estimates of the number of quitters per 100,000 smokers. This analysis is only available for Government Office Regions (GORs) and therefore South East GOR cannot be split into South Central and South East Coast SHAs. Results of the analysis show that North East GOR had the highest number of quitters per 100,000 smokers (4,900), while South East GOR had the lowest (3,500) (Table 3.5).

3.2.1 Strategic Health Authority trends

The numbers of people setting a quit date with the NHS Stop Smoking Services between 2007/08 and 2008/09, was reported to have decreased in four out of the ten SHAs; North East SHA, North West SHA, West Midlands SHA and South West SHA. Seven SHAs reported a decrease in the number of successful quitters over the same period, with only Yorkshire and the Humber SHA, East Midlands SHA and South Central SHA reporting an increase (Table 3.6).

A similar pattern is seen when adjusting for the size of the population. Five SHAs reported an increase in the numbers setting a quit date, per 100,000 population, during the period 2007/08 to 2008/09 and the same seven SHAs reported a decrease in the number of successful quitters per 100,000 population over this time period. (Table 3.2).

Further information on the number of successful quitters confirmed by CO validation, in each quarter of 2007/08 and 2008/09, by PCT is provided in Table 3.7. Reported numbers of people setting a quit date and outcome, by gender, PCT and SHA are provided in Table 3.8, and by age

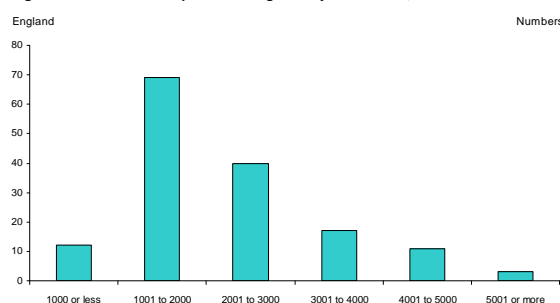
group, PCT and SHA are provided in Table 3.9.

3.3 Primary Care Trusts

Two PCTs reported more than 10,000 people setting a quit date in 2008/09 (Hampshire and Manchester) while 3 PCTs reported more than 5,000 successful quitters (County Durham, Hampshire and Lincolnshire) (Table 3.10).

Figure 3.2 shows how the number of quitters in each of the 152 PCTs is distributed. For example, 12 PCTs delivered 1,000 or less, three delivered more than 5000 (as described above) while 69 delivered between 1001 and 2000 quitters.

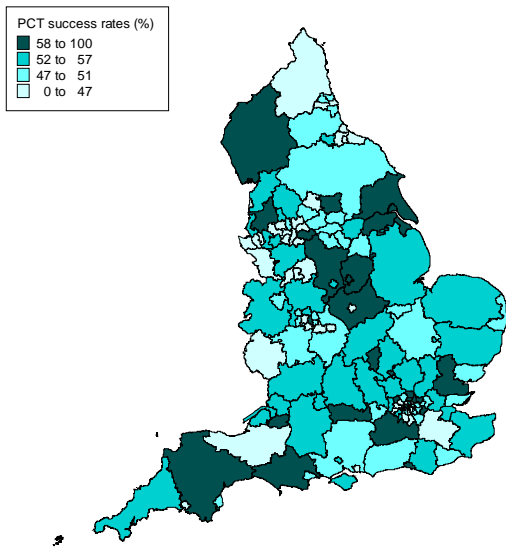
Figure 3.2 Distribution of quitters among Primary Care Trusts, 2008/09



Source: Lifestyles Statistics. The NHS Information Centre, 2009

Quit rates ranged between 22% and 69% with two PCTs reporting quit rates less than 30% (Croydon and City and Hackney Teaching PCTs). A further eight PCTs reported quit rates of 65% or more (Hull, Tameside & Glossop, Mid Essex, Luton, Leeds, East Riding of Yorkshire, Nottingham City and Redbridge PCTs) (Figure 3.3).

Figure 3.3 Success rate of those setting a quit date, by Primary Care Trust, 2008/09



Data Sources: ONS Boundary Files 2006
Neighbourhood Statistics Model Based Estimates of Healthy Lifestyle Behaviours.
The NHS Information Centre
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Knowsley PCT reported the highest number of people setting a quit date per 100,000 population (3,876). Islington PCT reported the highest number of successful quitters per 100,000 population (1,573), which was approximately double the average for England. Surrey PCT reported the lowest number of people setting a quit date per 100,000 and Croydon PCT reported the lowest number of successful quitters per 100,000 population (604 and 242 per 100,000 population respectively) (Table 3.10).

3.3.1 Spearhead PCTs

This section looks at NHS Stop Smoking Services within Spearhead PCTs, and compares them with services delivered within non-Spearhead PCTs and nationally.

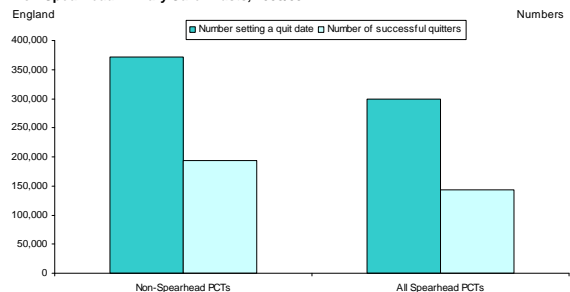
The government defines Spearhead areas as those with the worst health and deprivation in England based on indices of deprivation, premature mortality from cancer and cardiovascular diseases (CVD),

and life expectancy. They are identified as the Local Authority (LA) areas that are in the bottom fifth nationally for three or more of the following five indicators: male life expectancy at birth; female life expectancy at birth; cancer mortality rate in those aged under 75; CVD mortality rate in those aged under 75; index of multiple deprivation 2004 (LA summary) average score. Spearhead PCTs are identified as those that overlap geographically with the Spearhead LAs. For a minority of these PCTs (14 out of 62), only a part of the PCT area overlaps with the Spearhead LAs.

The government has set PSA targets³ to reduce health inequalities, including targets to reduce geographical inequalities in life expectancy and premature mortality from cancer and CVD which aim to see faster progress on average in Spearhead areas compared to the England average.

Spearhead PCTs reported a lower number of people setting a quit date than non-Spearhead PCTs (299,398 and 371,861 respectively), and also reported lower numbers of successful quitters than non-Spearhead PCTs (143,542 and 193,512 respectively). Spearhead PCTs reported a lower rate of successful quitters (48%) than non-Spearhead PCTs (52%) and that reported for England as a whole (50%) (Table 3.11, Figure 3.4).

Figure 3.4 People setting a quit date and successful quitters, within Spearhead and Non-Spearhead Primary Care Trusts, 2008/09



Source: Lifestyles Statistics. The NHS Information Centre, 2009

Summary: Geographical Patterns

This chapter has shown that in 2008/09, North East SHA reported the highest number of people setting a quit date and successful quitters per 100,000 population and South East Coast SHA reported the lowest. The numbers of people setting a quit date and successfully quitting varied across the regions.

Two PCTs reported more than 10,000 people setting a quit date in 2008/09 while

three PCTs reported 5000 or more successful quitters.

Quit rates varied between 22% and 69% among PCTs with two PCTs reporting quit rates of less than 30% and eight PCTs reporting quit rates higher than 65%.

PCTs defined as Spearhead PCTs reported a lower rate of successful quitters than non-Spearhead PCTs.

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2. General Household Survey, Smoking and Drinking among adults, 2007. Office for National Statistics. Available at: www.statistics.gov.uk/ghs/
3. PSA Delivery Agreement 18: Promote better health and wellbeing for all. HM Government. Available at: www.hm-treasury.gov.uk/media/5/A/pbr_csr07_psa18.pdf

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Table 3.1 People setting a quit date and outcome¹, by Government Office Region and Strategic Health Authority, 2008/09

England	England										Numbers / Percentages	
	England	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South West	South East	South Central	South East Coast
Numbers												
Number setting a quit date	671,259	48,210	113,705	69,511	56,006	75,791	65,215	98,636	59,999	84,186	43,241	40,945
Outcome at 4 weeks												
Number of successful quitters	337,054	22,325	52,444	36,514	31,565	36,619	34,583	46,445	32,347	44,212	22,970	21,242
Number who had not quit	172,382	11,319	39,066	15,940	11,021	23,178	14,995	24,585	13,067	19,211	9,717	9,494
Number not known/lost to follow up	153,371	14,566	22,195	17,057	13,420	15,994	15,637	27,606	8,825	18,071	9,309	8,762
CO validation²												
Number of successful quitters, where CO validation attempted	266,833	19,048	40,252	32,579	26,618	27,842	26,158	34,991	24,845	34,500	17,829	16,671
Number of successful quitters, confirmed by CO validation	224,278	17,782	24,679	26,147	20,971	26,111	23,379	31,629	21,910	31,670	16,251	15,419
Percentages												
Percentage setting a quit date	100	100	100	100	100	100	100	100	100	100	100	100
Outcome at 4 weeks												
Percentage of successful quitters	50	46	46	53	56	48	53	47	54	53	53	52
Percentage who had not quit	26	23	34	23	20	31	23	25	22	23	22	23
Percentage not known/lost to follow up	23	30	20	25	24	21	24	28	15	21	22	21
CO validation²												
CO validation attempts as a percentage of clients setting a quit date	40	40	35	47	48	37	40	35	41	41	41	41
CO validated quitters as a percentage of clients setting a quit date	33	37	22	38	37	34	36	32	37	38	38	38
CO validated quitters as a percentage of successful quitters (self-report)	67	80	47	72	66	71	68	68	68	72	71	73

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. 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 NHS Information Centre, 2009

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Table 3.2 People setting a quit date and successful quitters^{1,2}, per 100,000 population^{3,4}, by Government Office Region and Strategic Health Authority, 2006/07 - 2008/09

England	Numbers					
	2006/07		2007/08		2008/09	
	Number setting a quit date per 100,000 of population aged 16 and over	Number of successful quitters per 100,000 of population aged 16 and over	Number setting a quit date per 100,000 of population aged 16 and over	Number of successful quitters per 100,000 of population aged 16 and over	Number setting a quit date per 100,000 of population aged 16 and over	Number of successful quitters per 100,000 of population aged 16 and over
England	1,461	778	1,656	854	1,620	813
North East	1,553	1,146	2,545	1,171	2,296	1,063
North West	1,909	937	2,284	1,066	2,037	939
Yorkshire and the Humber	1,339	694	1,599	852	1,654	869
East Midlands	1,238	687	1,469	828	1,574	887
West Midlands	1,647	853	1,946	932	1,750	846
East of England	1,268	736	1,425	803	1,424	755
London	1,508	824	1,541	805	1,617	761
South West	1,310	720	1,473	788	1,408	759
South East	1,044	605	1,175	661	1,536	823
South Central	1,117	661	1,248	684	1,327	705
South East Coast	976	553	1,107	640	1,183	614

1. May include clients who are aged 15 and under

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

3. The rate of people who set a quit date/ successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2007 figures based on the ONS revised 2007 methodology published in February 2009

4. Information on ONS Population data is available at <http://www.statistics.gov.uk/STATBASE/Product.asp?vlnk=601>

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 3.3 Number setting a quit date and outcome¹, by gender and Strategic Health Authority, April 2008 to March 2009

England	Males						Females						Males						Females						Numbers / Percentages	
	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), where CO validation attempted ²	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), where CO validation attempted ²	Number who had successfully quit (self-report), confirmed by CO validation ²	Percentage setting a quit date	Percentage of successful quitters	Percentage who had not quit	Percentage not known/lost to follow up	Percentage who had successfully quit (self-report), where CO validation attempted ²	Percentage who had successfully quit (self-report), confirmed by CO validation ^{2,3}	Percentage setting a quit date	Percentage of successful quitters	Percentage who had not quit	Percentage not known/lost to follow up	Percentage who had successfully quit (self-report), where CO validation attempted ²	Percentage who had successfully quit (self-report), confirmed by CO validation ^{2,3}		
England	313,920	161,281	80,309	72,330	126,838	107,414	357,339	175,773	100,525	81,041	139,995	116,864	100	51	26	23	40	34	100	49	28	23	39	33		
North East	Q30	20,808	9,922	4,448	6,440	8,455	7,866	27,402	12,403	6,873	8,126	10,593	100	49	21	31	41	38	100	45	25	30	39	36		
North West	Q31	49,954	23,598	10,403	9,963	18,007	11,067	63,761	28,846	22,863	12,242	22,245	100	47	33	20	36	22	100	45	36	19	35	21		
Yorkshire and Humber	Q32	31,636	17,161	6,824	7,651	15,266	12,299	37,875	19,353	9,116	9,406	17,313	100	54	22	24	48	39	100	51	24	25	46	37		
East Midlands	Q33	26,217	14,881	4,867	6,469	12,800	10,264	29,789	16,684	6,154	6,951	13,818	100	57	19	25	49	39	100	56	21	23	46	36		
West Midlands	Q34	36,598	18,200	10,610	7,778	13,749	12,864	39,203	16,419	12,968	8,216	14,993	100	50	29	21	38	35	100	47	32	21	36	34		
East of England	Q35	30,856	16,628	6,729	7,259	12,659	11,250	34,359	17,755	8,266	8,338	15,549	100	55	22	24	41	36	100	52	24	24	39	35		
London	Q36	49,769	23,757	12,160	13,852	15,832	48,867	22,688	12,425	13,754	17,742	15,797	100	48	24	28	35	32	100	46	25	28	36	32		
South West	Q39	28,668	15,766	8,572	4,330	10,761	31,331	16,581	10,255	4,485	12,607	11,149	100	55	30	15	43	38	100	53	33	14	40	36		
South East Coast	Q37	18,836	9,844	4,862	4,130	7,706	7,173	22,109	11,398	6,079	4,632	8,965	100	52	26	22	41	38	100	52	27	21	41	37		
South Central	Q38	20,588	11,324	4,836	4,428	8,759	8,028	22,653	11,646	6,126	4,881	9,070	100	55	23	22	43	39	100	51	27	22	40	36		

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. 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.

3. This is the number of people who had successfully quit at the 4 week follow up with CO confirmation expressed as a percentage of the total number setting a quit date.

Source:

Lifestyle Statistics. The NHS Information Centre

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Table 3.4 Number setting a quit date and outcome¹, by age group and Strategic Health Authority, April 2008 to March 2009

England		Numbers					Percentages				
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Percentage setting a quit date	Percentage of successful quitters	Percentage who had not quit	Percentage not known/lost to follow up	Percentage who had successfully quit (self-report), confirmed by CO validation ^{2,3}
Under 18											
North East	Q30	1,760	399	563	798	265	100	23	32	45	15
North West	Q31	3,460	1,050	1,412	998	440	100	30	41	29	13
Yorkshire and Humber	Q32	3,351	1,627	787	937	1,401	100	49	23	28	42
East Midlands	Q33	1,915	711	526	678	356	100	37	27	35	19
West Midlands	Q34	3,231	910	1,389	932	618	100	28	43	29	19
East England	Q35	1,702	528	533	641	343	100	31	31	38	20
London	Q36	2,876	1,186	777	913	660	100	41	27	32	23
South East Coast	Q37	1,425	399	563	463	254	100	28	40	32	18
South Central	Q38	1,518	562	391	565	300	100	37	26	37	20
South West	Q39	1,878	691	784	403	441	100	37	42	21	23
18-34											
North East	Q30	15,139	5,937	3,707	5,495	4,545	100	39	24	36	30
North West	Q31	33,524	14,024	11,545	7,955	6,124	100	42	34	24	18
Yorkshire and Humber	Q32	21,165	9,677	4,977	6,511	6,478	100	46	24	31	31
East Midlands	Q33	18,217	9,497	3,581	5,139	5,645	100	52	20	28	31
West Midlands	Q34	23,927	10,692	7,240	5,995	7,369	100	45	30	25	31
East England	Q35	18,722	8,696	4,267	5,759	5,521	100	46	23	31	29
London	Q36	32,413	13,877	8,179	10,357	8,918	100	43	25	32	28
South East Coast	Q37	11,371	5,257	3,154	2,960	3,602	100	46	28	26	32
South Central	Q38	13,187	6,406	3,318	3,463	4,261	100	49	25	26	32
South West	Q39	17,041	8,232	5,374	3,435	5,214	100	48	32	20	31
35-44											
North East	Q30	11,338	5,466	2,510	3,362	4,395	100	48	22	30	39
North West	Q31	27,840	13,153	9,185	5,502	6,236	100	47	33	20	22
Yorkshire and Humber	Q32	16,515	8,900	3,483	4,132	6,288	100	54	21	25	38
East Midlands	Q33	13,230	7,611	2,445	3,174	5,076	100	58	18	24	38
West Midlands	Q34	18,611	9,253	5,391	3,967	6,657	100	50	29	21	36
East England	Q35	16,149	8,734	3,520	3,895	6,130	100	54	22	24	38
London	Q36	25,213	12,008	6,097	7,108	8,146	100	48	24	28	32
South East Coast	Q37	10,433	5,548	2,629	2,256	4,045	100	53	25	22	39
South Central	Q38	10,679	5,832	2,632	2,215	4,249	100	55	25	21	40
South West	Q39	14,810	8,196	4,409	2,205	5,690	100	55	30	15	38
45-59											
North East	Q30	12,930	6,562	2,938	3,430	5,302	100	51	23	27	41
North West	Q31	30,722	14,593	10,770	5,359	7,227	100	48	35	17	24
Yorkshire and Humber	Q32	17,823	9,759	4,190	3,874	7,079	100	55	24	22	40
East Midlands	Q33	14,018	8,233	2,754	3,031	5,832	100	59	20	22	42
West Midlands	Q34	18,906	9,396	5,883	3,627	6,774	100	50	31	19	36
East England	Q35	17,013	9,513	3,901	3,599	6,574	100	56	23	21	39
London	Q36	24,685	12,041	6,277	6,367	8,614	100	49	25	26	35
South East Coast	Q37	10,841	5,903	2,837	2,101	4,419	100	54	26	19	41
South Central	Q38	11,150	6,135	2,874	2,141	4,549	100	55	26	19	41
South West	Q39	16,092	8,960	5,136	1,996	6,261	100	56	32	12	39
60+											
North East	Q30	7,043	3,961	1,601	1,481	3,275	100	56	23	21	47
North West	Q31	18,159	9,624	6,154	2,381	4,652	100	53	34	13	26
Yorkshire and Humber	Q32	10,657	6,551	2,503	1,603	4,901	100	61	23	15	46
East Midlands	Q33	8,626	5,513	1,715	1,398	4,062	100	64	20	16	47
West Midlands	Q34	11,116	6,368	3,275	1,473	4,693	100	57	29	13	42
East England	Q35	11,629	7,112	2,774	1,743	4,811	100	61	24	15	41
London	Q36	13,449	7,333	3,255	2,861	5,291	100	55	24	21	39
South East Coast	Q37	6,875	4,135	1,758	982	3,099	100	60	26	14	45
South Central	Q38	6,707	4,035	1,747	925	2,892	100	60	26	14	43
South West	Q39	10,178	6,268	3,124	786	4,304	100	62	31	8	42

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. 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.

3. This is the number of people who had successfully quit at the 4 week follow up with CO confirmation expressed as a percentage of the total number setting a quit date.

Source:

Lifestyle Statistics. The NHS Information Centre

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Table 3.5 People successfully quit^{1,2} and estimated quitters per 100,000 smokers^{3,4}, by Government Office Region, 2008/09

England	Numbers	
	Number successfully quit	Estimated quitters per 100,000 smokers
England	337,054	4,000
North East	22,325	4,900
North West	52,444	4,000
Yorkshire and the Humber	36,514	3,900
East Midlands	31,565	4,600
West Midlands	36,619	3,700
East of England	34,583	4,100
London	46,445	3,900
South West	32,347	3,700
South East	44,212	3,500

1. May include clients who are aged 15 and under

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.

3. The rate of people who set a quit date/ successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2007 figures based on the ONS revised 2007 methodology published in February 2009

4. Information on ONS Population data is available at:
<http://www.statistics.gov.uk/STATBASE/Product.asp?vlnk=601>

Sources:

General Household Survey 2007. Office for National Statistics
Lifestyle Statistics. The NHS Information Centre, 2009

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Table 3.6 People setting a quit date and successful quitters¹, by Government Office Region and Strategic Health Authority, 2006/07 - 2008/09

England	Numbers / Percentages								
	2006/07			2007/08			2008/09		
	Number setting a quit date	Number of successful quitters	Percentage who successfully quit	Number setting a quit date	Number of successful quitters	Percentage who successfully quit	Number setting a quit date	Number of successful quitters	Percentage who successfully quit
England	600,410	319,720	53	680,289	350,800	52	671,259	337,054	50
North East	50,515	23,900	47	53,094	24,441	46	48,210	22,325	46
North West	106,115	52,105	49	126,961	59,275	47	113,705	52,444	46
Yorkshire and the Humber	55,739	28,874	52	66,545	35,440	53	69,511	36,514	53
East Midlands	43,564	24,174	55	51,704	29,142	56	56,006	31,565	56
West Midlands	70,990	36,742	52	83,846	40,167	48	75,791	36,619	48
East of England	57,419	33,344	58	64,523	36,378	56	65,215	34,583	53
London	91,516	50,022	55	93,481	48,825	52	98,636	46,445	47
South West	55,110	30,292	55	61,962	33,138	53	59,999	32,347	54
South East	69,442	40,268	58	78,173	43,994	56	84,186	44,212	53
South Central	36,002	21,319	59	40,245	22,054	55	43,241	22,970	53
South East Coast	33,440	18,949	57	37,928	21,940	58	40,945	21,242	52

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 NHS Information Centre, 2009

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Table 3.7 Number of successful quitters confirmed by CO validation, by Strategic Health Authority, 2007/08 to 2008/09 Quarter 4

England			Numbers / Percentages		
	Number successfully quit at 4 weeks (self-report) ¹	Number who had successfully quit (self-report), confirmed by CO validation	CO validated quitters as a percentage of successful quitters (self-report)	Year	Quarter
England	120,935	81,468	67	2008/09	4
Q30 North East	8449	6804	81	2008/09	4
Q31 North West	18543	9092	49	2008/09	4
Q32 Yorkshire and Humber	12550	9202	73	2008/09	4
Q33 East Midlands	12183	8059	66	2008/09	4
Q34 West Midlands	13137	9532	73	2008/09	4
Q35 East England	12186	8615	71	2008/09	4
Q36 London	16589	10938	66	2008/09	4
Q37 South East Coast	7601	5459	72	2008/09	4
Q38 South Central	7926	5903	74	2008/09	4
Q39 South West	11771	7864	67	2008/09	4
England	71,846	47,056	65	2008/09	3
Q30 North East	4534	3680	81	2008/09	3
Q31 North West	10865	4646	43	2008/09	3
Q32 Yorkshire and Humber	7682	5393	70	2008/09	3
Q33 East Midlands	7109	4299	60	2008/09	3
Q34 West Midlands	7707	5550	72	2008/09	3
Q35 East England	6983	4744	68	2008/09	3
Q36 London	9900	6933	70	2008/09	3
Q37 South East Coast	4525	3259	72	2008/09	3
Q38 South Central	5183	3465	67	2008/09	3
Q39 South West	7358	5087	69	2008/09	3
England	70,912	46,765	66	2008/09	2
Q30 North East	4506	3551	79	2008/09	2
Q31 North West	11293	5288	47	2008/09	2
Q32 Yorkshire and Humber	7960	5683	71	2008/09	2
Q33 East Midlands	6582	4537	69	2008/09	2
Q34 West Midlands	7629	5285	69	2008/09	2
Q35 East England	7368	4836	66	2008/09	2
Q36 London	9414	6450	69	2008/09	2
Q37 South East Coast	4544	3377	74	2008/09	2
Q38 South Central	4991	3433	69	2008/09	2
Q39 South West	6625	4325	65	2008/09	2
England	73,361	48,989	67	2008/09	1
Q30 North East	4836	3747	77	2008/09	1
Q31 North West	11743	5653	48	2008/09	1
Q32 Yorkshire and Humber	8322	5869	71	2008/09	1
Q33 East Midlands	5691	4076	72	2008/09	1
Q34 West Midlands	8146	5744	71	2008/09	1
Q35 East England	8046	5184	64	2008/09	1
Q36 London	10542	7308	69	2008/09	1
Q37 South East Coast	4572	3324	73	2008/09	1
Q38 South Central	4870	3450	71	2008/09	1
Q39 South West	6593	4634	70	2008/09	1
England	103,006	60,671	59	2007/08	4
Q30 North East	6,995	4,847	69	2007/08	4
Q31 North West	16,065	6,571	41	2007/08	4
Q32 Yorkshire and Humber	9,714	6,774	70	2007/08	4
Q33 East Midlands	9,367	5,650	60	2007/08	4
Q34 West Midlands	11,222	8,122	72	2007/08	4
Q35 East England	10,221	5,167	51	2007/08	4
Q36 London	15,946	8,815	55	2007/08	4
Q37 South East Coast	6,148	4,435	72	2007/08	4
Q38 South Central	6,384	4,131	65	2007/08	4
Q39 South West	10,944	6,159	56	2007/08	4
England	71,517	41,966	59	2007/08	3
Q30 North East	4,615	3,519	76	2007/08	3
Q31 North West	12,389	5,305	43	2007/08	3
Q32 Yorkshire and Humber	7,038	4,783	68	2007/08	3
Q33 East Midlands	6,495	4,492	69	2007/08	3
Q34 West Midlands	7,020	5,162	74	2007/08	3
Q35 East England	7,620	3,474	46	2007/08	3
Q36 London	9,811	5,818	59	2007/08	3
Q37 South East Coast	4,554	2,758	61	2007/08	3
Q38 South Central	5,018	2,929	58	2007/08	3
Q39 South West	6,957	3,726	54	2007/08	3
England	89,496	53,097	59	2007/08	2
Q30 North East	6,479	4,855	75	2007/08	2
Q31 North West	16,729	7,173	43	2007/08	2
Q32 Yorkshire and Humber	9,689	5,882	61	2007/08	2
Q33 East Midlands	6,652	5,342	80	2007/08	2
Q34 West Midlands	10,362	7,360	71	2007/08	2
Q35 East England	9,172	4,395	48	2007/08	2
Q36 London	11,564	6,500	56	2007/08	2
Q37 South East Coast	5,583	3,626	65	2007/08	2
Q38 South Central	5,437	3,387	62	2007/08	2
Q39 South West	7,829	4,377	56	2007/08	2
England	86,781	53,008	61	2007/08	1
Q30 North East	6,352	4,958	78	2007/08	1
Q31 North West	14,092	6,438	46	2007/08	1
Q32 Yorkshire and Humber	8,999	6,262	70	2007/08	1
Q33 East Midlands	6,628	5,156	78	2007/08	1
Q34 West Midlands	11,563	8,384	73	2007/08	1
Q35 East England	9,365	4,334	46	2007/08	1
Q36 London	11,504	6,844	59	2007/08	1
Q37 South East Coast	5,655	3,725	66	2007/08	1
Q38 South Central	5,215	2,887	55	2007/08	1
Q39 South West	7,408	4,020	54	2007/08	1

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. 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

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Table 3.7 Number of successful quitters confirmed by CO validation, by Strategic Health Authority, 2007/08 to 2008/09 Quarter 4

England		Numbers / Percentages				
		Number successfully quit at 4 weeks (self-report) ¹	Number who had successfully quit (self- report), confirmed by CO validation	CO validated quitters as a percentage of successful quitters (self- report)	Year	Quarter
	England	120,935	81,468	67	2008/09	4
Q30	North East	8449	6804	81	2008/09	4
Q31	North West	18543	9092	49	2008/09	4
Q32	Yorkshire and Humber	12550	9202	73	2008/09	4
Q33	East Midlands	12183	8059	66	2008/09	4
Q34	West Midlands	13137	9532	73	2008/09	4
Q35	East England	12186	8615	71	2008/09	4
Q36	London	16589	10938	66	2008/09	4
Q37	South East Coast	7601	5459	72	2008/09	4
Q38	South Central	7926	5903	74	2008/09	4
Q39	South West	11771	7864	67	2008/09	4
	England	71,846	47,056	65	2008/09	3
Q30	North East	4534	3680	81	2008/09	3
Q31	North West	10865	4646	43	2008/09	3
Q32	Yorkshire and Humber	7682	5393	70	2008/09	3
Q33	East Midlands	7109	4299	60	2008/09	3
Q34	West Midlands	7707	5550	72	2008/09	3
Q35	East England	6983	4744	68	2008/09	3
Q36	London	9900	6933	70	2008/09	3
Q37	South East Coast	4525	3259	72	2008/09	3
Q38	South Central	5183	3465	67	2008/09	3
Q39	South West	7358	5087	69	2008/09	3
	England	70,912	46,765	66	2008/09	2
Q30	North East	4506	3551	79	2008/09	2
Q31	North West	11293	5288	47	2008/09	2
Q32	Yorkshire and Humber	7960	5683	71	2008/09	2
Q33	East Midlands	6582	4537	69	2008/09	2
Q34	West Midlands	7629	5285	69	2008/09	2
Q35	East England	7368	4836	66	2008/09	2
Q36	London	9414	6450	69	2008/09	2
Q37	South East Coast	4544	3377	74	2008/09	2
Q38	South Central	4991	3433	69	2008/09	2
Q39	South West	6625	4325	65	2008/09	2
	England	73,361	48,989	67	2008/09	1
Q30	North East	4836	3747	77	2008/09	1
Q31	North West	11743	5653	48	2008/09	1
Q32	Yorkshire and Humber	8322	5869	71	2008/09	1
Q33	East Midlands	5691	4076	72	2008/09	1
Q34	West Midlands	8146	5744	71	2008/09	1
Q35	East England	8046	5184	64	2008/09	1
Q36	London	10542	7308	69	2008/09	1
Q37	South East Coast	4572	3324	73	2008/09	1
Q38	South Central	4870	3450	71	2008/09	1
Q39	South West	6593	4634	70	2008/09	1

Table 3.7 Number of successful quitters confirmed by CO validation, by Strategic Health Authority, 2007/08 to 2008/09 Quarter 4 *continued*

England		Numbers / Percentages				
		Number successfully quit at 4 weeks (self-report) ¹	Number who had CO validated quitters as successfully quit (self-report), confirmed by successful quitters (self-CO validation)	a percentage of successful quitters (self-report)	Year	Quarter
	England	103,006	60,671	59	2007/08	4
Q30	North East	6,995	4,847	69	2007/08	4
Q31	North West	16,065	6,571	41	2007/08	4
Q32	Yorkshire and Humber	9,714	6,774	70	2007/08	4
Q33	East Midlands	9,367	5,650	60	2007/08	4
Q34	West Midlands	11,222	8,122	72	2007/08	4
Q35	East England	10,221	5,167	51	2007/08	4
Q36	London	15,946	8,815	55	2007/08	4
Q37	South East Coast	6,148	4,435	72	2007/08	4
Q38	South Central	6,384	4,131	65	2007/08	4
Q39	South West	10,944	6,159	56	2007/08	4
	England	71,517	41,966	59	2007/08	3
Q30	North East	4,615	3,519	76	2007/08	3
Q31	North West	12,389	5,305	43	2007/08	3
Q32	Yorkshire and Humber	7,038	4,783	68	2007/08	3
Q33	East Midlands	6,495	4,492	69	2007/08	3
Q34	West Midlands	7,020	5,162	74	2007/08	3
Q35	East England	7,620	3,474	46	2007/08	3
Q36	London	9,811	5,818	59	2007/08	3
Q37	South East Coast	4,554	2,758	61	2007/08	3
Q38	South Central	5,018	2,929	58	2007/08	3
Q39	South West	6,957	3,726	54	2007/08	3
	England	89,496	53,097	59	2007/08	2
Q30	North East	6,479	4,855	75	2007/08	2
Q31	North West	16,729	7,173	43	2007/08	2
Q32	Yorkshire and Humber	9,689	5,882	61	2007/08	2
Q33	East Midlands	6,652	5,342	80	2007/08	2
Q34	West Midlands	10,362	7,360	71	2007/08	2
Q35	East England	9,172	4,395	48	2007/08	2
Q36	London	11,564	6,500	56	2007/08	2
Q37	South East Coast	5,583	3,826	69	2007/08	2
Q38	South Central	5,437	3,387	62	2007/08	2
Q39	South West	7,829	4,377	56	2007/08	2
	England	86,781	53,008	61	2007/08	1
Q30	North East	6,352	4,958	78	2007/08	1
Q31	North West	14,092	6,438	46	2007/08	1
Q32	Yorkshire and Humber	8,999	6,262	70	2007/08	1
Q33	East Midlands	6,628	5,156	78	2007/08	1
Q34	West Midlands	11,563	8,384	73	2007/08	1
Q35	East England	9,365	4,334	46	2007/08	1
Q36	London	11,504	6,844	59	2007/08	1
Q37	South East Coast	5,655	3,725	66	2007/08	1
Q38	South Central	5,215	2,887	55	2007/08	1
Q39	South West	7,408	4,020	54	2007/08	1

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. 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

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Table 3.8 Number setting a quit date and outcome¹, by gender, Primary Care Trust and Strategic Health Authority, April 2008 to March 2009

England		Males					Females					Numbers
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	
England		313,920	161,281	80,309	72,330	107,414	357,339	175,773	100,525	81,041	116,864	
North East SHA	Q30	20,808	9,922	4,446	6,440	7,866	27,402	12,403	6,873	8,126	9,916	
County Durham PCT	5ND	4,390	2,288	759	1,343	1,987	5,435	2,714	1,051	1,670	2,346	
Darlington PCT	5J9	693	369	85	239	297	918	483	110	325	389	
Gateshead PCT	5KF	1,236	580	217	439	478	1,700	716	386	598	607	
Hartlepool PCT	5D9	1,071	477	375	219	272	1,621	663	643	315	402	
Middlesbrough PCT	5KM	1,155	525	294	336	376	1,643	676	561	406	491	
Newcastle PCT	5D7	2,037	971	535	531	807	2,497	1,179	710	608	994	
North Tyneside PCT	5D8	1,760	843	419	498	711	2,307	1,075	594	638	922	
Northumberland Care Trust	TAC	2,220	991	448	781	927	2,912	1,212	728	972	1,125	
Redcar & Cleveland PCT	5QR	1,018	512	264	242	319	1,465	640	467	358	439	
South Tyneside PCT	5KG	1,394	570	280	544	441	1,872	776	391	705	599	
North Tees PCT	5E1	1,549	666	538	345	331	2,014	795	828	391	413	
Sunderland Teaching PCT	5KL	2,285	1,130	232	923	920	3,018	1,474	404	1,140	1,189	
North West SHA	Q31	49,954	23,598	16,403	9,953	11,057	63,751	28,846	22,663	12,242	13,622	
Ashton, Leigh & Wigan PCT	5HG	3,167	1,171	1,996	0	419	4,276	1,532	2,744	0	516	
Blackburn with Darwen PCT	5CC	979	477	61	441	282	1,186	646	84	456	379	
Blackpool PCT	5HP	1,545	582	669	294	168	1,952	713	900	339	196	
Bolton PCT	5HQ	1,853	829	942	82	8	2,081	889	1,091	101	8	
Bury PCT	5JX	892	429	233	230	302	1,099	521	299	279	378	
Central & Eastern Cheshire PCT	5NP	2,319	1,219	615	485	407	2,852	1,447	838	567	528	
Central Lancashire PCT	5NG	2,526	1,514	869	143	963	2,976	1,714	1,066	196	1,012	
Cumbria PCT	5NE	1,857	1,244	400	213	857	2,464	1,527	625	312	1,068	
East Lancashire PCT	5NH	2,371	1,230	209	932	690	3,099	1,588	265	1,246	894	
Halton & St. Helens PCT	5NM	2,035	1,151	779	105	617	2,803	1,486	1,150	167	936	
Heywood, Middleton & Rochdale PCT	5NQ	1,902	854	554	494	379	2,270	966	676	628	428	
Knowsley PCT	5J4	1,763	723	666	374	501	2,890	1,145	1,134	611	834	
Liverpool PCT	5NL	3,971	1,880	1,538	553	1,181	5,755	2,603	2,363	789	1,582	
Manchester PCT	5NT	5,609	2,206	1,692	1,711	421	7,188	2,653	2,405	2,130	477	
North Lancashire PCT	5NF	1,885	1,031	502	352	435	1,847	978	560	309	340	
Oldham PCT	5J5	1,892	740	703	449	534	2,262	913	813	536	637	
Salford PCT	5F5	2,027	770	803	454	157	2,400	858	1,080	462	211	
Sefton PCT	5NJ	2,031	1,115	735	181	670	2,851	1,407	1,193	251	823	
Stockport PCT	5F7	1,904	817	672	415	73	2,398	1,006	915	477	100	
Tameside & Glossop PCT	5LH	1,216	814	103	299	478	1,550	1,025	138	387	615	
Trafford PCT	5NR	1,396	525	528	343	50	1,718	635	694	389	58	
Warrington PCT	5J2	709	369	80	260	345	652	412	67	173	383	
Western Cheshire PCT	5NN	1,807	814	421	572	508	2,209	917	631	661	572	
Wirral PCT	5NK	2,298	1,094	633	571	612	2,973	1,265	932	776	647	

Table 3.8 Number setting a quit date and outcome¹, by gender, Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England		Males					Females					Numbers
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	
England		313,920	161,281	80,309	72,330	107,414	357,339	175,773	100,525	81,041	116,864	
Yorkshire & Humber SHA	Q32	31,636	17,161	6,824	7,651	12,299	37,875	19,353	9,116	9,406	13,848	
Barnsley PCT	5JE	2,474	1,212	697	565	908	3,199	1,508	1,056	635	1,191	
Bradford & Airedale PCT	5NY	3,568	1,680	703	1,185	874	4,286	1,940	910	1,436	1,027	
Calderdale PCT	5J6	1,376	665	310	401	450	1,807	904	362	541	623	
Doncaster PCT	5N5	2,385	1,281	689	415	996	2,690	1,341	828	521	1,012	
East Riding of Yorkshire PCT	5NW	1,146	759	283	104	274	1,212	848	280	84	362	
Hull PCT	5NX	1,822	1,239	427	156	547	2,233	1,431	588	214	692	
Kirklees PCT	5N2	2,349	1,134	707	508	618	2,990	1,437	937	616	732	
Leeds PCT	5N1	3,708	2,740	465	503	2,322	3,549	2,169	692	688	1,649	
North East Lincolnshire Care Trust Plus	TAN	723	448	149	126	406	955	580	244	131	520	
North Lincolnshire PCT	5EF	532	330	75	127	301	721	426	99	196	369	
North Yorkshire & York PCT	5NV	4,016	1,940	950	1,126	1,534	4,565	2,203	1,093	1,269	1,844	
Rotherham PCT	5H8	2,121	1,045	569	507	737	2,783	1,241	906	636	898	
Sheffield PCT	5N4	2,667	1,377	402	888	1,106	3,264	1,629	547	1,088	1,356	
Wakefield District PCT	5N3	2,749	1,311	398	1,040	1,226	3,621	1,696	574	1,351	1,573	
East Midlands SHA	Q33	26,217	14,881	4,867	6,469	10,264	29,789	16,684	6,154	6,951	10,707	
Bassetlaw PCT	5ET	811	426	313	72	290	808	379	344	85	236	
Derby City PCT	5N7	1,753	1,014	524	215	413	2,127	1,203	693	231	461	
Derbyshire County PCT	5N6	3,662	2,224	687	751	1,489	4,808	2,636	1,000	972	1,633	
Leicester City PCT	5PC	2,858	1,207	207	1,444	1,027	2,986	1,341	239	1,406	1,125	
Leicestershire County & Rutland PCT	5PA	3,534	2,212	691	631	1,778	3,553	2,182	768	603	1,760	
Lincolnshire PCT	5N9	4,566	2,311	315	1,940	1,860	5,206	2,890	289	2,027	2,042	
Northampton PCT	5PD	3,672	2,150	998	524	1,417	4,455	2,436	1,417	602	1,473	
Nottingham City PCT	5EM	1,397	960	350	87	514	1,987	1,363	496	128	695	
Nottinghamshire County PCT	5N8	3,964	2,377	782	805	1,476	4,059	2,254	908	897	1,282	
West Midlands SHA	Q34	36,588	18,200	10,610	7,778	12,884	39,203	18,419	12,568	8,216	13,227	
Birmingham East & North PCT	5PG	3,341	1,813	899	629	1,178	3,749	1,836	1,151	762	1,193	
Coventry Teaching PCT	5MD	2,031	666	432	933	444	2,196	769	503	924	482	
Dudley PCT	5PE	2,222	1,146	697	379	941	2,481	1,231	808	442	1,045	
Heart of Birmingham Teaching PCT	5MX	2,891	1,684	536	671	1,383	1,657	937	354	366	764	
Herefordshire PCT	5CN	1,101	457	357	287	352	1,211	511	412	288	411	
North Staffordshire PCT	5PH	1,097	500	340	257	381	1,415	648	462	305	495	
Sandwell PCT	5PF	2,023	905	538	580	136	2,425	1,049	703	673	160	
Shropshire County PCT	5M2	1,698	918	653	127	835	1,781	923	680	178	854	
Solihull Care Trust	TAM	1,336	592	409	335	431	1,605	686	487	432	500	
South Birmingham PCT	5M1	2,080	949	1,060	71	760	2,906	1,273	1,529	104	1,026	
South Staffordshire PCT	5PK	4,104	2,220	1,193	691	1,157	3,363	1,738	1,011	614	902	
Stoke on Trent PCT	5PJ	2,140	911	386	843	837	2,356	941	511	904	854	
Telford & Wrekin PCT	5MK	1,189	641	457	91	597	1,544	756	644	144	720	
Walsall Teaching PCT	5M3	1,659	905	572	182	806	1,865	956	710	199	836	
Warwickshire PCT	5PM	2,969	1,550	912	507	1,217	3,379	1,712	1,132	535	1,379	
Wolverhampton City PCT	5MV	1,765	868	584	313	573	2,137	983	816	338	733	
Worcestershire PCT	5PL	2,942	1,475	585	882	856	3,133	1,470	655	1,008	873	

Table 3.8 Number setting a quit date and outcome¹, by gender, Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England		Males					Females					Numbers
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	
England		313,920	161,281	80,309	72,330	107,414	357,339	175,773	100,525	81,041	116,864	
East England SHA	Q35	30,856	16,828	6,729	7,299	11,250	34,359	17,755	8,266	8,338	12,129	
Bedfordshire PCT	5P2	2,248	1,290	606	352	546	2,552	1,417	652	483	643	
Cambridgeshire PCT	5PP	2,965	1,470	762	733	761	3,250	1,579	974	697	784	
East & North Hertfordshire PCT	5P3	1,416	791	336	289	646	1,783	977	486	320	813	
Great Yarmouth & Waveney PCT	5PR	1,475	754	402	319	549	1,394	678	434	282	496	
Luton PCT	5GC	1,183	822	215	146	238	990	632	228	130	205	
Mid Essex PCT	5PX	1,813	1,240	190	383	1,076	2,051	1,335	202	514	1,217	
Norfolk PCT	5PQ	4,028	2,156	794	1,078	1,545	4,059	2,107	933	1,019	1,571	
North East Essex PCT	5PW	2,402	1,172	264	966	1,050	2,994	1,363	392	1,239	1,191	
Peterborough PCT	5PN	1,394	683	376	335	590	1,390	629	422	339	526	
South East Essex PCT	5P1	2,464	1,339	241	884	837	3,033	1,470	303	1,260	903	
South West Essex PCT	5PY	2,930	1,558	779	593	1,031	3,688	1,883	1,079	726	1,245	
Suffolk PCT	5PT	3,600	1,997	955	648	1,234	3,664	1,873	1,128	663	1,219	
West Essex PCT	5PV	1,668	886	465	317	588	2,001	1,028	626	347	673	
West Hertfordshire PCT	5P4	1,270	670	344	256	559	1,510	784	407	319	643	
London SHA	Q36	49,769	23,757	12,160	13,852	15,832	48,867	22,688	12,425	13,754	15,797	
Barking & Dagenham PCT	5C2	1,179	606	532	41	581	1,430	687	694	49	664	
Barnet PCT	5A9	2,212	1,114	667	431	1,001	2,423	1,120	767	536	1,004	
Bexley Care Trust	TAK	1,073	717	337	19	689	1,504	938	547	19	901	
Brent Teaching PCT	5K5	1,091	470	423	198	200	644	264	225	155	119	
Bromley PCT	5A7	1,155	566	351	238	386	1,542	715	502	325	509	
Camden PCT	5K7	2,550	1,058	425	1,067	535	2,299	914	384	1,001	498	
City & Hackney Teaching PCT	5C3	2,160	607	215	1,338	538	2,174	642	264	1,268	603	
Croydon PCT	5K9	1,327	298	279	750	240	1,573	353	316	904	291	
Ealing PCT	5HX	1,927	612	656	659	344	1,615	531	558	526	326	
Enfield PCT	5C1	1,273	756	21	496	475	1,330	786	15	529	491	
Greenwich Teaching PCT	5A8	1,424	666	231	527	448	1,696	809	302	585	544	
Hammersmith & Fulham PCT	5H1	1,324	560	216	548	333	1,362	606	220	536	344	
Haringey Teaching PCT	5C9	1,557	925	15	617	568	1,725	1,014	22	689	587	
Harrow PCT	5K6	1,001	611	388	2	547	820	465	352	3	420	
Havering PCT	5A4	1,150	549	601	0	504	1,477	697	780	0	631	
Hillingdon PCT	5AT	1,301	671	61	569	569	1,579	820	69	690	706	
Hounslow PCT	5HY	2,484	1,045	502	937	375	1,803	651	481	671	247	
Islington PCT	5K8	2,009	1,115	286	608	417	2,445	1,365	386	694	513	
Kensington & Chelsea PCT	5LA	1,566	596	772	198	198	985	360	505	120	155	
Kingston PCT	5A5	602	331	182	89	300	703	383	220	100	348	
Lambeth PCT	5LD	2,894	1,308	1,120	466	671	2,611	1,125	988	498	532	
Lewisham PCT	5LF	1,438	708	317	413	552	1,914	876	469	569	663	
Newham PCT	5C5	2,585	1,241	675	669	689	1,870	930	476	464	593	
Redbridge PCT	5NA	1,318	916	29	373	360	1,121	772	28	321	292	
Richmond & Twickenham PCT	5M6	524	298	171	55	263	491	273	150	68	246	
Southwark PCT	5LE	1,748	584	547	617	418	1,865	693	584	588	508	
Sutton & Merton PCT	5M7	1,262	608	338	316	492	1,676	713	528	435	585	
Tower Hamlets PCT	5C4	2,860	1,416	681	763	1,046	1,999	917	516	566	793	
Waltham Forest PCT	5NC	1,666	1,013	432	221	842	1,546	877	431	238	758	
Wandsworth PCT	5LG	1,003	534	223	246	354	1,011	481	239	291	315	
Westminster PCT	5LC	2,106	1,258	467	381	897	1,634	911	407	316	611	

Table 3.8 Number setting a quit date and outcome¹, by gender, Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England		Males					Females					Numbers
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	
England		313,920	161,281	80,309	72,330	107,414	357,339	175,773	100,525	81,041	116,864	
South Central SHA	Q38	20,588	11,324	4,836	4,428	8,028	22,653	11,646	6,126	4,881	8,223	
Berkshire East PCT	5QG	1,871	997	182	692	785	1,748	826	206	716	636	
Berkshire West PCT	5QF	1,997	1,179	376	442	939	2,040	1,144	393	503	886	
Buckinghamshire PCT	5QD	1,534	900	299	335	506	1,565	827	332	406	473	
Hampshire PCT	5QC	6,734	3,535	2,041	1,158	2,929	7,954	3,961	2,662	1,331	3,263	
Isle of Wight PCT	5QT	934	571	146	217	458	932	501	168	263	360	
Milton Keynes PCT	5CQ	1,265	795	248	222	618	1,351	802	264	285	628	
Oxford PCT	5QE	3,181	1,857	481	843	632	2,887	1,621	558	708	550	
Portsmouth City Teaching PCT	5FE	1,519	664	606	249	577	2,162	872	957	333	744	
Southampton City PCT	5L1	1,553	826	457	270	584	2,014	1,092	586	336	683	
South West SHA	Q39	28,668	15,766	8,572	4,330	10,761	31,331	16,581	10,255	4,495	11,149	
Bath & North East Somerset PCT	5FL	848	516	258	74	357	1,059	605	356	98	429	
Bournemouth & Poole PCT	5QN	2,017	999	606	412	815	2,152	1,052	651	449	861	
Bristol PCT	5QJ	2,063	1,108	502	453	642	2,393	1,329	571	493	811	
Cornwall & Isles Of Scilly PCT	5QP	3,095	1,786	535	774	1,577	3,480	1,927	714	839	1,746	
Devon PCT	5QQ	3,345	2,080	992	273	1,035	3,674	2,228	1,195	251	936	
Dorset PCT	5QM	1,891	1,157	370	364	804	1,758	1,111	334	313	785	
Gloucestershire PCT	5QH	3,099	1,736	952	411	1,266	3,267	1,794	1,048	425	1,315	
North Somerset PCT	5M8	1,132	622	401	109	377	1,311	682	501	128	420	
Plymouth Teaching PCT	5F1	2,093	941	641	511	551	2,610	1,150	953	507	698	
Somerset PCT	5QL	3,556	1,685	1,833	38	1,176	3,811	1,738	2,050	23	1,242	
South Gloucestershire PCT	5A3	1,265	744	406	115	560	1,286	592	523	171	414	
Swindon PCT	5K3	967	580	243	144	357	1,166	643	352	171	411	
Torbay Care Trust	TAL	943	462	226	255	336	1,052	503	276	273	303	
Wiltshire PCT	5QK	2,354	1,350	607	397	908	2,312	1,227	731	354	778	

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. 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 NHS Information Centre

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Table 3.9 Number setting a quit date and outcome¹, by age group Primary Care Trust and Strategic Health Authority, April 2008 to March 2009

England	Numbers																				
	under 34					35-44					45-59					60+					
	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	
England	227,822	100,358	63,067	64,397	62,755	164,818	84,701	42,301	37,816	56,912	174,180	91,095	47,526	35,047	62,631	104,439	60,900	27,896	15,405	41,980	
North East SHA	Q30	16,899	6,336	4,270	6,293	4,810	11,338	5,466	2,510	3,362	4,395	12,830	6,562	2,938	3,430	5,302	7,043	3,961	1,601	1,481	3,275
County Durham PCT	5ND	3,357	1,434	674	1,249	1,230	2,336	1,258	384	694	1,089	2,598	1,405	459	734	1,205	1,534	905	293	336	809
Darlington PCT	5J9	532	243	62	227	195	399	215	44	140	166	449	260	48	141	208	231	134	41	56	117
Gateshead PCT	5KF	996	352	236	408	284	697	323	116	258	284	771	351	166	254	295	472	270	85	117	222
Hartlepool PCT	5D9	984	322	411	251	145	659	310	224	125	206	759	343	284	132	215	290	165	99	26	108
Middlesbrough PCT	5KM	1,074	369	329	376	246	638	302	197	139	218	737	349	230	158	267	349	181	99	69	136
Newcastle PCT	5D7	1,659	666	464	529	553	1,017	483	278	256	420	1,202	625	328	249	528	656	376	175	105	300
North Tyneside PCT	5D8	1,393	505	390	498	419	934	461	229	244	394	1,098	585	252	261	505	642	367	142	133	315
Northumberland Care Trust	TAC	1,787	596	409	782	526	1,167	500	251	416	473	1,380	678	294	408	644	798	429	222	147	409
Redcar & Cleveland PCT	5QR	943	355	305	283	197	590	275	168	147	195	616	328	180	108	229	334	194	78	62	137
South Tyneside PCT	5KG	1,090	347	231	512	259	758	330	125	303	249	881	398	196	287	320	537	271	119	147	212
North Tees PCT	5E1	1,247	412	498	337	166	903	384	352	167	204	963	450	349	164	238	450	215	167	68	136
Sunderland Teaching PCT	5KL	1,837	735	261	841	590	1,240	625	142	473	497	1,476	790	152	534	648	750	454	81	215	374
North West SHA	Q31	36,984	15,074	12,957	8,953	6,564	27,840	13,153	9,185	5,502	6,236	30,722	14,593	10,770	5,359	7,227	18,159	9,624	6,154	2,381	4,652
Ashton, Leigh & Wigan PCT	5HG	2,397	751	1,646	0	241	1,603	558	1,045	0	201	2,012	744	1,268	0	270	1,431	650	781	0	223
Blackburn with Darwen PCT	5CC	845	435	59	351	248	546	278	31	237	169	539	289	42	208	173	235	121	13	101	71
Blackpool PCT	5HP	1,113	353	510	250	108	809	311	355	143	88	1,022	408	436	178	111	553	223	268	62	57
Bolton PCT	5HQ	1,270	504	680	96	4	948	426	470	52	3	1,037	448	563	26	5	679	340	320	19	4
Bury PCT	5JX	678	255	197	226	161	515	267	116	132	181	487	251	131	105	311	177	88	46	146	146
Central & Eastern Cheshire PCT	5NP	1,694	773	509	412	263	1,249	645	341	263	216	1,370	736	384	250	276	858	512	219	127	180
Central Lancashire PCT	5NG	1,952	1,112	683	157	637	1,338	826	432	80	520	1,428	824	529	75	528	784	466	291	27	290
Cumbria PCT	5NE	1,119	635	269	215	401	1,064	702	232	130	480	1,261	814	319	128	578	620	205	52	466	
East Lancashire PCT	5NH	1,922	821	198	903	442	1,363	730	96	537	387	1,445	804	123	518	467	740	463	57	220	288
Halton & St. Helens PCT	5NM	1,558	749	679	130	384	1,270	702	515	53	444	1,377	768	540	69	479	633	418	195	20	246
Heywood, Middleton & Rochdale PCT	5NQ	1,474	536	417	521	211	1,045	564	315	266	208	1,066	511	315	240	242	587	309	183	95	146
Knowsley PCT	5J4	1,368	466	574	328	323	1,240	532	453	255	338	1,419	577	550	292	452	626	293	223	110	222
Liverpool PCT	5NL	2,990	1,242	1,287	461	646	2,512	1,138	1,007	367	702	2,839	1,344	1,133	362	885	1,385	759	474	152	530
Manchester PCT	5NT	4,621	1,639	1,416	1,566	285	3,105	1,205	961	939	228	3,288	1,242	1,139	907	246	1,783	773	581	429	139
North Lancashire PCT	5NF	1,201	598	318	285	248	866	476	249	141	174	1,001	549	291	161	196	664	386	204	74	157
Oldham PCT	5JS	1,522	463	584	475	312	1,025	430	362	233	308	1,047	472	380	195	331	560	288	190	82	220
Salford PCT	5F5	1,388	445	599	344	89	908	344	381	183	81	1,184	447	485	252	105	947	392	418	137	93
Sefton PCT	5NJ	1,356	638	569	149	360	1,231	623	473	135	358	1,391	749	536	106	456	904	512	350	42	319
Stockport PCT	5F7	1,279	476	445	358	46	1,117	517	365	235	48	1,156	487	451	218	45	750	343	326	81	34
Tameside & Glossop PCT	5LH	837	501	72	264	261	689	465	59	165	287	753	516	70	167	331	487	357	40	90	214
Trafford PCT	5NR	889	282	347	260	24	732	258	281	193	24	854	331	333	190	29	639	289	261	89	31
Warrington PCT	5J2	487	242	65	180	221	398	204	51	143	184	294	198	20	76	190	182	137	11	34	133
Western Cheshire PCT	5NN	1,296	486	325	485	265	1,014	482	236	296	307	1,048	447	293	308	301	658	316	198	144	207
Wirral PCT	5NK	1,728	672	509	547	384	1,253	570	359	324	300	1,404	637	439	328	339	886	480	258	148	236

Table 3.9 Number setting a quit date and outcome¹, by age group Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England		under 34				35-44				45-59				60+				Numbers			
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date		Number of successful quitters	Number who had not quit	Number not known/lost to follow up
England		227,822	100,358	63,067	64,397	62,755	164,818	84,701	42,301	37,816	56,812	174,180	91,095	47,560	35,525	62,631	104,439	60,900	27,906	15,633	41,980
Yorkshire & Humber SHA	Q32	24,516	11,304	5,764	7,448	7,879	16,515	8,900	3,483	4,132	6,288	17,823	9,759	4,190	3,874	7,079	10,657	6,551	2,503	1,603	4,901
Barnsley PCT	SJE	2,148	799	701	648	538	1,246	831	375	240	481	1,466	768	463	235	621	813	522	214	77	448
Bradford & Airedale PCT	5NY	2,738	1,051	545	1,142	501	1,901	910	351	640	490	2,082	1,019	463	600	550	1,133	640	254	239	360
Calderdale PCT	5J6	1,007	407	215	385	292	805	414	142	249	271	888	468	195	225	320	483	280	120	83	190
Doncaster PCT	5N5	2,061	906	686	469	700	1,089	597	302	190	442	1,228	670	347	211	511	697	449	182	66	355
East Riding of Yorkshire PCT	5NW	732	428	216	88	150	540	385	111	44	145	646	473	137	36	208	440	321	99	20	133
Hull PCT	5NX	1,397	830	391	176	373	921	627	208	86	312	1,123	762	283	78	333	614	451	133	30	221
Kirkcaldy PCT	5N2	1,761	730	552	479	359	1,314	686	359	269	351	1,404	676	468	260	364	860	479	265	116	276
Leeds PCT	5N1	3,131	2,165	442	524	1,842	1,597	1,022	283	292	773	1,578	1,040	267	271	818	951	682	165	104	538
North East Lincolnshire Care Trust Plus	TAN	473	256	119	98	218	441	251	110	80	227	473	335	92	46	308	291	186	72	33	173
North Lincolnshire PCT	5EF	363	172	58	133	149	320	188	47	85	157	343	231	43	69	214	227	165	26	36	150
North Yorkshire & York PCT	5NV	2,882	1,188	690	1,004	903	2,142	1,072	439	631	868	2,180	1,122	524	534	970	1,377	761	390	226	637
Rotherham PCT	5H8	1,834	726	561	547	456	1,090	543	295	252	406	1,214	575	380	259	421	766	442	239	85	352
Sheffield PCT	5N4	1,855	819	290	746	648	1,490	765	217	508	614	1,471	761	249	461	621	1,115	661	193	261	579
Wakefield District PCT	5N3	2,134	827	298	1,009	749	1,619	809	244	566	741	1,727	859	279	589	820	890	512	151	227	489
East Midlands SHA	Q33	20,132	10,208	4,107	5,817	6,001	13,230	7,611	2,445	3,174	5,076	14,018	8,233	2,754	3,031	5,832	8,626	5,513	1,715	1,398	4,062
Bassetlaw PCT	5ET	536	208	252	76	131	390	213	138	39	141	432	234	170	29	149	261	150	87	14	105
Derby City PCT	5N7	1,461	761	472	228	213	944	539	308	97	221	884	514	273	97	591	403	164	24	187	187
Derbyshire County PCT	5N6	2,643	1,317	581	745	790	2,012	1,208	388	416	757	2,240	1,419	430	391	930	1,375	916	288	171	645
Leicester City PCT	5PC	2,477	956	153	1,368	757	1,392	582	108	702	485	1,327	654	117	556	581	648	356	68	224	329
Leicestershire County & Rutland PCT	5PA	2,604	1,447	585	572	1,114	1,732	1,100	333	299	846	1,600	1,054	732	239	878	1,151	793	234	124	700
Lincolnshire PCT	5N9	3,452	1,666	166	1,620	1,008	2,160	1,149	116	895	1,222	1,290	185	963	1,093	1,722	1,096	137	489	879	879
Northampton PCT	5PD	2,594	1,361	781	452	802	1,909	1,117	518	274	696	2,230	1,263	684	283	829	1,394	845	432	117	563
Nottingham City PCT	5EM	1,430	946	383	101	399	799	559	192	48	314	784	553	186	45	319	371	265	85	21	177
Nottinghamshire County PCT	5N8	2,935	1,546	734	655	787	1,892	1,144	344	404	694	2,083	1,252	402	429	800	1,113	689	210	214	477
West Midlands SHA	Q34	27,158	11,602	8,629	6,927	7,987	18,611	9,253	5,391	3,967	6,657	18,906	9,396	5,883	3,627	6,774	11,116	6,368	3,275	1,473	4,693
Birmingham East & North PCT	5PG	2,250	1,085	624	541	649	1,819	958	488	373	619	1,950	982	624	344	647	1,071	624	314	133	456
Coventry Teaching PCT	5MD	1,550	424	328	798	249	1,052	358	227	467	248	1,054	382	240	432	254	571	271	140	160	175
Dudley PCT	5PE	1,541	713	467	341	588	1,152	617	323	212	517	1,116	559	377	180	475	894	488	318	88	406
Heart of Birmingham Teaching PCT	5MX	2,219	1,227	424	568	970	1,052	603	215	234	505	676	539	172	165	458	401	252	79	70	214
Herefordshire PCT	5CN	842	297	282	263	218	557	265	152	140	214	601	255	213	133	205	312	151	122	39	126
North Staffordshire PCT	5PH	806	301	269	236	219	640	313	193	134	232	671	322	212	137	250	395	212	128	55	175
Sandwell PCT	5PF	1,628	625	456	547	93	1,071	484	267	320	73	1,102	507	331	264	67	647	338	187	122	63
Shropshire County PCT	5M2	1,351	579	611	161	529	795	432	287	66	390	809	474	286	49	436	534	356	149	29	334
Solihull Care Trust	TAM	869	320	271	278	208	798	342	258	198	259	796	375	217	204	281	478	241	150	87	183
South Birmingham PCT	5M1	1,679	660	941	78	518	1,286	589	655	42	479	1,311	613	663	35	486	710	360	330	20	303
South Staffordshire PCT	5PK	2,821	1,373	830	618	728	1,813	980	516	317	499	1,787	944	559	284	493	1,046	661	299	86	339
Stoke on Trent PCT	5PJ	1,564	513	339	712	452	1,077	467	181	429	424	1,214	528	253	433	492	641	344	124	173	323
Telford & Wrekin PCT	5MK	1,068	439	507	122	416	609	309	250	50	294	671	398	235	38	370	385	251	109	25	237
Walsall Teaching PCT	5M3	1,431	657	597	187	555	890	486	295	99	441	790	441	280	69	388	423	277	120	26	258
Warwickshire PCT	5PM	2,148	947	719	482	711	1,625	873	489	263	707	1,606	828	552	226	661	969	614	284	71	517
Wolverhampton City PCT	5MV	1,457	620	548	399	399	941	485	299	157	356	937	432	361	144	309	567	314	192	61	242
Worcestershire PCT	5PL	1,934	822	406	706	485	1,454	692	296	466	400	1,615	817	308	490	502	1,072	614	230	228	342

Table 3.9 Number setting a quit date and outcome¹, by age group Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England		under 34				35-44				45-59				60+				Numbers			
		Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date		Number of successful quitters	Number who had not quit	Number not known/lost to follow up
England		227,822	100,358	63,067	64,397	62,755	164,818	84,701	42,301	37,816	56,912	174,180	91,095	47,560	35,525	62,631	104,439	60,900	27,906	15,633	41,980
East England SHA	Q35	20,424	9,224	4,800	6,400	5,864	16,149	8,734	3,520	3,895	6,130	17,013	9,513	3,901	3,599	6,574	11,629	7,112	2,774	1,743	4,811
Bedfordshire PCT	5P2	1,437	637	402	398	293	1,182	713	292	187	342	1,317	807	334	176	358	854	550	230	74	196
Cambridgeshire PCT	5PP	2,014	831	606	577	393	1,422	713	373	336	415	1,623	845	436	342	399	1,156	660	321	175	338
East & North Hertfordshire PCT	5P3	1,036	511	256	269	391	904	517	214	173	419	702	399	191	112	346	557	341	161	55	303
Great Yarmouth & Waveney PCT	5PR	838	370	223	245	260	681	344	180	157	266	781	387	261	133	286	569	331	172	66	233
Luton PCT	5GC	530	325	110	95	99	509	321	105	83	111	609	399	134	76	146	525	409	94	22	87
Mid Essex PCT	5PX	1,091	619	109	363	386	1,033	664	106	263	644	1,015	728	99	188	715	725	564	78	83	548
Norfolk PCT	5PQ	2,307	1,054	461	792	726	1,041	415	514	774	2,148	1,174	458	516	882	1,662	994	393	275	734	
North East Essex PCT	5PW	1,819	671	203	945	555	1,290	615	127	548	536	1,356	697	176	483	641	931	552	150	229	509
Peterborough PCT	5PN	1,115	463	303	349	392	676	326	208	142	314	679	344	204	131	300	314	179	83	52	151
South East Essex PCT	5P1	1,619	670	185	764	435	1,347	714	116	517	449	1,490	817	129	544	514	1,041	608	114	319	342
South West Essex PCT	5PY	2,253	993	706	554	638	1,699	931	447	637	1,678	957	421	300	657	988	560	284	144	344	
Suffolk PCT	5PT	2,373	1,118	658	597	644	1,716	906	489	321	580	1,972	1,114	572	286	717	1,203	732	364	107	512
West Essex PCT	5PV	1,076	528	334	214	325	955	515	246	194	354	889	513	297	179	320	649	358	214	77	262
West Hertfordshire PCT	5P4	916	434	244	238	327	755	414	202	139	330	654	332	189	133	293	455	274	116	65	252
London SHA	Q36	35,289	15,063	8,956	11,270	9,578	25,213	12,008	6,097	7,108	8,146	24,685	12,041	6,243	5,889	8,614	13,449	7,333	3,245	2,633	5,291
Barking & Dagenham PCT	5C2	895	378	487	30	359	295	279	23	285	713	370	320	23	356	404	250	140	14	245	
Barnet PCT	5A9	1,578	775	481	322	680	1,103	503	354	246	451	1,234	579	382	273	531	720	377	217	128	243
Bexley Care Trust	TAK	724	441	267	16	404	616	378	231	7	372	732	483	240	9	473	505	353	146	6	341
Brent Teaching PCT	5K5	690	280	292	118	125	427	160	162	105	74	415	205	130	80	85	203	89	64	50	35
Bromley PCT	5A7	774	319	248	207	205	754	356	232	166	252	694	341	228	125	235	475	265	145	65	203
Camden PCT	5K7	1,744	590	280	874	304	1,408	610	210	588	310	1,136	495	216	425	271	581	277	103	181	148
City & Hackney Teaching PCT	5C3	1,566	400	139	1,027	365	1,126	322	124	680	296	1,061	321	140	600	300	581	206	76	259	180
Croydon PCT	5K9	1,001	184	187	630	135	760	171	157	432	146	716	177	149	390	140	423	119	102	202	110
Ealing PCT	5HX	1,525	450	563	512	224	810	260	266	284	158	726	254	227	245	160	481	179	158	144	128
Enfield PCT	5C1	861	494	16	351	293	647	392	7	248	268	689	407	8	274	252	406	249	5	152	153
Greenwich Teaching PCT	5A8	1,013	425	153	435	263	753	380	128	265	233	875	427	169	279	300	479	263	83	133	196
Hammersmith & Fulham PCT	5H1	880	363	116	401	181	719	304	123	292	182	710	318	117	275	193	377	181	80	116	121
Haringey Teaching PCT	5C9	1,176	678	9	489	374	825	497	8	320	294	876	527	-	337	405	237	-	-	-	150
Harrow PCT	5K6	674	366	307	1	327	422	245	175	2	218	453	285	166	2	256	272	180	92	0	166
Havering PCT	5A4	799	307	492	0	260	636	280	356	0	259	693	364	329	0	337	499	295	204	0	279
Hillingdon PCT	5AT	922	415	41	466	354	790	425	30	335	379	729	394	33	302	328	439	257	26	156	214
Hounslow PCT	5HY	2,098	850	442	806	260	849	320	199	330	113	867	312	234	321	143	473	214	108	151	106
Islington PCT	5K8	1,393	700	217	476	265	1,134	640	164	330	214	1,246	701	207	338	267	681	439	84	158	184
Kensington & Chelsea PCT	5LA	1,191	439	599	153	117	616	243	301	72	100	532	186	276	70	92	212	88	101	23	44
Kingston PCT	5A5	424	202	148	74	180	315	168	94	53	146	363	211	107	45	204	203	133	53	17	118
Lambeth PCT	5LD	1,883	750	661	472	413	1,591	763	563	265	351	1,404	629	590	185	305	627	291	294	42	134
Lewisham PCT	5LF	1,080	427	243	410	318	871	413	201	257	300	948	494	226	228	389	453	250	116	87	208
Newham PCT	5C5	1,801	789	466	546	384	1,210	600	299	311	344	1,002	517	281	204	347	442	265	105	72	207
Redbridge PCT	5NA	838	513	21	304	174	592	399	12	181	180	559	396	-	171	450	380	-	-	-	127
Richmond & Twickenham PCT	5M6	325	160	113	52	143	303	189	85	29	165	238	124	77	27	108	150	98	46	15	93
Southwark PCT	5LE	1,112	360	306	446	253	949	367	284	298	255	1,058	371	363	324	290	494	179	178	137	128
Sutton & Merton PCT	5M7	997	342	342	313	276	743	366	186	191	285	750	378	201	171	318	448	235	137	76	198
Tower Hamlets PCT	5C4	1,830	808	428	594	657	1,298	666	297	335	499	1,212	590	321	301	477	519	269	151	99	206
Waltham Forest PCT	5NC	1,009	522	307	180	414	808	452	227	129	393	837	497	221	119	446	558	419	108	31	347
Wandsworth PCT	5LG	723	368	179	176	229	573	282	133	158	192	491	242	105	144	170	227	123	45	59	78
Westminster PCT	5LC	1,763	968	409	389	642	968	582	210	176	432	736	446	180	110	333	273	173	78	22	101

Table 3.9 Number setting a quit date and outcome¹, by age group Primary Care Trust and Strategic Health Authority, April 2008 to March 2009 *continued*

England	Numbers																				
	under 34					35-44					45-59					60+					
	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	Number setting a quit date	Number of successful quitters	Number who had not quit	Number not known/lost to follow up	Number who had successfully quit (self-report), confirmed by CO validation ²	
England	227,822	100,358	63,067	64,397	62,755	164,818	84,701	42,301	37,816	56,912	174,180	91,095	47,560	35,525	62,631	104,439	60,900	27,906	15,633	41,980	
South East Coast SHA	Q37	12,796	5,656	3,717	3,423	3,856	10,433	5,548	2,629	2,256	4,045	10,841	5,903	2,837	2,101	4,419	6,875	4,135	1,758	982	3,099
Brighton & Hove City PCT	SLQ	1,093	584	225	284	446	1,072	644	185	243	526	888	529	177	182	440	419	264	86	69	204
East Sussex Downs & Weald PCT	5P7	1,117	486	373	258	369	828	465	208	155	348	1,032	591	257	184	441	625	377	158	90	289
Eastern & Coastal Kent PCT	5QA	2,716	1,152	966	598	829	1,909	1,005	601	303	771	2,260	1,266	686	308	1,007	1,433	887	391	155	724
Hastings & Rother PCT	5P8	1,005	409	190	406	355	803	376	157	270	330	858	420	199	239	357	562	314	130	138	287
Medway PCT	5L3	1,034	473	239	322	302	816	456	152	208	316	836	451	200	185	312	458	299	102	57	203
Surrey PCT	5P5	1,612	916	374	322	559	1,355	824	323	208	548	1,406	804	387	215	551	922	561	257	104	372
West Kent PCT	5P9	2,152	786	818	548	414	1,742	785	541	416	469	1,677	811	472	394	527	1,149	648	294	207	403
West Sussex PCT	5P6	2,067	850	532	685	582	1,908	993	462	453	737	1,884	1,031	459	394	784	1,287	785	340	162	617
South Central SHA	Q38	14,705	6,968	3,709	4,028	4,561	10,679	5,832	2,632	2,215	4,249	11,150	6,135	2,874	2,141	4,549	6,707	4,035	1,747	925	2,892
Berkshire East PCT	5QG	1,365	654	141	570	533	835	420	325	300	912	461	86	365	358	507	288	71	148	230	
Berkshire West PCT	5QF	1,424	735	294	395	571	979	575	158	246	430	1,014	615	200	199	500	620	398	117	105	324
Buckinghamshire PCT	5QD	905	440	188	277	228	784	446	145	193	244	798	471	153	174	278	612	370	145	97	229
Hampshire PCT	5QC	4,664	1,988	1,587	1,089	1,524	3,798	2,040	1,152	606	1,733	3,939	2,137	1,239	563	1,817	2,287	1,331	725	231	1,118
Isle of Wight PCT	5QT	520	315	69	136	230	449	251	83	115	200	526	291	96	139	232	371	215	66	90	156
Milton Keynes PCT	5CQ	781	436	151	194	330	673	424	132	117	335	741	460	140	141	370	421	277	89	55	211
Oxford PCT	5QE	2,415	1,269	349	797	413	1,389	800	234	355	314	1,362	739	271	292	266	902	610	185	107	189
Portsmouth City Teaching PCT	5FE	1,260	423	581	256	344	956	433	385	138	369	977	440	402	135	395	488	240	195	53	213
Southampton City PCT	5L1	1,371	708	349	314	388	816	443	253	120	324	881	461	287	133	333	499	306	154	39	222
South West SHA	Q39	18,919	8,923	6,158	3,838	5,655	14,810	8,196	4,409	2,205	5,690	16,092	8,960	5,136	1,996	6,261	10,178	6,268	3,124	786	4,304
Bath & North East Somerset PCT	5FL	651	351	216	84	236	513	299	174	40	214	462	296	130	36	216	281	175	94	12	120
Bournemouth & Poole PCT	5QN	1,222	525	371	336	392	1,080	561	297	222	466	1,210	613	371	226	512	657	352	218	67	306
Bristol PCT	5QJ	1,536	777	338	421	441	1,099	599	256	244	348	1,201	671	320	210	402	620	390	159	71	262
Cornwall & Isles Of Scilly PCT	5QP	2,080	959	452	669	881	1,612	986	249	377	868	1,715	1,010	330	375	902	1,168	758	218	192	672
Devon PCT	5QQ	2,044	1,160	647	237	424	1,535	959	455	121	482	1,944	1,182	644	118	568	1,496	1,007	441	48	497
Dorset PCT	5QM	1,012	549	197	266	380	785	499	121	165	361	976	622	183	171	431	876	598	203	75	417
Gloucestershire PCT	5QH	1,899	879	646	364	583	1,663	852	462	229	684	1,753	1,038	536	179	806	1,061	661	336	64	508
North Somerset PCT	5MB	880	334	241	105	185	654	345	245	64	205	688	383	250	55	261	421	242	166	13	146
Plymouth Teaching PCT	5F1	1,632	584	566	482	299	1,138	540	358	240	315	1,274	595	452	227	394	659	372	218	69	241
Somerset PCT	5QL	2,211	825	1,358	28	544	1,805	852	936	17	636	2,077	1,032	1,034	11	736	1,274	714	555	5	502
South Gloucestershire PCT	5A3	1,022	545	336	141	409	607	309	226	72	215	588	287	249	52	198	334	195	118	21	152
Swindon PCT	5K3	745	393	216	136	243	624	372	160	92	220	496	289	139	68	189	268	169	80	19	116
Torbay Care Trust	TAL	629	275	141	213	167	472	229	111	132	171	569	272	164	133	211	325	189	86	50	70
Wiltshire PCT	5QK	1,566	767	433	366	451	1,223	694	339	190	505	1,139	670	334	135	435	738	446	232	60	295

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. 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 NHS Information Centre

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Table 3.10 People setting a quit date and successful quitters^{1,2}, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, 2008/09

England		Numbers / Percentages			
		Number setting a quit date	Number of successful quitters	Percentage who successfully quit	Number of successful quitters per 100,000 of population aged 16 and over ^{3,4}
England		671,259	337,054	50	1,620
North East SHA		48,210	22,325	46	2,296
County Durham PCT	5ND	9,825	5,002	51	2,364
Darlington PCT	5J9	1,611	852	53	1,997
Gateshead PCT	5KF	2,936	1,296	44	1,877
Hartlepool PCT	5D9	2,692	1,140	42	3,687
Middlesbrough PCT	5KM	2,798	1,201	43	2,523
Newcastle PCT	5D7	4,534	2,150	47	2,006
North Tyneside PCT	5D8	4,067	1,918	47	2,524
Northumberland Care Trust	TAC	5,132	2,203	43	2,001
Redcar & Cleveland PCT	5OR	2,483	1,152	46	2,193
South Tyneside PCT	5KG	3,266	1,346	41	2,634
North Tees PCT	5E1	3,563	1,461	41	2,331
Sunderland Teaching PCT	5KL	5,303	2,604	49	2,309
North West SHA		113,705	52,444	46	2,037
Ashton, Leigh & Wigan PCT	5HG	7,443	2,703	36	3,010
Blackburn with Darwen PCT	5CC	2,165	1,123	52	2,029
Blackpool PCT	5HP	3,497	1,295	37	3,004
Bolton PCT	5HQ	3,934	1,718	44	1,895
Bury PCT	5JX	1,991	950	48	1,361
Central & Eastern Cheshire PCT	5NP	5,171	2,666	52	1,406
Central Lancashire PCT	5NG	5,502	3,228	59	1,498
Cumbria PCT	5NE	4,321	2,771	64	1,054
East Lancashire PCT	5NH	5,470	2,818	52	1,788
Halton & St. Helens PCT	5NM	4,838	2,637	55	2,027
Heywood, Middleton & Rochdale PCT	5NQ	4,172	1,820	44	2,568
Knowsley PCT	5J4	4,653	1,868	40	3,876
Liverpool PCT	5NL	9,726	4,483	46	2,707
Manchester PCT	5NT	12,797	4,859	38	3,413
North Lancashire PCT	5NF	3,732	2,009	54	1,352
Oldham PCT	5J5	4,154	1,653	40	2,432
Salford PCT	5F5	4,427	1,628	37	2,477
Sefton PCT	5NJ	4,882	2,522	52	2,159
Stockport PCT	5F7	4,302	1,823	42	1,886
Tameside & Glossop PCT	5LH	2,766	1,839	66	1,384
Trafford PCT	5NR	3,114	1,160	37	1,820
Warrington PCT	5J2	1,361	781	57	865
Western Cheshire PCT	5NN	4,016	1,731	43	2,073
Wirral PCT	5NK	5,271	2,359	45	2,102
Yorkshire & Humber SHA		69,511	36,514	53	1,654
Barnsley PCT	5JE	5,673	2,720	48	3,122
Bradford & Airedale PCT	5NY	7,854	3,620	46	2,038
Calderdale PCT	5J6	3,183	1,569	49	1,988
Doncaster PCT	5N5	5,075	2,622	52	2,160
East Riding of Yorkshire PCT	5NW	2,358	1,607	68	857
Hull PCT	5NX	4,055	2,670	66	1,939
Kirklees PCT	5N2	5,339	2,571	48	1,676
Leeds PCT	5N1	7,257	4,909	68	1,156
North East Lincolnshire Care Trust Plus ⁵	TAN	1,678	1,028	61	1,308
North Lincolnshire PCT	5EF	1,253	756	60	994
North Yorkshire & York PCT	5NV	8,581	4,143	48	1,314
Rotherham PCT	5H8	4,904	2,286	47	2,405
Sheffield PCT	5N4	5,931	3,006	51	1,358
Wakefield District PCT	5N3	6,370	3,007	47	2,440
East Midlands SHA		56,006	31,565	56	1,574
Bassetlaw PCT	5ET	1,619	805	50	1,778
Derby City PCT	5N7	3,880	2,217	57	2,028
Derbyshire County PCT	5N6	8,270	4,860	59	1,398
Leicester City PCT	5PC	5,844	2,548	44	2,516
Leicestershire County & Rutland PCT	5PA	7,087	4,394	62	1,277
Lincolnshire PCT	5N9	9,772	5,201	53	1,706
Northampton PCT	5PD	8,127	4,586	56	1,495
Nottingham City PCT	5EM	3,384	2,323	69	1,410
Nottinghamshire County PCT	5N8	8,023	4,631	58	1,485
West Midlands SHA		75,791	36,619	48	1,750
Birmingham East & North PCT	5PG	7,090	3,649	51	2,250
Coventry Teaching PCT	5MD	4,227	1,435	34	1,708
Dudley PCT	5PE	4,703	2,377	51	1,902
Heart of Birmingham Teaching PCT	5MX	4,548	2,621	58	2,315
Herefordshire PCT	5CN	2,312	968	42	1,573
North Staffordshire PCT	5PH	2,512	1,148	46	1,432
Sandwell PCT	5PF	4,448	1,954	44	1,953
Shropshire County PCT	5M2	3,479	1,841	53	1,458
Solihull Care Trust	TAM	2,941	1,278	43	1,795
South Birmingham PCT	5M1	4,986	2,222	45	1,803
South Staffordshire PCT	5PK	7,467	3,958	53	1,513
Stoke on Trent PCT	5PJ	4,496	1,852	41	2,240
Telford & Wrekin PCT	5MK	2,733	1,397	51	2,134
Walsall Teaching PCT	5M3	3,524	1,861	53	1,752
Warwickshire PCT	5PM	6,348	3,262	51	1,480
Wolverhampton City PCT	5MV	3,902	1,851	47	2,057
Worcestershire PCT	5PL	6,075	2,945	48	1,341

Table 3.10 People setting a quit date and successful quitters^{1,2}, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, 2008/09 *continued*

England		Numbers / Percentages			
		Number setting a quit date	Number of successful quitters	Percentage who successfully quit	Number of successful quitters per 100,000 of population aged 16 and over ^{3,4}
England		671,259	337,054	50	813
East England SHA		65,215	34,583	53	755
Bedfordshire PCT	5P2	4,800	2,707	56	1,471
Cambridgeshire PCT	5PP	6,215	3,049	49	1,273
East & North Hertfordshire PCT	5P3	3,199	1,768	55	751
Great Yarmouth & Waveney PCT	5PR	2,869	1,432	50	1,651
Luton PCT	5GC	2,173	1,454	67	1,478
Mid Essex PCT	5PX	3,864	2,575	67	1,312
Norfolk PCT	5PQ	8,087	4,263	53	1,303
North East Essex PCT	5PW	5,396	2,535	47	2,028
Peterborough PCT	5PN	2,784	1,312	47	2,154
South East Essex PCT	5P1	5,497	2,809	51	2,032
South West Essex PCT	5PY	6,618	3,441	52	2,126
Suffolk PCT	5PT	7,264	3,870	53	1,512
West Essex PCT	5PV	3,669	1,914	52	1,653
West Hertfordshire PCT	5P4	2,780	1,454	52	654
London SHA		98,636	46,445	47	761
Barking & Dagenham PCT	5C2	2,609	1,293	50	2,063
Barnet PCT	5A9	4,635	2,234	48	1,766
Bexley Care Trust	TAK	2,577	1,655	64	1,452
Brent Teaching PCT	5K5	1,735	734	42	791
Bromley PCT	5A7	2,697	1,281	47	1,117
Camden PCT	5K7	4,849	1,972	41	2,472
City & Hackney Teaching PCT	5C3	4,334	1,249	29	2,537
Croydon PCT	5K9	2,900	651	22	1,078
Ealing PCT	5HX	3,542	1,143	32	1,431
Enfield PCT	5C1	2,603	1,542	59	1,158
Greenwich Teaching PCT	5A8	3,120	1,475	47	1,769
Hammersmith & Fulham PCT	5H1	2,686	1,166	43	1,857
Haringey Teaching PCT	5C9	3,282	1,939	59	1,813
Harrow PCT	5K6	1,821	1,076	59	1,055
Havering PCT	5A4	2,627	1,246	47	1,420
Hillingdon PCT	5AT	2,880	1,491	52	1,444
Hounslow PCT	5HY	4,287	1,696	40	2,416
Islington PCT	5K8	4,454	2,480	56	2,826
Kensington & Chelsea PCT	5LA	2,551	956	37	1,690
Kingston PCT	5A5	1,305	714	55	1,010
Lambeth PCT	5LD	5,505	2,433	44	2,451
Lewisham PCT	5LF	3,352	1,584	47	1,615
Newham PCT	5C5	4,455	2,171	49	2,336
Redbridge PCT	5NA	2,439	1,688	69	1,223
Richmond & Twickenham PCT	5M6	1,015	571	56	702
Southwark PCT	5LE	3,613	1,277	35	1,604
Sutton & Merton PCT	5M7	2,938	1,321	45	943
Tower Hamlets PCT	5C4	4,859	2,333	48	2,835
Waltham Forest PCT	5NC	3,212	1,890	59	1,835
Wandsworth PCT	5LG	2,014	1,015	50	847
Westminster PCT	5LC	3,740	2,169	58	1,836
South East Coast SHA		40,945	21,242	52	1,183
Brighton & Hove City PCT	5LQ	3,472	2,021	58	1,632
East Sussex Downs & Weald PCT	5P7	3,602	1,919	53	1,323
Eastern & Coastal Kent PCT	5QA	8,318	4,310	52	1,414
Hastings & Rother PCT	5P8	3,248	1,519	47	2,242
Medway PCT	5L3	3,144	1,679	53	1,570
Surrey PCT	5P5	5,295	3,105	59	604
West Kent PCT	5P9	6,720	3,030	45	1,258
West Sussex PCT	5P6	7,146	3,659	51	1,130
South Central SHA		43,241	22,970	53	1,327
Berkshire East PCT	5QG	3,619	1,823	50	1,177
Berkshire West PCT	5QF	4,037	2,323	58	1,114
Buckinghamshire PCT	5QD	3,099	1,727	56	773
Hampshire PCT	5QC	14,688	7,496	51	1,421
Isle of Wight PCT	5QT	1,866	1,072	57	1,609
Milton Keynes PCT	5CQ	2,616	1,597	61	1,422
Oxford PCT	5QE	6,068	3,478	57	1,221
Portsmouth City Teaching PCT	5FE	3,681	1,536	42	2,241
Southampton City PCT	5L1	3,567	1,918	54	1,842

Table 3.10 People setting a quit date and successful quitters^{1,2}, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, 2008/09 *continued*

England	Numbers / Percentages				
	Number setting a quit date	Number of successful quitters	Percentage who successfully quit	Number setting a quit date per 100,000 of population aged 16 and over ^{3,4}	Number of successful quitters per 100,000 of population aged 16 and over ^{3,4}
England	671,259	337,054	50	1,620	813
South West SHA	59,999	32,347	54	1,408	759
Bath & North East Somerset PCT	5FL	1,907	1,121	59	757
Bournemouth & Poole PCT	5QN	4,169	2,051	49	815
Bristol PCT	5QJ	4,456	2,437	55	703
Cornwall & Isles Of Scilly PCT	5QP	6,575	3,713	56	844
Devon PCT	5QQ	7,019	4,308	61	691
Dorset PCT	5QM	3,649	2,268	62	673
Gloucestershire PCT	5QH	6,366	3,530	55	744
North Somerset PCT	5M8	2,443	1,304	53	778
Plymouth Teaching PCT	5F1	4,703	2,091	44	1,011
Somerset PCT	5QL	7,367	3,423	46	802
South Gloucestershire PCT	5A3	2,551	1,336	52	645
Swindon PCT	5K3	2,133	1,223	57	786
Torbay Care Trust	TAL	1,995	965	48	865
Wiltshire PCT	5QK	4,666	2,577	55	710

1. May include clients who are aged 15 and under

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. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.

3. The rate of people who set a quit date/ successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2007 figures based on the ONS revised 2007 methodology published in February 2009

4. Information on ONS Population data is available at <http://www.statistics.gov.uk/STATBASE/Product.asp?vlnk=601>

5. In 2007 North East Lincolnshire was renamed as North East Lincolnshire Care Trust Plus with the PCT code TAN

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 3.11 People setting a quit date and successful quitters¹, within Spearhead PCTs² and England, 2008/09

England	<i>Numbers / Percentages</i>		
	Number setting a quit date	Number of successful quitters	<i>Percentage who successfully quit</i>
England	671,259	337,054	50
Non-Spearhead PCTs	371,861	193,512	52
All Spearhead PCTs ³	299,398	143,542	48
Whole Spearhead PCTs ⁴	215,890	99,685	46

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 Spearhead Group is identified in terms of Local Authority Districts (LADs) (those LADs in the 'worst' fifth of LADs for at least 3 out of 5 selected health and deprivation indicators). PCTs included in the Spearhead PCTs group are those which overlap geographically with LADs in the Spearhead Group, following the October 2006 reorganisation of PCTs. For more information please see Appendix D.

3. Includes all 62 PCTs that overlap geographically with Spearhead LAs, including 14 PCTs where only part of the PCT area overlaps with Spearhead LAs.

4. Only includes those PCTs where the whole PCT area overlaps with Spearhead LAs (48 out of the 62 Spearhead PCTs).

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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4 Treatment and expenditure

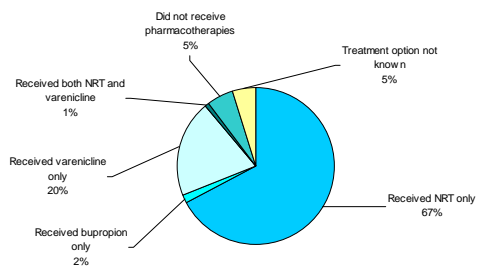
4.1 Introduction

This chapter looks at the types of pharmacotherapy used within the NHS Stop Smoking Services and provides information on the costs of the services.

4.2 Treatment

Of the 671,259 people who set a quit date in 2008/09, 603,040 (90%) received some kind of pharmacotherapy. Among those setting a quit date, 67% had received Nicotine Replacement Therapy (NRT) only, 20% had received Varenicline only, 2% Bupropion only, 1% had received both NRT and Varenicline and less than 0.5% had received both NRT and Bupropion. Only 5% of people setting a quit date did not receive any pharmacotherapy and the treatment option was not known for the remaining 5% (Figure 4.1).

Figure 4.1 People setting a quit date by type of pharmacotherapy received, 2008/09
England Percentages



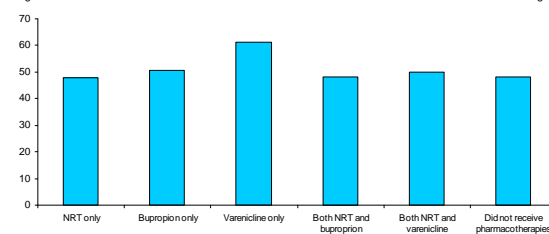
Source: Lifestyles Statistics. The NHS Information Centre, 2009

Nine out of ten people who set a quit date received pharmacotherapies in 2008/09

Of the 337,054 people who successfully quit in 2008/09, 306,692 (91%) received some kind of pharmacotherapy. Among the pharmacotherapies used, 64% of quitters had used NRT only, 25% had used Varenicline only, 2% had used Bupropion only and 1% had used both NRT and Varenicline. Only 5% of quitters did not receive any pharmacotherapy and the treatment option was not known for 4% of successful quitters.

Of those who used Varenicline 61% successfully quit, compared with those who received NRT only and who received NRT and Bupropion (48%). Forty eight per cent of people who did not receive any type of pharmacotherapy successfully quit. These data should not be used to assess or compare the clinical effectiveness of the various pharmacotherapies as they reflect only the results obtained through the NHS stop smoking services, and are not based on clinical trials. A trained stop smoking advisor discusses and agrees the treatment option with each client (Table 4.1, Figure 4.2).

Figure 4.2 Percentage of successful quitters by type of pharmacotherapy received, 2009/09
England Percentages



Source: Lifestyles Statistics. The NHS Information Centre, 2009

4.2.1 Trends in treatment used

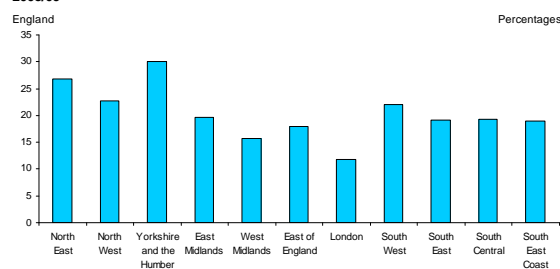
The proportion of people setting a quit date receiving NRT only has increased from 63% in 2001/02 to 83% in 2006/07 but then decreased to 70% in 2007/08 and 67% in 2008/09. The proportion receiving Bupropion only has fallen from 19% in 2001/02 to 2% in 2008/09. Those receiving Varenicline only has increased from 14% in 2007/08 (when it was first introduced) to 20% in 2008/09. The proportion of people who did not receive any pharmacotherapies has also fallen since 2001/02, from 11% to 5% in 2008/09 (Table 4.2).

4.2.3 Geographical patterns of treatment used

The use of different pharmacotherapies varied among the regions. The West Midlands SHA reported the highest proportion of people setting a quit date receiving NRT only (76%), whilst Yorkshire & the Humber SHA had the lowest (60%). Yorkshire & the Humber SHA had the highest proportion receiving Varenicline only (30%), whilst London SHA reported only 12%. The proportions receiving Bupropion were similar in each SHA (between 1% and 3%). Twelve per cent of those setting a quit date in London SHA did not receive any type of pharmacotherapy compared with 2% in North East SHA (Table 4.3).

As with the results seen for those setting a quit date, West Midlands SHA reported the highest proportion of successful quitters receiving NRT only (74%) and Yorkshire & the Humber SHA had the lowest (54%). Thirty six per cent of those people in Yorkshire & the Humber SHA who successfully quit received Varenicline only while London SHA reported only 14%. Only 1% of successful quitters in the North East SHA received no pharmacotherapy, whereas in London SHA, 11% received no pharmacotherapy (Figure 4.3).

Figure 4.3 Percentage of successful quitters who received varenicline, by SHA, 2008/09



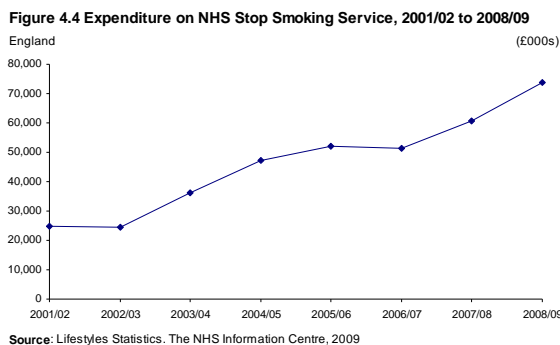
Source: Lifestyles Statistics. The NHS Information Centre, 2009

The recording of treatment option varied between SHAs. For example, 7% of people setting a quit date and 6% of people who successfully quit in London SHA were recorded as treatment option not known compared with 2% and 1% respectively in West Midlands SHA (Tables 4.3 and 4.4).

East Midlands SHA achieved the highest proportion of successful quitters for those using NRT only (54%), Bupropion only (58%), Varenicline only (67%) and those receiving both NRT and Bupropion (55%). North East SHA and North West SHA reported the lowest percentage of successful quitters using NRT only (42%), with the North West SHA also reporting the lowest success rate among people using Bupropion only (41%). London SHA reported the lowest success rate among those receiving Varenicline only (56%) and North East SHA had the lowest success rate among those receiving both NRT and Bupropion (37%) (Table 4.5).

4.3 Expenditure on NHS Stop Smoking Services

The total expenditure on NHS Stop Smoking Services in England in 2008/09 (excluding NRT, Bupropion and Varenicline prescriptions) was just over £73.5 million, over £12 million more than in 2007/08 and almost £49 million more than in 2001/02 (Figure 4.4).



The cost per quitter was £219 in 2008/09, this has increased by 26% from the £173 in 2007/08 and is slightly higher than the previous peak of £206 in 2001/02 (Table 4.6).

In 2008/09, the cost per quitter was £219

London SHA reported the highest expenditure in 2008/09 at just under £15 million and also reported the highest cost per quitter at £320. North East SHA reported the lowest total expenditure at just under £3.5 million and a cost per quitter of £156 (Table 4.7).

Summary: Treatment and Expenditure

This chapter has shown that in 2008/09 nine in ten people using NHS Stop Smoking services received some kind of pharmacotherapy. NRT was the most frequently used pharmacotherapy.

Varenicline was the most successful pharmacotherapy used to help people quit in 2008/09, with just over three fifths of people using it successfully quitting.

The proportion of people setting a quit date who received NRT only increased between 2001/02 and 2006/07 but fell in 2007/08 and 2008/09. The proportion receiving Varenicline has increased since 2007/08 while the proportion receiving Bupropion and the proportion who did not receive any

pharmacotherapy have fallen since 2001/02.

East Midlands SHA achieved the highest proportion of successful quitters for those prescribed NRT only, Bupropion only, Varenicline only and those receiving both NRT and Bupropion.

The total expenditure on NHS Stop Smoking Services in England in 2008/09 was just over £73 million. The cost per quitter was £219.

London SHA reported the highest expenditure at just under £15 million and also had the highest cost per quitter in 2008/09. North East SHA reported the lowest total expenditure at £3.5 million and the lowest cost per quitter.

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- 4.6 People successfully quit, total expenditure and cost per quitter for NHS Stop Smoking Services, 2001/02 to 2008/09
- 4.7 People successfully quit, total expenditure and cost per quitter, by Government Office Region and Strategic Health Authority, 2008/09

Table 4.1 People setting a quit date and successful quitters¹, by type of pharmacotherapy received^{2,3}, 2008/09

England	Numbers / Percentages		
	Number setting a quit date	Number of successful quitters	Percentage who successfully quit
Numbers			
Total	671,259	337,054	50
Number who received NRT only	449,876	214,873	48
Number who received Bupropion (Zyban) only	11,278	5,732	51
Number who received Varenicline (Champix) only	134,949	82,646	61
Number who received both NRT and Bupropion (Zyban)	1,022	493	48
Number who received both NRT and Varenicline (Champix)	5,915	2,948	50
Number who did not receive pharmacotherapies	35,774	17,270	48
Number where treatment option not known ⁴	32,445	13,092	40
Percentages			
Total	100	100	.
Percentage who received NRT only	67	64	.
Percentage who received Bupropion (Zyban) only	2	2	.
Percentage who received Varenicline (Champix) only	20	25	.
Percentage who received both NRT and Bupropion (Zyban)	0	0	.
Percentage who received both NRT and Varenicline (Champix)	1	1	.
Percentage who did not receive pharmacotherapies	5	5	.
Percentage where treatment option not known ⁴	5	4	.

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

3. In the period April 2008 to March 2009, 1,491,505 prescription items of NRT products, 57,943 items of Bupropion and 713,760 items of Varenicline Tartrate were prescribed by GPs and other non-medical prescribers (excluding dentists) in England and dispensed in the community. The Net Ingredient Cost (NIC) over this time was £30.7 million for NRT products, £2.1 million for Bupropion and £24.7 million for Varenicline Tartrate - a total of £57.5 million. This information is taken from PACT (Prescription Analysis and Cost) data from the Prescription Services division (RxS) 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. The Net Ingredient Cost is the basic cost of a drug and does not take account of discounts, dispensing costs, fees or prescription charge income. PACT data only covers NRT, Bupropion and Varenicline Tartrate 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 and Varenicline Tartrate are

4. 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 if they received pharmacotherapies.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

Prescription Cost Analysis (PCA) system. The NHS Information Centre, 2009

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Table 4.2 People setting a quit date and type of pharmacotherapy received^{1,2}, 2001/02 to 2008/09

England	Numbers/Percentages							
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07	2007/08	2008/09 ⁵
Numbers								
Number setting a quit date	227,335	234,858	361,224	529,567	602,820	600,410	680,289	671,259
Number who received NRT only	142,260	175,674	277,041	424,509	494,105	496,932	474,311	449,876
Number who received Bupropion (Zyban) only	44,286	26,773	30,158	33,931	30,559	27,395	22,348	11,278
Number who received Varenicline (Champix) only	97,259	134,949
Number who received both NRT and Bupropion (Zyban)	4,513	3,487	3,791	4,182	4,036	3,810	2,747	1,022
Number who received both NRT and Varenicline (Champix)								5,915
Number who did not receive pharmacotherapies	24,389	19,784	27,623	35,472	40,306	38,617	42,647	35,774
Number where treatment option not known ⁴	11,887	9,140	22,611	31,473	33,814	33,656	40,977	32,445
Percentages								
<i>Total setting a quit date</i>	100	100	100	100	100	100	100	100
<i>Percentage who received NRT only</i>	63	75	77	80	82	83	70	67
<i>Percentage who received Bupropion (Zyban) only</i>	19	11	8	6	5	5	3	2
<i>Percentage who received Varenicline (Champix) only</i>	14	20
<i>Percentage who received both NRT and Bupropion (Zyban)</i>	2	1	1	1	1	1	0	0
<i>Number who received both NRT and Varenicline (Champix)</i>								1
<i>Percentage who did not receive pharmacotherapies</i>	11	8	8	7	7	6	6	5
<i>Percentage where treatment option not known⁴</i>	5	4	6	6	6	6	6	5

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. Varenicline (champix) was introduced in 2006 and was first collected from NHS Stop Smoking Services in the 2007/08 collection

4. 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

5. First year NRT and Varenicline together as an option.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 4.3 People setting a quit date and type of pharmacotherapy received¹, by Government Office Region and Strategic Health Authority, 2008/09

England											Numbers/Percentages	
	England	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South West	South East	South Central	South East Coast
Numbers												
Number setting a quit date	671,259	48,210	113,705	69,511	56,006	75,791	65,215	98,636	59,999	84,186	43,241	40,945
Number who received NRT only	449,876	31,792	73,484	41,650	36,614	57,652	44,776	66,266	40,928	56,714	29,295	27,419
Number who received Bupropion (Zyban) only	11,278	376	1,856	1,433	1,099	814	1,315	1,091	1,518	1,776	684	1,092
Number who received Varenicline (Champix) only	134,949	12,963	25,762	20,832	10,980	11,890	11,645	11,541	13,213	16,123	8,360	7,763
Number who received both NRT and Bupropion (Zyban)	1,022	38	125	83	83	72	89	63	246	223	85	138
Number who received both NRT and Varenicline (Champix)	5,915	485	1,156	641	374	506	335	607	527	1,284	764	520
Number who did not receive pharmacotherapies	35,774	747	5,409	3,194	3,651	3,548	1,920	11,743	2,142	3,420	1,740	1,680
Number where treatment option not known ⁴	32,445	1,809	5,913	1,678	3,205	1,309	5,135	7,325	1,425	4,646	2,313	2,333
Percentages												
Percentage setting a quit date	100	100	100	100	100	100	100	100	100	100	100	100
Percentage who received NRT only	67	66	65	60	65	76	69	67	68	67	68	67
Percentage who received Bupropion (Zyban) only	2	1	2	2	2	1	2	1	3	2	2	3
Percentage who received Varenicline (Champix) only	20	27	23	30	20	16	18	12	22	19	19	19
Percentage who received both NRT and Bupropion (Zyban)	0	0	0	0	0	0	0	0	0	0	0	0
Number who received both NRT and Varenicline (Champix)	1	1	1	1	1	1	1	1	1	2	2	1
Percentage who did not receive pharmacotherapies	5	2	5	5	7	5	3	12	4	4	4	4
Percentage where treatment option not known ⁴	5	4	5	2	6	2	8	7	2	6	5	6

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

2. Varenicline (Champix) was introduced in 2006 and was first collected from NHS Stop Smoking Services in the 2007/08 collection.

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.

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Table 4.4 People successfully quit¹ and type of pharmacotherapy received², by Government Office Region and Strategic Health Authority, 2008/09

England											Numbers/Percentages	
	England	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South West	South East	South Central	South East Coast
Numbers												
Number of successful quitters	337,054	22,325	52,444	36,514	31,565	36,619	34,583	46,445	32,347	44,212	22,970	21,242
Number who received NRT only	214,873	13,440	31,211	19,672	19,718	26,985	22,744	31,564	20,785	28,754	14,932	13,822
Number who received Bupropion (Zyban) only	5,732	158	759	736	634	395	692	547	850	961	367	594
Number who received Varenicline (Champix) only	82,646	7,638	15,128	13,000	7,374	7,086	7,662	6,439	8,408	9,911	5,197	4,714
Number who received both NRT and Bupropion (Zyban)	493	14	49	45	46	37	46	28	113	115	39	76
Number who received both NRT and Varenicline (Champix)	2,948	204	492	316	187	276	220	250	221	782	503	279
Number who did not receive pharmacotherapies	17,270	296	2,675	1,964	1,716	1,346	1,313	4,939	1,216	1,805	982	823
Number where treatment option not known ⁴	13,092	575	2,130	781	1,890	494	1,906	2,678	754	1,884	950	934
Percentages												
Percentage of successful quitters	100	100	100	100	100	100	100	100	100	100	100	100
Percentage who received NRT only	64	60	60	54	62	74	66	68	64	65	65	65
Percentage who received Bupropion (Zyban) only	2	1	1	2	2	1	2	1	3	2	2	3
Percentage who received Varenicline (Champix) only	25	34	29	36	23	19	22	14	26	22	23	22
Percentage who received both NRT and Bupropion (Zyban)	0	0	0	0	0	0	0	0	0	0	0	0
Number who received both NRT and Varenicline (Champix)	1	1	1	1	1	1	1	1	1	2	2	1
Percentage who did not receive pharmacotherapies	5	1	5	5	5	4	4	11	4	4	4	4
Percentage where treatment option not known ⁴	4	3	4	2	6	1	6	6	2	4	4	4

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

3. Varenicline (Champix) was introduced in 2006 and was first collected from NHS Stop Smoking Services in the 2007/08 collection.

4. 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.

5. These data should not be used to assess or compare the clinical effectiveness of the various pharmacotherapies as they reflect only the results obtained through the NHS stop smoking services, and are not based on clinical trials. A trained stop smoking advisor discusses and agrees the treatment option with each client.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 4.5 Percentage of people successfully quit¹ by type of pharmacotherapy received², Government Office Region and Strategic Health Authority, 2008/09

England	Percentages						
	Received NRT only	Received bupropion (Zyban) only	Percentage who received varenicline (Champix) only	Percentage who received both NRT and bupropion (Zyban)	Percentage who received both NRT and varenicline (Champix)	Percentage who did not receive pharmacotherapies	Percentage where treatment option not known
England	48	51	61	48	50	48	40
North East	42	42	59	37	42	40	32
North West	42	41	59	39	43	49	36
Yorkshire and the Humber	47	51	62	54	49	61	47
East Midlands	54	58	67	55	50	47	59
West Midlands	47	49	60	51	55	38	38
East of England	51	53	66	52	66	68	37
London	48	50	56	44	41	42	37
South West	51	56	64	46	42	57	53
South East	51	54	61	52	61	53	41
South Central	51	54	62	46	66	56	41
South East Coast	50	54	61	55	54	49	40

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

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Table 4.6 People successfully quit¹, total expenditure² and cost per quitter for NHS Stop Smoking Services, 2001/02 to 2008/09

England	Numbers / £							
	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07	2007/08	2008/09
Number of successful quitters	119,834	124,082	204,876	298,124	329,681	319,720	350,800	337,054
Total expenditure (£000s)	24,694	24,499	36,201	47,069	51,927	51,234	60,806	73,675
Cost per quitter (£)	206.07	197.44	176.70	157.89	157.51	160.25	173.34	218.59

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. Total expenditure and cost per quitter excludes NRT, Bupropion (Zyban) and Varenicline (Champix) on prescription.

3. Financial figures presented do not take into account inflation and are presented in cash terms only.

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Lifestyle Statistics. The NHS Information Centre, 2009

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Table 4.7 People successfully quit¹, total expenditure² and cost per quitter, by Government Office Region and Strategic Health Authority, 2008/09

England	Numbers / £		
	Number successfully quit	Total expenditure (£000s)	Cost per quitter (£)
England	337,054	73,675	218.59
North East	22,325	3,490	156.34
North West	52,444	12,261	233.79
Yorkshire and the Humber	36,514	7,005	191.84
East Midlands	31,565	6,201	196.46
West Midlands	36,619	8,650	236.23
East of England	34,583	5,590	161.64
London	46,445	14,873	320.23
South West	32,347	5,599	173.09
South East	44,212	10,006	226.31
South Central	22,970	4,699	204.58
South East Coast	21,242	5,306	249.80

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. Total expenditure and cost per quitter excludes NRT, Bupropion (Zyban) and Varenicline (Champix) on prescription.

3. Financial figures presented do not take into account inflation and are presented in cash terms only.

Source:

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5 Impact of quarterly revisions

5.1 Introduction

This chapter presents tables which illustrate the impact of revisions on quarterly data at England level. Quarterly stop smoking data is provisional at the time of publication for each of the three quarterly reports, and final in the annual report.

On each occasion a PCT submits data for a particular quarter, they may also submit amended data in respect of previous quarters for that year. The final opportunity to do this is in the submission of quarter 4 information, after which no further revisions may occur and data for each of the quarters in that year are considered final.

5.2 Impact on numbers of people setting a quit date and successful quitters

Table 5.1 shows that in 2008/09 the final figure for the number of people setting a quit date in quarter 1 was 11.4% higher by the end of the year than when initially submitted in quarter 1. The final figures for quarters 2 and 3 were also higher by the end of the year than when initially submitted, by 7.3% and 4.5% respectively.

The corresponding percentages in 2007/08 were similar, but those for 2006/07, 2005/06 and 2004/05 were substantially lower. In 2004/05 the final figure for the number of people setting a quit date in quarter 1 was only 4.4% higher by the end of the year than when initially submitted in quarter 1. The final figures for quarters 2 and 3 were higher by the end of the year than when initially submitted by 3.4% and 1.6% respectively.

The trend is likely to be explained by a reduction in the time allocated to SHAs, and more recently PCTs, to submit data to the IC from the end of the follow-up period. This was

reduced from between 5 and 7 weeks to 4 weeks in an effort to publish earlier.

Table 5.2 shows that in 2008/09 the final figure for the number of people successfully quitting

in quarter 1 was 12.3% higher by the end of the year than when initially submitted in quarter 1. The final figures for quarters 2 and 3 were also higher by the end of the year than when initially submitted, by 7.9% and 5.0% respectively.

The corresponding percentages in 2007/08 were similar, but those for 2006/07, 2005/06 and 2004/05 were substantially lower. In 2004/05 the final figure for the number of people successfully quitting in quarter 1 was 4.9% higher by the end of the year than when initially submitted in quarter 1. The final figures for quarters 2 and 3 were higher by the end of the year than when initially submitted by 4.2% and 2.2% respectively.

At each stage throughout the year in both 2007/08 and 2008/09, the percentage change between the provisional and final figures for the number of successful quitters has been higher than the corresponding change for the number setting a quit date. In quarter 1 of 2008/09, the final number of successful quitters was 12.3% higher than the provisional figure, while the corresponding percentage for number of people setting a quit date was 11.4%.

As might be expected, the tables also show that as the quarterly results approach the end of the year, the size of the percentage increase between provisional and final figures decreases.

5.3 Impact on expenditure data

Table 5.3 shows that in percentage terms, quarterly revisions tend to have a much smaller effect on expenditure data than on the

number of people setting a quit date and successful quitters. It also shows that it is common for a final expenditure figure for a particular quarter to be revised downwards on the provisional figure. In quarter 1 of 2008/09, the final figure for the expenditure on NHS

Stop Smoking Services was 1.7% lower than the provisional figure. As is the case for numbers of people setting a quit date and successful quitters, the closer the results to the end of the year, the smaller the percentage change between provisional and final figures.

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- 5.1 Impact of revisions to quarterly data on number of people setting a quit date, 2004/05 to 2008/09
- 5.2 Impact of revisions to quarterly data on number of successful quitters (self report), 2004/05 to 2008/09
- 5.3 Impact of revisions to quarterly data on expenditure data, 2005/06 to 2008/09

Table 5.1 Impact of revisions to quarterly data on number of people setting a quit date, 2004/05 to 2008/09

England	Numbers/Percentages				% change provisional to final
	Quarter Data Received				
Quarter Data Relates to	Q1	Q2	Q3	Q4	
04/05 Q1	100,043	101,654	103,190	104,420	4.4
04/05 (Q1+Q2)	.	201,459	205,655	208,389	3.4
04/05 (Q1+Q2+Q3)	.	.	313,144	318,170	1.6
04/05 (Q1+Q2+Q3+Q4)	.	.	.	529,567	.
05/06 Q1	140,177	142,717	144,417	145,538	3.8
05/06 (Q1+Q2)	.	264,508	268,612	271,905	2.8
05/06 (Q1+Q2+Q3)	.	.	387,194	393,939	1.7
05/06 (Q1+Q2+Q3+Q4)	.	.	.	602,820	.
06/07 Q1	131,072	133,450	134,551	137,803	5.1
06/07 (Q1+Q2)	.	246,254	249,491	254,806	3.5
06/07 (Q1+Q2+Q3)	.	.	365,600	374,792	2.5
06/07 (Q1+Q2+Q3+Q4)	.	.	.	600,410	.
07/08 Q1	152,871	161,928	164,696	171,192	12.0
07/08 (Q1+Q2)	.	327,800	338,156	350,494	6.9
07/08 (Q1+Q2+Q3)	.	.	462,690	487,265	5.3
07/08 (Q1+Q2+Q3+Q4)	.	.	.	680,289	.
08/09 Q1	134,149	141,530	145,538	149,395	11.4
08/09 (Q1+Q2)	.	273,164	284,131	293,078	7.3
08/09 (Q1+Q2+Q3)	.	.	414,208	432,698	4.5
08/09 (Q1+Q2+Q3+Q4)	.	.	.	671,259	.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

Table 5.2 Impact of revisions to quarterly data on number of successful quitters (self report), 2004/05 to 2008/09

England	Numbers/Percentages				% change provisional to final
	Quarter Data Received				
Quarter Data Relates to	Q1	Q2	Q3	Q4	
04/05 Q1	53,559	54,368	55,287	56,192	4.9
04/05 (Q1+Q2)	.	107,755	110,122	112,250	4.2
04/05 (Q1+Q2+Q3)	.	.	170,629	174,371	2.2
04/05(Q1+Q2+Q3+Q4)	.	.	.	298,124	.
05/06 Q1	73,396	74,719	75,795	76,495	4.2
05/06 (Q1+Q2)	.	137,894	140,330	142,188	3.1
05/06 (Q1+Q2+Q3)	.	.	205,170	208,878	1.8
05/06 (Q1+Q2+Q3+Q4)	.	.	.	329,681	.
06/07 Q1	65,522	66,574	67,225	68,901	5.2
06/07 (Q1+Q2)	.	124,803	126,525	128,868	3.3
06/07 (Q1+Q2+Q3)	.	.	188,162	192,527	2.3
06/07 (Q1+Q2+Q3+Q4)	.	.	.	319,720	.
07/08 Q1	76,914	81,683	82,974	86,781	12.8
07/08 (Q1+Q2)	.	164,711	169,530	176,277	7.0
07/08 (Q1+Q2+Q3)	.	.	234,060	247,794	5.9
07/08 (Q1+Q2+Q3+Q4)	.	.	.	350,800	.
08/09 Q1	65,334	69,206	71,152	73,361	12.3
08/09 (Q1+Q2)	.	133,704	138,989	144,273	7.9
08/09 (Q1+Q2+Q3)	.	.	205,810	216,119	5.0
08/09 (Q1+Q2+Q3+Q4)	.	.	.	337,054	.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

Table 5.3 Impact of revisions to quarterly data on expenditure data, 2005/06 to 2008/09

England		£ Thousands / Percentages			
Quarter Data Relates to	Quarter Data Received				% change provisional to final
	Q1	Q2	Q3	Q4	
05/06 Q1	12,170	12,131	12,109	12,155	-0.1
05/06 (Q1+Q2)	.	22,497	23,131	23,156	2.9
05/06 (Q1+Q2+Q3)	.	.	35,906	36,075	0.5
05/06 (Q1+Q2+Q3+Q4)	.	.	.	51,990	.
06/07 Q1	12,180	11,780	11,751	11,813	-3.0
06/07 (Q1+Q2)	.	23,580	23,542	23,354	-1.0
06/07 (Q1+Q2+Q3)	.	.	36,429	35,970	-1.3
06/07 (Q1+Q2+Q3+Q4)	.	.	.	51,234	.
07/08 Q1	13,705	13,706	13,709	13,173	-3.9
07/08 (Q1+Q2)	.	26,694	26,374	26,059	-2.4
07/08 (Q1+Q2+Q3)	.	.	41,321	40,852	-1.1
07/08 (Q1+Q2+Q3+Q4)	.	.	.	60,806	.
08/09 Q1	16,008	15,655	15,631	15,739	-1.7
08/09 (Q1+Q2)	.	32,559	32,585	32,790	0.7
08/09 (Q1+Q2+Q3)	.	.	51,341	51,642	0.6
08/09 (Q1+Q2+Q3+Q4)	.	.	.	73,675	.

1. Data prior to 2005/06 needed to calculate these percentage changes are not available.

Source:

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6 Review of Experimental Statistics

6.1 Introduction

In 2008/09 there have been new data items added to the collection. These include data for the number of people setting a quit date and the number who successfully quit at the 4 week follow-up categorised by socio-economic classification (NS-SEC), eligibility to receive free prescriptions, intervention setting and intervention type. As with the quarterly outputs already published in 2008/09, this annual bulletin also reports on these newly collected data items.

There are weaknesses with this newly collected data as is common with new data collections, but rather than withhold this already useful dataset it has been published throughout the year and labelled 'experimental statistics'. This chapter aims to specify and quantify some of these issues and assess the extent to which the data quality has improved throughout the year. We are also seeking input from users to help us improve data quality further through advice available on the electronic system used by PCTs to submit data.

The analysis focuses on clients setting a quit date.

6.2 Socio-economic classification (NS-SEC)

Table 6.1 shows that in 2008/09, 34% of people setting a quit date were categorised in the 'unable to code' NS-SEC category. This decreased as the year progressed, from 46% in quarter 1 to 28% in quarter 4. There was also an improvement shown in the number of PCTs where the proportion of setters in the 'unable to code' category was greater than 50%, from 60 PCTs in quarter 1 to 15 PCTs in quarter 4.

6.3 People setting a quit date in receipt of free prescriptions

Table 6.2 shows that the number of PCTs where the percentage of people setting a quit date in receipt of free prescriptions was unusually high or low (defined as more than double or less than half the national average) decreased from 28 PCTs in quarter 1 to 16 PCTs in quarter 4.

Table 6.3 shows that as the year progressed, the volatility in the percentage of people setting a quit date in receipt of free prescriptions decreased. Between quarters 1 and 2, 12 PCTs showed a change of more than double or less than half in this percentage, compared with only 3 PCTs between quarters 3 and 4. Overall 23 PCTs (15% of all PCTs) showed a change of this magnitude between two consecutive quarters at some point in the year.

6.4 Intervention setting

Table 6.4 shows that overall, the percentage of people setting a quit date in each of the three most common intervention settings remained relatively stable throughout the year.

The number of PCTs with an unusually high or low percentage (defined as greater than 90% or less than 5%) of people setting a quit date in each of the three most common intervention settings decreased between quarter 1 and quarter 4, as shown in Table 6.5. By quarter 4, the percentage of PCTs showing unusually high or low percentages was 9% for Primary Care settings, 11% for Stop Smoking Service settings and 21% for pharmacies, compared with 14%, 18% and 26% respectively in quarter 1. This is an indication of improved data quality as the year progressed. This analysis has purposefully not been carried out for categories of intervention settings that are less common. It is much more difficult to

reliably identify outliers when the percentage of clients using a particular category is very small.

6.5 Intervention type

Table 6.6 shows that overall, the percentage of people setting a quit date through one to one support remained relatively stable throughout the year, and the percentage setting a quit date through drop-in clinics showed a steady increase.

The number of PCTs with an unusually high or low percentage (defined as greater than 98% or less than 10% for one to one support, and as greater than 90% or less than 1% for drop-in clinics) of people setting a quit date through these two most common intervention types decreased between quarter 1 and quarter 4. This is an indication of improved data quality as the year progressed, however for drop-in clinics 59 PCTs were still defined as such in quarter 4, which may also indicate variability in the extent to which this type of intervention is offered across PCTs. This analysis has purposefully not been carried out for categories of intervention types that are less common. It is much more difficult to reliably identify outliers when the percentage of clients using a particular category is very small. (Table 6.7).

There were a small minority of PCTs that, up to quarter 3, had not submitted any data on intervention type and were therefore coded as 'unknown' in the relevant table. This had been resolved by quarter 4 in respect of all quarterly submissions in 2008/09.

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- 6.6 Number of people setting a quit date by intervention setting and quarter, 2008/09
- 6.7 Number setting a quit date and successful quitters, by intervention setting and Strategic Health Authority, April 2008 to March 2009
- 6.8 Intervention setting data quality analysis by quarter, 2008/09
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- 6.10 Number setting a quit date by intervention type and quarter, 2008/09
- 6.11 Number setting a quit date and successful quitters, by intervention type and Strategic Health Authority, April 2008 to March 2009
- 6.12 Number setting a quit date and successful quitters, by intervention type and setting, April 2008 to March 2009

Table 6.1 Number setting a quit date and successful quitters², by social economic classification^{3,4} and eligibility to receive free prescriptions⁵, April 2008 to March 2009

England	Numbers / Percentages		
	Number setting a quit date	Number of successful quitters	Percentage who successfully quit
Numbers			
Total	671,259	337,054	50
Full time students	27,182	9,776	36
Never worked or unemployed for over 1 year	62,046	25,495	41
Retired	61,336	36,817	60
Sick/disabled and unable to return to work	30,618	13,650	45
Home carers (unpaid) ⁷	29,646	14,089	48
Managerial and professional occupations ⁸	69,521	40,338	58
Intermediate occupations ⁹	46,621	25,916	56
Routine and manual occupations ¹⁰	117,004	62,535	53
Unable to code	227,285	108,438	48
Eligible for free prescription	295,509	142,315	48
Not eligible for free prescription	375,750	194,739	52
Percentages			
Total	100	100	
Full time students	4	3	
Never worked or unemployed for over 1 year	9	8	
Retired	9	11	
Sick/disabled and unable to return to work	5	4	
Home carers (unpaid) ⁶	4	4	
Managerial and professional occupations ⁷	10	12	
Intermediate occupations ⁸	7	8	
Routine and manual occupations ⁹	17	19	
Unable to code	34	32	
Eligible for free prescription	44	42	
Not eligible for free prescription	56	58	

1. The statistics in this table have been classified as EXPERIMENTAL STATISTICS. For a full definition of experimental statistics please see Appendix C

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

3. Socio economic classification has been determined by smoking cessation advisors using a methodology adapted for use in Smoking Cessation Services. Whilst this is similar to the (ONS) NS-SEC categories these groups may not map directly to them due to the simplified way in which the data are collected

4. More information on the methodology used maybe found in the Appendix

5. Criteria for clients to qualify for free prescriptions maybe found at the following web link:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4131675

Rutland, South Staffordshire, Harrow, Islington, Lambeth, Wandsworth, West Kent for quarter 1, and South Staffordshire, Brent Teaching, Harrow for quarter 2, and South Staffordshire and Harrow for quarter 3 but have been included in the total

7. Number of home carers - i.e. looking after children, family or home

8. Managerial and professional occupations, examples include: Accountant, artist, civil/mechanical engineer, medical practitioner, musician, nurse, police officer (sergeant or above), physiotherapist, scientist, social worker, software engineer, solicitor, teacher, welfare officer. Those usually responsible for planning, organising and co-ordinating work for finance.

9. Intermediate occupations, examples include: Call centre agent, clerical worker, nursery auxiliary, office clerk, secretary.

10. Routine and Manual occupations, examples include: Electrician, fitter, gardener, inspector, plumber, printer, train driver, tool maker, bar staff, caretaker, catering assistant, cleaner, farm worker, HGV driver, labourer, machine operative, messenger, packer, porter, postal worker, receptionist, sales assistant, security guard, sewing machinist, van driver, waiter/waitress.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

Table 6.2 Number setting a quit date and successful quitters⁵, by social economic classification^{3,4} and Strategic Health Authority, April 2008 to March 2009

England	Numbers / Percentages																																
	Number setting a quit date											Number of successful quitters											Success rate (%)										
	Full time students	Never worked or unemployed for over 1 year	Retired	Sick/disabled and unable to return to work	Home carers (unpaid) ⁵	Managerial and professional occupations ³	Intermediate occupations ⁷	Routine and manual occupations ⁸	Unable to code	Full time students	Never worked or unemployed for over 1 year	Retired	Sick/disabled and unable to return to work	Home carers (unpaid) ⁵	Managerial and professional occupations ³	Intermediate occupations ⁷	Routine and manual occupations ⁸	Unable to code	Full time students	Never worked or unemployed for over 1 year	Retired	Sick/disabled and unable to return to work	Home carers (unpaid) ⁵	Managerial and professional occupations ³	Intermediate occupations ⁷	Routine and manual occupations ⁸	Unable to code						
England	27,182	62,046	61,336	30,618	29,646	69,521	46,621	117,004	227,285	9,776	25,495	36,817	13,650	14,089	40,338	25,916	62,535	108,438	36	41	60	45	48	58	56	53	48						
North East	Q30	2,780	6,753	5,147	2,728	2,574	3,714	3,160	9,766	11,588	960	2,463	2,962	1,191	1,091	2,099	1,704	4,853	5,002	35	36	58	44	42	57	54	50	43					
North West	Q31	3,997	12,416	9,969	5,681	3,840	8,622	9,346	20,822	39,012	1,390	4,955	5,542	2,439	1,711	4,903	5,107	10,738	15,659	35	40	56	43	45	57	55	52	40					
Yorkshire and Humber	Q32	2,814	5,857	7,244	4,055	3,622	6,632	4,894	14,749	19,644	902	2,387	4,506	1,771	1,761	4,052	2,724	7,978	10,433	32	41	62	44	49	61	56	54	53					
East Midlands	Q33	2,052	5,113	5,345	2,449	2,083	5,219	3,295	9,178	21,272	818	2,403	3,546	1,225	1,149	3,306	2,138	5,477	11,503	40	47	66	50	55	63	65	60	54					
West Midlands	Q34	3,953	9,055	7,006	3,494	3,737	9,564	3,339	13,454	22,189	1,322	3,484	4,100	1,435	1,718	5,336	1,743	7,024	10,457	33	38	59	41	46	56	52	52	47					
East England	Q35	2,021	4,248	6,953	2,522	3,550	7,674	4,800	11,665	21,782	782	1,802	4,312	1,213	1,719	4,540	2,759	6,330	11,126	39	42	62	48	48	59	57	54	51					
London	Q36	4,359	9,408	6,189	3,760	3,226	11,342	5,160	8,785	46,407	1,675	4,070	3,403	1,607	1,521	5,796	2,602	4,207	21,564	38	43	55	43	47	51	50	48	46					
South East Coast	Q37	1,553	2,801	3,775	1,716	2,211	4,961	3,097	7,213	13,618	524	1,205	2,353	829	1,071	3,064	1,700	3,842	6,654	34	43	62	48	48	62	55	53	49					
South Central	Q38	1,571	2,213	3,393	1,232	1,855	5,187	3,583	9,324	14,883	617	958	2,136	594	860	3,202	2,043	5,167	7,393	39	43	63	48	46	62	57	55	50					
South West	Q39	2,062	4,182	6,315	2,981	2,948	6,606	5,947	12,048	16,890	786	1,768	3,957	1,346	1,488	4,040	3,396	6,919	8,647	38	42	63	45	50	61	57	57	51					

1. The statistics in this table have been classified as EXPERIMENTAL STATISTICS. For a full definition of experimental statistics please see the Appendix.
 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.
 3. Socio economic classification has been determined by smoking cessation advisors using a methodology adapted for use in NHS Smoking Cessation Services. Whilst this is similar to the (ONS) NS-SEC categories these groups may not map directly to them due to the simplified way in which the data are collected.
 4. More information on the methodology used maybe found in the Appendix.
 5. Number of home carers - i.e. looking after children, family or home.
 6. Managerial and professional occupations, examples include: Accountant, artist, civil/mechanical engineer, medical practitioner, musician, nurse, police officer (sergeant or above), physiotherapist, scientist, social worker, software engineer, solicitor
 7. Intermediate occupations, examples include: Call centre agent, clerical worker, nursery auxiliary, office clerk, secretary.
 8. Routine and Manual occupations excludes any self-employed person. Examples include: Electrician, fitter, gardener, inspector, plumber, printer, train driver, tool maker, bar staff, caretaker, catering assistant, cleaner, farm worker, HGV driver, labour

Source:
Lifestyle Statistics. The NHS Information Centre

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Table 6.3 'Unable to code' socio-economic classification (NS-SEC) data quality analysis, 2008/09

England	Numbers / Percentages				
	Q1	Q2	Q3	Q4	Annual
Numbers					
Number of people setting a quit date	149,395	143,683	139,620	238,561	671,259
Number in the 'unable to code' NS-SEC category	69,359	50,612	41,271	66,043	227,285
Number of PCTs where proportion in the 'unable to code' NS-SEC category was greater than 50%	60	38	25	15	33
Percentages					
<i>Percentage in the 'unable to code' NS-SEC category</i>	46	35	30	28	34
<i>Percentage of PCTs where proportion in the 'unable to code' NS-SEC category was greater than 50%</i>	39	25	16	10	22

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Lifestyle Statistics. The NHS Information Centre, 2009

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Table 6.4 Free prescriptions data quality analysis by quarter, 2008/09

England	Numbers / Percentages				
	Q1	Q2	Q3	Q4	Annual
Numbers					
Number of people setting a quit date	149,395	143,683	139,620	238,561	671,259
Number of people setting a quit date in receipt of free prescriptions	60,363	61,917	63,582	109,647	295,509
Number of PCTs where proportion setting a quit date in receipt of free prescriptions either more than double or less than half the national average ¹	28	25	21	16	20
Percentages					
<i>Percentage of people setting a quit date in receipt of free prescriptions</i>	40	43	46	46	44
<i>Percentage of PCTs where proportion setting a quit date in receipt of free prescriptions either more than double or less than half the national average</i>	18	16	14	11	13

1. In quarters 1,2,3 and 4 there were a total of 3,2,4 and 3 PCTs respectively where the proportion in receipt of free prescriptions was either 0% or 100%. These PCTs are included in the figures for this row.

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 6.5 Free prescriptions data quality analysis by quarter, 2008/09

England	Numbers / Percentages			
	Q1 to Q2	Q2 to Q3	Q3 to Q4	Any two consecutive quarters
Number of PCTs where percentage of people setting a quit date in receipt of free prescriptions more than doubled or less than halved over specified period	12	11	3	23
<i>Percentage of PCTs where percentage of people setting a quit date in receipt of free prescriptions more than doubled or less than halved over specified period</i>	8	7	2	15

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Table 6.6 Number of people setting a quit date by intervention setting and quarter, 2008/09

England	Numbers / Percentages				
	Q1	Q2	Q3	Q4	Annual
Numbers					
Number of people setting a quit date	149,395	143,683	139,620	238,561	671,259
Primary care	69,326	70,361	68,458	108,845	316,990
Stop Smoking Services	42,532	41,102	40,615	68,910	193,159
Pharmacy	25,380	23,239	22,071	45,522	116,212
Prison	2,221	2,304	2,262	3,120	9,907
Hospital ward	1,645	1,647	1,637	2,482	7,411
Military base	673	826	559	990	3,048
Dental practice	183	109	133	278	703
Other	7,435	4,095	3,885	8,414	23,829
Percentages					
<i>Total setting a quit date</i>	<i>100</i>	<i>100</i>	<i>100</i>	<i>100</i>	<i>100</i>
<i>Primary care</i>	<i>46</i>	<i>49</i>	<i>49</i>	<i>46</i>	<i>47</i>
<i>Stop Smoking Services</i>	<i>28</i>	<i>29</i>	<i>29</i>	<i>29</i>	<i>29</i>
<i>Pharmacy</i>	<i>17</i>	<i>16</i>	<i>16</i>	<i>19</i>	<i>17</i>
<i>Prison</i>	<i>1</i>	<i>2</i>	<i>2</i>	<i>1</i>	<i>1</i>
<i>Hospital ward</i>	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>
<i>Military base</i>	<i>0</i>	<i>1</i>	<i>0</i>	<i>0</i>	<i>0</i>
<i>Dental practice</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>0</i>
<i>Other</i>	<i>5</i>	<i>3</i>	<i>3</i>	<i>4</i>	<i>4</i>

Source:

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Table 6.7 Number setting a quit date and successful quitters¹, by intervention setting and Strategic Health Authority, April 2008 to March 2009

England		Number setting a quit date										Number of Successful quitters										Success rate (%)										Numbers / Percentages	
		Stop Smoking Services	Pharmacy	Prison	Primary care	Hospital ward	Dental practice	Military base	Other	Unknown	Total	Stop Smoking Services	Pharmacy	Prison	Primary care	Hospital ward	Dental practice	Military base	Other	Unknown	Total	Stop Smoking Services	Pharmacy	Prison	Primary care	Hospital ward	Dental practice	Military base	Other	Unknown	Total		
England		193,159	116,212	9,907	316,990	7,411	703	3,048	23,829	0	671,259	104,559	53,935	5,996	154,911	4,069	342	1,664	11,578	0	337,054	54	46	61	49	55	49	55	49	-	50		
North East	Q30	14,360	7,555	421	21,560	791	138	0	3,385	0	48,210	6,773	3,301	200	9,951	341	66	0	1,693	0	22,325	47	44	48	46	43	48	-	50	-	46		
North West	Q31	51,880	13,189	1,389	39,654	2,085	133	0	5,375	0	113,705	26,703	5,361	654	16,592	1,027	37	0	2,070	0	52,444	51	41	47	42	49	28	-	39	-	46		
Yorkshire and Humber ³	Q32	24,284	5,248	2,071	32,911	809	200	351	3,637	0	69,511	13,711	2,636	1,590	15,976	538	94	207	1,762	0	36,514	56	50	77	49	67	47	59	48	-	53		
East Midlands ²	Q33	21,332	10,812	1,218	20,880	250	9	257	1,248	0	56,006	13,810	5,079	765	10,809	181	2	159	760	0	31,565	65	47	63	52	72	22	62	61	-	56		
West Midlands	Q34	18,790	14,552	1,022	39,358	413	19	123	1,514	0	75,791	9,013	7,306	547	18,892	212	14	60	575	0	36,619	48	50	54	48	51	74	49	38	-	48		
East England	Q35	11,850	13,507	572	37,783	344	5	550	604	0	65,215	7,225	6,506	305	19,732	201	1	264	349	0	34,583	61	48	53	52	58	20	48	58	-	53		
London ³	Q36	16,979	35,747	787	40,336	1,276	39	18	3,454	0	98,636	7,915	16,256	493	19,508	620	16	4	1,633	0	46,445	47	45	63	48	49	41	22	47	-	47		
South East Coast	Q37	9,946	6,185	613	22,056	343	22	144	1,636	0	40,945	5,792	3,037	310	10,812	222	13	104	952	0	21,242	58	49	51	49	65	59	72	58	-	52		
South Central	Q38	12,391	6,239	762	19,982	752	106	773	2,236	0	43,241	6,978	2,842	471	10,337	490	79	405	1,368	0	22,970	56	46	62	52	65	75	52	61	-	53		
South West	Q39	11,347	3,178	1,052	42,470	348	32	832	740	0	59,999	6,639	1,611	661	22,302	237	20	461	416	0	32,347	59	51	63	53	68	63	55	56	-	54		

1. The statistics in this table have been classified as EXPERIMENTAL STATISTICS. For a full definition of experimental statistics please see the Appendix.

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

3. Lambeth PCT, Wakefield District and Bassetlaw PCT were unable to supply data on this field for Quarter 1, and Bassetlaw for Quarter 2 and Bassetlaw and Lambeth for Quarter 3.

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Lifestyle Statistics. The NHS Information Centre

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Table 6.8 Intervention setting data quality analysis by quarter, 2008/09

England	<i>Numbers / Percentages</i>				
	Q1	Q2	Q3	Q4	Annual
Numbers					
Number of PCTs where percentage of people setting a quit date in Primary Care greater than 90% or less than 5%	21	14	18	14	14
Number of PCTs where percentage of people setting a quit date in Stop Smoking Services greater than 90% or less than 5%	28	23	20	16	19
Number of PCTs where percentage of people setting a quit date in Pharmacies greater than 90% or less than 5%	40	40	45	32	37
Percentages					
<i>Percentage of PCTs where percentage of people setting a quit date in Primary Care greater than 90% or less than 5%</i>	14	9	12	9	9
<i>Percentage of PCTs where percentage of people setting a quit date in Stop Smoking Services greater than 90% or less than 5%</i>	18	15	13	11	13
<i>Percentage of PCTs where percentage of people setting a quit date in Pharmacies greater than 90% or less than 10%</i>	26	26	30	21	24

Source:

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Table 6.9 Intervention setting data quality analysis by quarter, 2008/09

England	Numbers / Percentages				
	Q1	Q2	Q3	Q4	Annual
Numbers					
Number of PCTs where percentage of people setting a quit date through one to one support greater than 98% or less than 10%	26	24	17	15	11
Number of PCTs where percentage of people setting a quit date through drop-in clinics greater than 90% or less than 1%	74	71	61	59	59
Percentages					
<i>Percentage of PCTs where percentage of people setting a quit date through one to one support greater than 98% or less than 10%</i>	17	16	11	10	7
<i>Percentage of PCTs where percentage of people setting a quit date through drop-in clinics greater than 90% or less than 1%</i>	49	47	40	39	39

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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6.10 Number setting a quit date by intervention type and quarter, 2008/09

England	Numbers / Percentages				
	Q1	Q2	Q3	Q4	Annual
Numbers					
Number of people setting a quit date	149,395	143,683	139,620	238,561	671,259
One to one support	117,354	113,265	111,160	184,567	526,346
Drop in Clinics	11,299	12,904	13,285	26,438	63,926
Open (rolling) group	7,489	6,691	6,159	10,750	31,089
Closed Group	4,487	3,987	3,833	5,816	18,123
Telephone Support	1,412	1,471	1,455	2,582	6,920
Couple/Family	879	1,066	961	1,858	4,764
Other	6,475	4,299	2,764	6,550	20,088
Percentages					
Total setting a quit date	100	100	100	100	100
One to one support	79	79	80	77	78
Drop in Clinics	8	9	10	11	10
Open (rolling) group	5	5	4	5	5
Closed Group	3	3	3	2	3
Telephone Support	1	1	1	1	1
Couple/Family	1	1	1	1	1
Other	4	3	2	3	3

Source:

Lifestyle Statistics. The NHS Information Centre, 2009

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Table 6.11 Number setting a quit date and successful quitters², by intervention type³ and Strategic Health Authority, April 2008 to March 2009

		England																Numbers / Percentages						
		Number setting a quit date								Number of successful quitters								Success rate (%)						
		Closed Group	Open (rolling) group	Drop in Clinics	One to one support	Couple/ Family	Telephone Support	Other	Unknown	Closed Group	Open (rolling) group	Drop in Clinics	One to one support	Couple/ Family	Telephone Support	Other	Unknown	Closed Group	Open (rolling) group	Drop in Clinics	One to one support	Couple/ Family	Telephone Support	Other
England		18,123	31,089	63,926	526,346	4,764	6,920	20,088	3	11,553	17,154	31,596	260,162	2,641	4,380	9,567	1	64	55	49	49	55	63	48
North East	Q30	481	740	11,941	34,488	326	58	176	0	293	460	5,495	15,808	160	37	72	0	61	62	46	46	49	64	41
North West ⁴	Q31	1,400	14,803	14,557	74,064	1,114	3,062	4,705	0	717	7,279	7,111	32,987	623	1,726	2,001	0	51	49	49	45	56	56	43
Yorkshire and Humber	Q32	4,427	2,773	10,224	47,413	421	445	3,808	0	2,980	1,718	5,298	24,118	217	311	1,872	0	67	62	52	51	52	70	49
East Midlands	Q33	2,402	2,802	2,500	41,816	903	1,554	4,029	0	1,724	1,960	1,628	22,868	498	1,128	1,759	0	72	70	65	55	55	73	44
West Midlands	Q34	798	1,369	10,662	61,879	202	485	396	0	385	717	4,761	30,145	95	341	175	0	48	52	45	49	47	70	44
East England	Q35	2,004	663	1,016	59,510	551	183	1,288	0	1,355	400	514	31,190	331	133	660	0	68	60	51	52	60	73	51
London ⁴	Q36	2,869	1,011	3,720	86,957	94	160	3,822	3	1,678	523	1,754	40,326	46	63	2,054	1	58	52	47	46	49	39	54
South East Coast	Q37	2,236	1,711	4,439	31,528	350	378	303	0	1,481	1,060	2,298	15,827	207	241	128	0	66	62	52	50	59	64	42
South Central	Q38	526	3,620	2,999	34,481	327	259	1,029	0	315	2,078	1,697	17,953	199	176	552	0	60	57	57	52	61	68	54
South West	Q39	980	1,597	1,868	54,210	476	336	532	0	625	959	1,040	28,940	265	224	294	0	64	60	56	53	56	67	55

1. The statistics in this table have been classified as EXPERIMENTAL STATISTICS. For a full definition of experimental statistics please see the Appendix.

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

3. Intervention type definitions: Closed group - structures, multi-session group course with pre-arranged start and finish dates and a pre-booked client group. Open groups - fluctuating membership and is ongoing. Drop-in clinic - multi-session support. On

4. Lambeth PCT and Bolton PCT were unable to supply data on this field for Quarter 1, and Bolton and Croydon for Quarter 2, and Bolton for Quarter 3, and are categorised as unknown but are included in the total.

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Table 6.12 Number setting a quit date and successful quitters², by intervention type and setting, April 2008 to March 2009

England	Numbers / Percentages		
	Number setting a quit date	Number of successful quitters	Percentage who successfully quit
Intervention type³	671,259	337,054	50
Closed Group	18,123	11,553	64
Open (rolling) group	31,089	17,154	55
One to one support	526,346	260,162	49
Drop in Clinics	63,926	31,596	49
Couple/ Family	4,764	2,641	55
Telephone Support	6,920	4,380	63
Other	20,088	9,567	48
Unknown ⁴	3	1	33
Intervention setting	671,259	337,054	50
Stop Smoking Services	193,159	104,559	54
Pharmacy	116,212	53,935	46
Prison	9,907	5,996	61
Primary care	316,990	154,911	49
Hospital ward	7,411	4,069	55
Dental practice	703	342	49
Military base	3,048	1,664	55
Other	23,829	11,578	49
Unknown ⁵	0	0	-

1. The statistics in this table have been classified as EXPERIMENTAL STATISTICS. For a full definition of experimental statistics please see the Appendix

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

3. Intervention type definitions: Closed group - structures, multi-session group course with pre-arranged start and finish dates and a pre-booked client group. Open groups - fluctuating membership and is ongoing. Drop-in clinic - multi-session support. One-to-one support - structured multi-session support. Couple/family - structured multi-session support for small family groups or couples. Telephone support - structured multi-session support via phone.

4. Lambeth PCT and Bolton PCT were unable to supply data on this field for Quarter 1, and Bolton and Croydon for Quarter 2, and Bolton for Quarter 3, and are categorised as unknown but are included in the total.

5. Lambeth PCT, Wakefield District and Bassetlaw PCT were unable to supply data on this field for Quarter 1, and Bassetlaw for Quarter 2 and Quarter 3, and are categorised as unknown but are included in the total.

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7 Smoking prevalence, prescriptions and attitudes to smoking

7.1 Introduction

This chapter presents a brief summary of other information available on smoking which may be of interest to those involved in the NHS Stop Smoking Services and those interpreting the statistics on NHS Stop Smoking Services. Data are described on smoking prevalence, smoking during pregnancy, prescriptions for pharmacotherapies used to help people quit and knowledge and attitudes towards smoking. Very brief information is presented along with a description of other data available and a link to the data source.

7.2 Smoking prevalence

The General Household Survey (GHS) is a national survey covering adults aged 16 and over living in private households in Great Britain. The latest GHS report¹ *Smoking and Drinking among adults, 2007* is based on the survey which ran from January to December 2007. A wide range of topics are covered in the GHS, to provide a comprehensive picture of how we live and the social change we experience. Each year questions are asked about adults' smoking habits.

- In 2007, 21% of adults in GB reported smoking, similar to the 22% in 2006 and showing a decrease from 35% in 1982. Prevalence of cigarette smoking was higher among men than women (22% and 20% respectively).
- Smoking prevalence is higher in routine and manual households (27%) than in

intermediate (20%) and professional and managerial households (15%).

Additional information on smoking prevalence by age, sex, marital status and region are available in the GHS report. Data is also available on the quantities of cigarettes smoked, the age at which respondents first started smoking and whether respondents say they would like to give up smoking.

7.3 Smoking during pregnancy

Efforts to reduce the proportion of women who smoke during pregnancy was recognised as a priority in the *Smoking Kills* White Paper². This set the target to reduce the proportion of women in England who smoke during pregnancy to 15% by 2010. The Infant Feeding Survey (IFS) is carried out in the UK every 5 years with the latest survey carried out in 2005³.

- In 2005, 32% of women in England smoked in the 12 months before or during their pregnancy and 17% smoked throughout pregnancy, a fall from 19% in 2000.
- Younger mothers were more likely to smoke throughout pregnancy; 45% of mothers aged 20 or under reported smoking throughout pregnancy, compared to 9% of mothers aged 30 or over.

Additional information on smoking during pregnancy by age, socio-economic classification and region are also discussed in the report.

7.4 Pharmacotherapy costs

Information on prescriptions for pharmacotherapies used to help people quit smoking are available from PACT (Prescription Analysis and Cost) data from the Prescription Pricing Division (PPD) of the NHS Business Services Authority, accessed by The NHS Information Centre⁴. PACT covers all prescriptions prescribed by GPs and other non-medical prescribers (excluding dentists) in England which are dispensed within the community.

- 2.3 million prescription items to help people in England stop smoking 2008/09. Of these, 1.5 million were for Nicotine Replacement Therapy (NRT), 714 thousand were for Varenicline and 58 thousand were for Bupropion.

Further information on the changes in number of prescriptions in recent years and the Net Ingredient Cost (NIC) associated with prescription items, are available from PACT.

7.5 Knowledge and attitudes towards smoking

Data on adults' smoking behaviour, attitudes and knowledge are collected as part of the Office for National Statistics' (ONS) Omnibus Survey. The latest information is reported in *Smoking-related Behaviour and Attitudes, 2008/09*⁵.

- In 2008/09, significantly fewer smokers in GB said that they wanted to quit than in 2007 (67% and 74% respectively); 50% of smokers said that they intended to quit in the next 12 months.

- Three quarters (75%) of current smokers had tried to give up smoking the past.
- In 2008/09, 43% of smokers sought help and advice about quitting in the last year. A third read books/leaflets, 15% had consulted a doctor or other health professional, 8% had been referred or self-referred to a Stop Smoking group and 4% had called a smokers helpline.

The Omnibus smoking report also contains information on when smokers intend to quit, reasons they want to quit, awareness of health risks both to themselves and non-smokers, attitudes towards smoking and views on the restrictions on smoking in public places.

References

1. General Household Survey, Smoking and Drinking among adults, 2007. Office for National Statistics. Available at: www.statistics.gov.uk/ghs/
2. Smoking Kills: A White Paper on Tobacco. The Stationery Office, 1998. Available at: www.archive.official-documents.co.uk/document/cm41/4177/4177.htm
3. The Infant Feeding Survey 2005. The Information Centre, 2007. Available at: www.ic.nhs.uk/pubs/ifs2005
4. The prescription data available in this bulletin are not routinely available. This information was obtained from the Prescribing Analysis and Cost tool (PACT) system, which covers prescriptions prescribed by GPs, nurses, pharmacists and others in England and dispensed in the community in the UK. Prescriptions written in England but dispensed outside England are included. Prescriptions written in hospitals/clinics that are dispensed in the community, prescriptions dispensed in hospitals, dental prescribing and private prescriptions are not included in PACT data. It is important to note this as some British National Formulary (BNF) sections have a high proportion of prescriptions written in hospitals that are dispensed in the community. Nicotine Replacement Therapies (NRTs) are not prescription only so the figures for this category may be an underestimate of actual use. ePACT only captures those NRTs that have been written on a prescription form so any NRTs bought over the counter or through other non-prescription routes e.g. smoking cessation clinics, will not have been captured. National
5. Smoking-related behaviour and attitudes, 2008/09. Office for National Statistics. Available at: http://www.statistics.gov.uk/downloads/theme_health/smoking2008-9.pdf

prescription data may be available on request. More information is available at:

www.ic.nhs.uk/statistics-and-data-collections/primary-care/prescriptions

Appendix A: Government policy and targets

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

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;
- 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

Consultation on the future of tobacco control

The Cancer Reform Strategy 2007 announced the government's intention to consult on the next steps in tobacco control and the further regulation of tobacco products, and to consult with stakeholders on measures to reduce the significant harm to health caused by smoking for those who are addicted to nicotine and not able to quit altogether.

The Department of Health published the consultation paper entitled 'Consultation on the future of tobacco control', on 31 May 2008. This consultation was the first step in developing a new national tobacco control strategy, and covered four main areas:

- Reducing smoking rates and health inequalities caused by smoking;
- Protecting children and young people from smoking;
- Supporting smokers to quit; and
- Helping those who cannot quit

The consultation closed on 8th September 2009 and the report of consultation responses can be found at

http://www.dh.gov.uk/en/Consultations/Responsestoconsultations/DH_091382

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 2008, is 6%

- To reduce the percentage of women who smoke during pregnancy from 23 per cent to 15 per cent by the year; with a fall to 18 per cent by the year 2005.

Interim target met: Latest figure, for 2006, is 17%.

Another measure proposed in the White Paper was to produce an Approved Code of Practice on smoking in the workplace. This defined the kind of smoking policies employers need to operate to comply with existing health and safety legislation. The Department of Health (DH) 'Health Check' annual report, produced in 2002, suggested that a workplace smoking ban in England might reduce smoking prevalence by four percentage points.

www.archive.official-documents.co.uk/document/cm41/4177/4177.htm

Public Service Agreements

In October 2007, the government published a new Public Service Agreement (PSA), PSA Delivery Agreement 18: Promote better health and wellbeing for all. One of the indicators aims to reduce smoking prevalence among adults. The national target is to reduce adults' (aged 16 and over) smoking rates to 21% or less by 2010, with a reduction in prevalence among routine and manual groups to 26% or less.

www.hm-treasury.gov.uk/media/5/A/pbr_csr07_psa18.pdf

Latest figure, for 2007 among all adults is 21% and those among routine and manual groups 26%.

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

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

Latest figure, for 2007, is 26%.

Priorities & Planning Framework

In 2002, DH 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 included 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

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, 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

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 met and exceeded 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 pharmacotherapy to help adults quit smoking. The National Institute for Health and Clinical Excellence (NICE) issued guidance in August 2007, which recommends the use of Champix in the NHS.

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

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

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

Tackling Tobacco Smuggling

The Tackling Tobacco Smuggling Strategy was highly successful, cutting the illicit cigarette market to 16% by 2003/04. The original target was a reduction in the illicit market to 17% 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% 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/b/9/433.pdf
customs.hmrc.gov.uk/channelsPortalWebApp/downloadFile?contentID=HMCE_PROD1_025361

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 1st October 2007 it was made illegal to sell tobacco products to children under the age of 18.

www.opsi.gov.uk/ACTS/acts1991/Ukpga_19910023_en_1.htm
www.opsi.gov.uk/si/si2007/20070767.htm 71

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/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4008268

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 became smoke-free on the 1st July 2007. Scotland became smokefree earlier than England on the 26th March 2006. Wales introduced their smoking ban on April 2nd 2007, and Northern Ireland on 30 April 2007.

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 sold 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.opsi.gov.uk/acts/acts2006/pdf/ukpga_20060028_en.pdf

Reducing exposure to second-hand smoke and smoke-free legislation

The Health Act 2006 made virtually all enclosed public places and workplaces in England smoke-free with effect from 1st July 2007. Penalties for breeches of the smoke-free 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 smoke-free legislation is available at the dedicated website:

www.smokefreeengland.co.uk/

A report examining the impact of the smokefree law, one year on since it was introduced is available at the following link:.

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_085811

Appendix B: Technical Notes

NHS 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.

Data collection

In October 2007, updated guidance for NHS Stop Smoking Services was published and was updated in February 2008. The new guidance is intended for everyone involved in managing, commissioning or delivering NHS stop smoking services. It was developed by means of a collaboration with representatives from SHAs, PCTs, the NHS Information Centre and academics from the field of smoking cessation.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079644

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, trend tables show trends from 2001/02 onwards.

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 NHS Information Centre 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.

In 2007/08 monitoring arrangements were the same as 2006/07. 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

NHS performance ratings for PCTs: The annual health check

The annual health check is the most important of the Healthcare Commission's activities to drive improvements in healthcare for patients. It involves assessing and rating the performance of each NHS trust in England during the financial year from 1 April to 31 March.

Results from the 2006/07 NHS Performance Ratings for PCTs were published by the Healthcare Commission on 18 October 2007, 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.

<http://www.healthcarecommission.org.uk/healthcareproviders/serviceproviderinformation/annualhealthcheck/theannualhealthcheck2006/07and2005/06.cfm>

The results of the 2007/08 annual health check will be published on 16 October 2008. Key information relating to the 2007/08 annual health check is available at the link below:

<http://www.healthcarecommission.org.uk/healthcareproviders/serviceproviderinformation/annualhealthcheck/annualhealthcheck2007/2008.cfm>

Enhancements to monitoring ethnicity

In light of the 2001 Census, Department of Health (DH) 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

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

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. At this time, the 28 SHAs encompassed around 303 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 DH 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

Re-structuring SHAs and PCTs

In 2006, SHAs and PCTs were restructured. The 28 SHAs became 10 new SHAs in July 2006, and 303 PCTs became 152 PCTs in October 2006. Where trends are described, this report discusses the use of NHS Stop Smoking Services since 2006/07 for the SHA and PCT structures which are now in place. Information on pre-2006 SHA and PCT structures can be found in previous editions of this report.

Prescriptions dispensed

Information on items prescribed in primary care settings in England are obtained from the Prescribing Analysis and Cost Tool (ePACT) system supplied by the Prescription Pricing Division (PPD) of the Business Services Authority (BSA) and extracted by the Prescribing Support Unit, part of NHS Information Centre. The ePACT system covers prescriptions prescribed by GPs, nurses, pharmacists and others in England and dispensed in the community in the UK. Prescriptions written in England but dispensed outside England are included. Prescriptions written in hospitals/ clinics that are dispensed in the community, prescriptions dispensed in hospitals and private prescriptions are not included in ePACT data.

Prescriptions are written on a prescription form known as a FP10. Each single item written on the form is counted as a prescription item. Net Ingredient Cost (NIC) is the basic cost of a drug. It does not take account of discounts, dispensing costs, fees or prescription charges income.

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:

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.
- Inhaler: this resembles a cigarette. Nicotine cartridges are inserted into it, and inhaled in an action similar to smoking. It is particularly suitable to those people who miss the hand-to-mouth movements of smoking.

Bupropion (Zyban)

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.

Varenicline (Champix)

Champix, generic name *varenicline*, is a prescription pill designed to help smokers stop smoking. Varenicline 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.

The European Commission approved varenicline on September 29th, 2006 as a pharmacology to help adults quit smoking, based on the results from clinical trials. In trials, 44% of the group treated with varenicline 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 Bupropion (Zyban), the other main pharmacology to help people quit smoking. The National Institute for Health and Clinical Excellence (NICE) issued guidance in August 2007, which recommended the use of varenicline in the NHS.

Appendix C: Editorial notes

For the purpose of clarity, figures in the bulletin are shown in accordance with the NHS 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.

In 2008/09 there have been new data items added to the collection. This includes data for the number of people setting a quit date and the number who successfully quit at the 4 week follow-up categorised by socio economic classification, eligibility to receive free prescriptions, intervention setting and intervention type. This bulletin reports on these newly collected data items. However there are weaknesses with this newly collected data as is common with new data collections within their first year, but rather than withhold this already useful dataset we are releasing it labelled 'experimental statistics' and are seeking input from users to help us improve it.

Appendix D: Further information

This annual bulletin draws together statistics on NHS Stop Smoking Services for the year 2008/09. The next annual bulletin will be published in 2010. Publication dates for 2009/10 are listed below:

- Statistics on NHS Stop Smoking Services, April 2009 to June 2010 (Q1) – 8/10/2009;
- Statistics on NHS Stop Smoking Services, July 2008 to September 2008 (Q2) – W/C 18/01/2010;
- Statistics on NHS Stop Smoking Services, October 2008 to December 2008 (Q3) – W/C 12/04/2010;
- Statistics on NHS Stop Smoking Services, April 2008 to March 2009 (Annual) – W/C 16/08/2009.

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

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

Telephone: 0845 300 6016

Email: enquiries@ic.nhs.uk

This bulletin is available on the internet:

www.ic.nhs.uk/pubs/sss0809

The 2005/06, 2006/07 and 2007/08 annual NHS Stop Smoking Services bulletins, also published by the NHS Information Centre can be found at:

<http://www.ic.nhs.uk/pubs/sss0506>

www.ic.nhs.uk/pubs/sss0607annualrep

<http://www.ic.nhs.uk/pubs/sss0708>

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:

http://www.dh.gov.uk/en/Publicationsandstatistics/Statistics/StatisticalWorkAreas/Statisticalpublichealth/DH_4032542

General Household Survey

The General Household Survey (GHS) is a continuous survey carried out by 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 2007 report presents information about trends in cigarette smoking. It also discusses variations according to personal characteristics such as gender, age, socio-economic classification and economic activity status.

Move to calendar year

In 2005, the timeframe for the survey was changed from a financial year basis to calendar year basis. Where questions were the same in 2005 as in 2004/05, the final quarter of the 2004/05 collection has been added to the nine months of the 2005 survey data in order to provide estimates based on a full calendar year, and to ensure any seasonal variation is accounted for.

The response rate for the 2007 survey was 75 per cent, giving an achieved sample size of 9,080 households and 17,123 adults aged 16 and over, of whom 15,687 gave a full interview in person.

Longitudinal data

Another change in 2005 was that, in line with European requirements, the GHS adopted a longitudinal sample design, in which households remain in the sample for four years (waves) with one quarter of the sample being replaced each year. Thus approximately three quarters of the 2005 sample were re-interviewed in 2006. A major advantage of the longitudinal component of the design is that it is more efficient at detecting statistically significant estimates of change over time than the previous cross-sectional design. This is because an individual's responses to the same question at different points in time tend to be positively correlated, and this reduces the standard errors of estimates of change.

General Household Survey 2007: Smoking and Drinking among Adults, 2007. Office for National Statistics. Available at:

http://www.statistics.gov.uk/downloads/theme_compendia/GHS07/GHSSmokingandDrinkingAmongAdults2007.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 9,973 in England.

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

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 2008/09, 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 2008/09, data collected included: views about giving up smoking, attempts to give up smoking and attitudes towards smoking restrictions.

Smoking-related behaviour and attitudes, 2008/09. Office for National Statistics, 2009. Available at:

http://www.statistics.gov.uk/downloads/theme_health/smoking2008-9.pdf

2008/09 NHS Stop Smoking Services collection

From the 2008/09 collection onwards, all data will be collected at a PCT level directly from PCTs using a web-based tool. Previously the NHS Information Centre collected quarterly data from local Stop Smoking Services via aggregated SHA returns.

By collecting PCT level information we have been 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 hope that burden has been reduced for SHAs. The NHS Information Centre is 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.

Additional data items have been collected as part of the 2008/09 collection, and this will continue to be the case for subsequent collections. These included:

- Intervention types and settings;
- Socio-economic groups;
- Exception reporting system.

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*¹. 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 region². 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 2007, 2008 and 2009 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/2007_UKNSCC/intro.html

www.uknsc.org/2008_UKNSCC/intro.html

www.uknsc.org/2009_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 pharmacologies to help people quit smoking 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 2008/09

ROCR ref: ROCR/OR/0028/008

The Information Centre:

Stop Smoking Services Quarterly Monitoring Return 2008/09

This quarterly return should be completed for each Primary Care Trust. 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/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079644

Quarter to which this return relates

1 April to 30 June 2008	<input checked="" type="checkbox"/>	1 October to 31 December 2008	<input type="checkbox"/>
1 July to 30 September 2008	<input type="checkbox"/>	1 January to 31 March 2009	<input type="checkbox"/>

Primary Care Trust

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 by ethnic category and gender

Ethnic category and gender	(1)	(2)	(3)	(4)	(5)	(6)
	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
a White						
01 British			0			0
02 Irish			0			0
03 Any other White background			0			0
04 Sub-total	0	0	0	0	0	0
b Mixed						
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 Sub-total	0	0	0	0	0	0
c Asian or Asian British						
10 Indian			0			0
11 Pakistani			0			0
12 Bangladeshi			0			0
13 Any other Asian background			0			0
14 Sub-total	0	0	0	0	0	0
d Black or Black British						
15 Caribbean			0			0
16 African			0			0
17 Any other Black background			0			0
18 Sub-total	0	0	0	0	0	0
e Other ethnic groups						
19 Chinese			0			0
20 Any other ethnic group			0			0
21 Sub-total	0	0	0	0	0	0
f Not Stated						
22 Not Stated			0	0	0	0
23 Total	0	0	0	0	0	0

Notes:

1. In 2008/09 ethnic category must be collected using the 16+1 categories.

Part 1 - Summary data for individual clients

Part 1B: Number of people setting a quit date 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
Males							
31	Total number setting a quit date in the quarter	0	0	0	0	0	0
32	Number who had successfully quit (self-report)	0					
33	Number who had not quit (self-report)	0					
34	Number not known/lost to follow-up	0					
35	Number who had successfully quit (self-report), where confirmation of non-smoking status by CO validation was attempted	0					
36	Number who had successfully quit (self-report), where non-smoking status confirmed by CO validation	0					

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

Notes:

1. Age group should be based on age at quit date.
2. 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.
3. "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 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 (self-report)	
45 Number who had not quit (self-report)	
46 Number not known/lost to follow-up	
47 Number who had successfully quit (self-report), where confirmation of non-smoking status by CO validation was attempted	
48 Number who had successfully quit (self-report), where non-smoking status confirmed by CO validation	

Notes:

1. This table should include all women who are pregnant at the time of the quit date.
2. 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.
3. "Confirmed by CO validation" means a CO reading of less than 10 ppm.

Part 1D Number of people setting a quit date and successful quitters receiving free prescriptions

(20)

(21)

	Number setting a quit date	Number successfully quit
49 Number eligible who received free prescriptions		

Part 1 - Summary data for individual clients

Part 1E: Number of people setting a quit date and successful quitters by socio-economic classification

	(22)	(23)
	Number setting a quit date	Number successfully quit
50	Number of full time students	
51	Number who have never worked or unemployed for over 1 year	
52	Number who have retired	
53	Number sick/disabled and unable to return to work	
54	Number of home carers (unpaid) ¹	
55	Number in managerial and professional occupations ²	
56	Number in Intermediate occupations ³	
57	Number in Routine and manual occupations ⁴	
58	Unable to code	
59	Total number of people setting a quit date and successful quitters during the quarter	0

Notes:

1. Number of home carers - i.e. looking after children, family or home.
2. Managerial and professional occupations, examples include: Accountant, artist, civil/mechanical engineer, medical practitioner, musician, nurse, police officer (sergeant or above), physiotherapist, scientist, social worker, software engineer, solicitor, teacher, welfare officer. Those usually responsible for planning, organising and co-ordinating work for finance.
3. Intermediate occupations, examples include: Call centre agent, clerical worker, nursery auxiliary, office clerk, secretary.
4. Routine and Manual occupations, examples include: Electrician, fitter, gardener, inspector, plumber, printer, train driver, tool maker, bar staff, caretaker, catering assistant, cleaner, farm worker, HGV driver, labourer, machine operative, messenger, packer, porter, postal worker, receptionist, sales assistant, security guard, sewing machinist, van driver, waiter/waitress.

Part 1 - Summary data for individual clients

Part 1F: Number of people setting a quit date and successful quitters by pharmacotherapy treatment received

		(24)	(25)
		Number setting a quit date	Number successfully quit
60	Number who received NRT only		
61	Number who received bupropion (Zyban) only		
62	Number who received Champix (varenicline) only		
63	Number who received both NRT and bupropion (Zyban) either concurrently or consecutively		
64	Number who received NRT and Champix (Varenicline) consecutively		
65	Number who did not receive NRT or bupropion (Zyban) or Champix (varenicline)		
66	Number where treatment option not known		
67	Total number of people setting a quit date and successful quitters during the quarter	0	0

Notes:

1. 'Received' means obtained by prescription, purchase or supply free of charge.
2. 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".

Part 1 - Summary data for individual clients

Part 1G: Number of people setting a quit date and successful quitters by intervention type

	(26) Number setting a quit date	(27) Number successfully quit	(28) Reason for exception	Please tick box when validation has been conducted
68	Number who attended closed groups (Structured, multi-session group courses with pre-arranged start and finish dates and a pre booked client group)			<input type="checkbox"/>
69	Number who attended open groups (sometimes called rolling groups) that have fluctuating membership and are ongoing			<input type="checkbox"/>
70	Number who attended drop-in clinics (multi-session support)			<input type="checkbox"/>
71	Number who attended one to ones (structured, multi-session support)			<input type="checkbox"/>
72	Number who attended family/ couples groups (structured, multi-session support for small family groups or couples)			<input type="checkbox"/>
73	Number dealt with through telephone support sessions			<input type="checkbox"/>
Other (please describe)				
74				<input type="checkbox"/>
75				<input type="checkbox"/>
76				<input type="checkbox"/>
77	Total number of people setting a quit date and successful quitters during the quarter	0	0	

Notes:

1. If there is an intervention type that is not on the list, please fill in the blank box.
2. If the success rate of the intervention setting is 35% or below, or 70% and above please give a reason in the exception reporting box.

Part 1 - Summary data for individual clients

Part 1H: Number of people setting a quit date and successful quitters by intervention setting

	(29)	(30)	(31)	
	Number setting a quit date	Number successfully quit	Reason for exception	Please tick box when validation has been conducted
78	Number using Stop Smoking Services setting			<input type="checkbox"/>
79	Number using pharmacy setting			<input type="checkbox"/>
80	Number using prison setting			<input type="checkbox"/>
81	Number using primary care setting			<input type="checkbox"/>
82	Number using hospital ward setting			<input type="checkbox"/>
83	Number using dental practice setting			<input type="checkbox"/>
84	Number using military base setting			<input type="checkbox"/>
Other (please describe)				
85				<input type="checkbox"/>
86				<input type="checkbox"/>
87				<input type="checkbox"/>
88	Total number of people setting a quit date and successful quitters during the quarter	0		0

Notes:

1. If there is an intervention setting that is not on the list, please fill in the blank box.
2. If the success rate of the intervention setting is 35% or below, or 70% and above please give a reason in the exception reporting box.

Part 2: Summary financial information on smoking cessation services

Part 2A: Financial allocations for year

(32)

Type of allocation	£
89 PCT allocation for smoking cessation for year	
90 Other monies allocated to smoking cessation, including any underspend carried over from the previous year	
91 Total allocation	£ -

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

(33)

92

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.

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For further information:

www.ic.nhs.uk

0845 300 6016

enquiries@ic.nhs.uk

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