

Statistics on NHS Stop Smoking Services in England, April 2005 to March 2006

Summary

This statistical bulletin presents results from the NHS Stop Smoking Services in England during the year April 2005 to March 2006 (formerly known as the smoking cessation services). The key source used within this publication is data collected by The Information Centre for health and social care from the NHS Stop Smoking Services. Some information is also given on smoking prevalence and attitudes to smoking to help put these results into context.

- The total number of successful quitters delivered by NHS Stop Smoking Services between 2003/04 and 2005/06 was 832,700. The Department of Health Priorities and Planning Framework (PPF) target of 800,000 successful quitters over this period was achieved.

In England, during the year 2005/06:

- 602,820 people set a quit date through NHS Stop Smoking Services;
- At the 4 week follow-up, 329,681 (55%) of those setting a quit date had successfully quit (based on self-report);
- More women than men set a quit a quit date (341,185 compared with 261,635) and more women than men had successfully quit at the 4 week follow-up (183,707 compared with 145,974);
- Success at the four week follow-up increased with age, from 40% of those aged under 18, to 64% of those aged 60 and over;
- People from ethnic minority groups accounted for 2% of those setting a quit date in 2001/02. In 2005/06 this had risen to 5%.
- 17,920 pregnant women set a quit date. 9,586 had successfully quit at the 4 week follow-up, a success rate of 53%;
- North West GOR had both the highest number of people setting a quit date (109,754) and highest number of successful quitters at the 4 week follow-up (54,488). However, the success rate (50%) was below the national average of 55%;
- Greater Manchester SHA had both the highest number of people setting a quit date (45,282) and highest number of successful quitters at the 4 week follow-up (21,383). However, the success rate was relatively low (47%);
- 494,105 (82%) of those setting a quit date received Nicotine Replacement Therapy (NRT), 30,559 (5%) received bupropion (Zyban) and 4,036 (1%) received both NRT and bupropion;
- The cost of the NHS Stop Smoking Services per quitter was in 2005/06 was £158, compared with £206 in 2001/02.

Contents

1	Introduction.....	1
2	Key results.....	3
3	Ethnic groups and pregnant women.....	11
4	Regional analysis.....	21
5	Smoking cessation aids and prescriptions.....	45
6	Smokers' attitudes and behaviour.....	55
Appendix A	Government policy and targets.....	65
Appendix B	Technical notes.....	69
Appendix C	Editorial notes	75
Appendix D	Further information.....	77
Appendix E	SHA return form for 2005/06.....	79

1 Introduction

This statistical bulletin presents results from the NHS Stop Smoking Services in England for the period April 2005 to March 2006. The statistics presented in this bulletin supersede results previously published for this period and are the finalised figures for 2005/06.

The NHS Stop Smoking Services (formerly known as the smoking cessation services) were set up in Health Action Zones in 1999/2000 and rolled out across all Health Authorities in England in 2000/2001. The services offer support to help people quit smoking. This can include intensive support through group therapy or one-to-one support. The support is designed to be widely accessible within the local community and is provided by trained personnel, such as specialist smoking cessation advisors and trained nurses and pharmacists. These services complement the use of stop smoking aids, nicotine replacement therapy (NRT) and bupropion (Zyban).

Key results from the NHS Stop Smoking Services in 2005/06 are presented in Chapter 2, together with an analysis of trends in the performance of the service over recent years.

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

Chapter 4 presents a regional analysis of the NHS Stop Smoking Services data at Government Office Region (GOR), Strategic

Health Authority (SHA) and Primary Care Trust (PCT) level.

The focus of Chapter 5 is smoking cessation aids, prescriptions and costs. This chapter includes some information on NHS Stop Smoking Service expenditure.

Chapter 6 presents information from the Office for National Statistics Omnibus survey. This chapter looks at the behaviour of smokers wanting to give up, attempts made to stop smoking and sources of stop smoking help and advice.

Not all regional analyses are contained in Chapter 4. Chapter 3 contains some regional analysis of pregnant women using NHS Stop Smoking Services and Chapter 5 contains regional breakdowns showing smoking cessation aid prescriptions and expenditure on the service.

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 links to sources of existing research. The return form used by SHAs to submit data to the Information Centre is given in Appendix E.

2 Key results

800,000 target

As part of the Priorities and Planning Framework (PPF) published by The Department of Health, a target of 800,000 smokers successfully quitting at the 4- week follow-up (based on self-report) was set for the three years 2003/04 to 2005/06. The total number of successful quitters between during this period was 832,681, resulting in the target being successfully achieved.

Overall results

During the period April 2005 to March 2006, 602,820 people set a quit date through the NHS Stop Smoking Services. At the 4- week follow-up 329,681 people had successfully quit (based on self- report), 55% of those setting a quit date. A client is counted as a 'self- reported 4- week quitter' if they have been assessed 4 weeks after the designated quit date and declares that he/ she has not smoked even a single puff on a cigarette in the past two weeks.

More people set a quit date with NHS Stop Smoking Services during 2005/06 than in any previous year. Over 70,000 more people set a quit date in 2005/06 than in 2004/05. There were also more successful quitters in 2005/06 than in any other year. In 2005/06 over 31,550 more people successfully quit at the 4- week follow up when compared to results from 2004/05 (Table 2.1 and Figure 2.1).

Figure 2.1 People setting a quit date and successful quitters at the 4 week follow up, 2001/02 to 2005/06



Source: Lifestyle Statistics. The Information Centre, 2006

During quarter 4 (covering the period 1st January to 31st March 2006) more people set a quit date and successfully quit than in any other quarter, a pattern seen in previous years. The success rate in quarter 4 (58%) was also higher than that in any other quarter, again a pattern seen in previous years (Table 2.2).

Results by gender

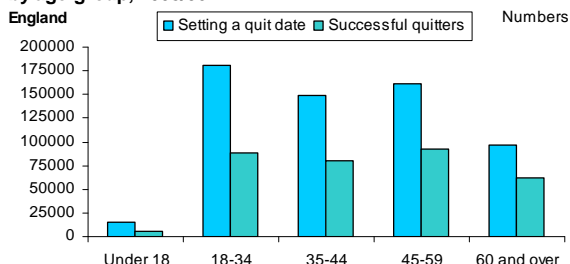
More women than men set a quit date in 2005/06 (341,185 compared with 261,635). Similarly, more women than men had successfully quit at the 4 week follow-up (183,707 compared with 145,974). However the success rate was slightly higher among men than women (56% compared with 54%).

Clients who self- report as having quit at the 4- week follow up are required to have their Carbon Monoxide (CO) levels monitored as a validation of their quit attempt (unless the intervention was by telephone). Of the 329,681 successful quitters, CO validation was attempted on 240,964 clients. Of those tested, 87% were confirmed as successful quitters by CO validation (Table 2.3).

Results by age group

People in the 18-34 age group had the highest number of people setting a quit date (180,247) in 2005/06. However, the 45-59 age group had the highest number of successful quitters at 4 week follow-up (161,401) (Figure 2.2). Success rates increased with age, from 40% for those aged 18 and under, to 64% of those aged 60 and over. Although the 60 and over age group had the highest success rate, they also had the second lowest number of people setting a quit date after the under 18 age group. Overall, 21% of people setting a quit date were lost to follow-up. This decreased with age, from 30% of those aged under 18 to 13% of those aged 60 and over. (Table 2.4).

Figure 2.2 People setting a quit date and successful quitters by age group, 2005/06



Source: Lifestyle Statistics. The Information Centre, 2006

Smoking prevalence

Information on smoking prevalence of those aged 16 and over is taken from the General Household Survey (GHS). The GHS collects information on a wide range of topics to provide a comprehensive picture of how we live, and the social change we experience in Britain. Each year questions are asked about adults smoking habits. The most recent data

available, GHS 2004¹, estimates that the prevalence of smoking in England is higher among men than women (26% compared with 23%). This contrasts with the numbers setting a quit date through NHS Stop Smoking Services, as almost a third more women than men set a quit date.

Among adults, prevalence of cigarette smoking is highest in the 18-34 age group (31%) and lowest among those aged 60 and over (14%). The prevalence of smoking among the 16 to 17 age group is estimated at 23% (Table 2.5).

References

1. General Household Survey 2004. Office for National Statistics, 2005. Available at: www.statistics.gov.uk/ghs/

List of tables

- 2.1 People setting a quit date and outcome at 4 weeks, 2001/02 to 2005/06
- 2.2 People setting a quit date and outcome at 4 weeks, 2000/01 to 2005/06
- 2.3 People setting a quit date and outcome at 4 weeks by gender, 2005/06
- 2.4 People setting a quit date and outcome at 4 weeks by age group, 2005/06
- 2.5 Cigarette smoking status among adults, by age and gender, 2004

Table 2.1 People setting a quit date and outcome¹ at 4 weeks, 2001/02 to 2005/06

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

1. A client counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after the quit date
2. Pregnant women are included in the relevant group
3. Carbon Monoxide (CO) validation measures the level of carbon monoxide in the bloodstream and provides an indication of the level of use of tobacco: it is a motivational tool for clients as well as validation of their smoking status. CO validation is attempted on all clients who self-report as having successfully quit at the 4 week follow-up, except for those who were followed up by telephone

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 2.2 People setting a quit date and outcome at 4 weeks, 2000/01 to 2005/06

England	Numbers/Percentages		
	Number setting quit date	Number successfully quit (self-report)	Percentage successfully quit
1 April to 30 June 2000	12,432	4,242	34
1 July to 30 September 2000	20,694	9,229	45
1 October to 31 December 2000	30,946	15,411	50
1 January to 31 March 2001	68,472	35,672	52
Total: April 2000 to March 2001	132,544	64,554	49
1 April to 30 June 2001	56,935	28,828	51
1 July to 30 September 2001	48,578	25,054	52
1 October to 31 December 2001	48,155	25,518	53
1 January to 31 March 2002	73,667	40,434	55
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. 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 on 27th July 2005. The number of people setting a quit date in 2005/06 Quarter 1 (April to June 2005) has been revised from 145,464 to 145,538. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 76,452 to 76,495. The number of people setting a quit date in 2005/06 Quarter 2 (July to September 2005) has been revised from 126,289 to 126,367. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 65,660 to 65,693. The number of people setting a quit date in 2005/06 Quarter 3 (October to December 2005) has been revised from 121,940 to 122,034. The number who had successfully quit at the 4 week follow up (self-report) has been revised from 66,623 to 66,690. The number of people setting a quit date in 2005/06 Quarter 4 (January to March 2006) has been revised from 209,481 to 208,881. The number who had successfully quit at the 4 week follow up (self report) has been revised from 121,119 to 120,803.

Source:

Lifestyle Statistics. The Information Centre, 2006

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Table 2.3 People setting a quit date and outcome¹ at 4 weeks, by gender, 2005/06

England	Numbers/Percentages					
	Total	Males	Females ²	Total	Males	Females
Total number setting a quit date	602,820	261,635	341,185	100	100	100
Outcome at 4 weeks						
People who had successfully quit at 4 week follow-up (self-report)	329,681	145,974	183,707	55	56	54
People who had not quit at 4 week follow-up (self-report)	144,658	60,180	84,478	24	23	25
People not known/lost to follow up	128,481	55,481	73,000	21	21	21
CO validation³						
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	240,964	106,613	134,351	40	41	39
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	210,415	93,358	117,057	35	36	34

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

2. Pregnant women are included in the relevant group

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 2.4 People setting a quit date, and outcome¹ at 4 weeks by age group², 2005/06

England	Numbers/Percentages					
	Total	Under 18	18-34	35-44	45-59	60 and over
Numbers						
Total number setting a quit date	602,820	15,473	180,247	149,148	161,401	96,551
Outcome at 4 weeks						
Number who had successfully quit at 4 week follow-up (self report)	329,681	6,150	88,416	80,546	92,558	62,011
Number who had not quit at 4 week follow-up (self report)	144,658	4,662	44,539	35,388	38,499	21,570
Number not known/lost to follow up	128,481	4,661	47,292	33,214	30,344	12,970
CO validation³						
Number who had successfully quit at 4 week follow-up (self report), where CO validation attempted	240,964	4,543	62,764	59,344	68,977	45,336
Number who had successfully quit at 4 week follow-up, confirmed by CO validation	210,415	4,084	54,201	51,921	60,384	39,825
Percentages						
Total percentage setting a quit date	100	100	100	100	100	100
Outcome at 4 weeks						
Percentage who had successfully quit at 4 week follow-up (self report)	55	40	49	54	57	64
Percentage who had not quit at 4 week follow-up (self report)	24	30	25	24	24	22
Percentage not known/lost to follow up	21	30	26	22	19	13
CO validation						
Percentage who had successfully quit at 4 week follow-up (self report), where CO validation attempted	40	29	35	40	43	47
Percentage who had successfully quit at 4 week follow-up, confirmed by CO validation	35	26	30	35	37	41

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

2. Pregnant women are included in the relevant group

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 2.5 Cigarette smoking status among adults¹, by age and gender, 2004

England	Percentages					
	All ages	16-17	18-34	35-44	45-59	60 and over
All adults¹						
Current smoker	25	23	31	30	26	14
Ex-smoker	24	3	12	17	28	38
Never or only occasionally smoked	52	73	57	53	46	48
Men						
Current smoker	26	22	34	30	28	15
Ex-smoker	28	2	13	19	31	51
Never or only occasionally smoked	46	76	53	50	41	34
Women						
Current smoker	23	25	29	29	24	13
Ex-smoker	20	4	12	16	25	28
Never or only occasionally smoked	57	71	60	55	51	59
<i>Weighted bases (000s)</i>						
All adults	36,004	1,037	9,517	7,043	8,990	9,416
Men	16,855	524	4,514	3,275	4,295	4,246
Women	19,149	513	5,003	3,768	4,695	5,170
<i>Unweighted bases</i>						
All adults	12,716	343	3,172	2,480	3,260	3,461
Men	5,884	167	1,446	1,126	1,536	1,609
Women	6,832	176	1,726	1,354	1,724	1,852

1. Aged 16 and over

Source:

General Household Survey 2004. Office for National Statistics

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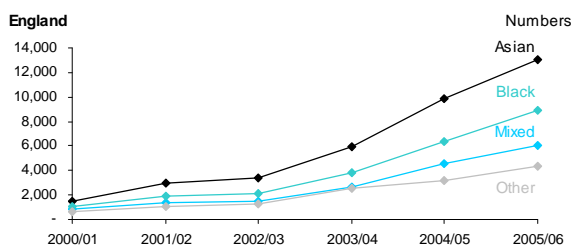
3 Ethnic groups and pregnant women

Use of services by ethnic groups

In 2005/06, 528,348 (88%) people setting a quit date with NHS Stop Smoking Services clients were White, 6,024 (1%) were of Mixed ethnicity, 12,998 (2%) were Asian, 8,953 (1%) were Black and 4,373 (1%) were from another ethnic group (Table 3.1).

There has been a steady increase in the number of people from minority ethnic groups who have set a quit date through the services. In 2000/01, 4,086 people from minority ethnic groups set a quit date (3% of all people setting a quit date) compared to 32,348 in 2005/06 (5% of those setting a quit date) (Figure 3.1 and Table 3.2).

Figure 3.1 People setting a quit date, by minority ethnic group, 2000/01 to 2005/06



Source: Lifestyle Statistics. The Information Centre, 2006

The overall figures and the figures for the other ethnic groups where there were more women than men setting a quit date. In the Asian ethnic group, men accounted for more than three-quarters of those setting a quit date. This contrasts with the ethnicity of 7% of clients setting a quit date was not stated. Data on successful quitters by ethnic group is not centrally collected.

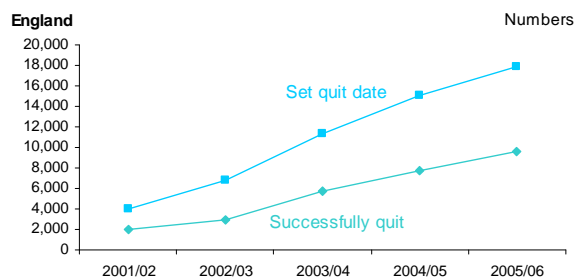
Smoking prevalence will have an effect on the number of potential Stop Smoking Services clients within each group as prevalence varies by ethnic group and also by gender within each ethnic group.

The 2004 Health Survey for England¹ focussed on the health of minority ethnic groups and smoking was one of the areas covered. In 2004, 20% of Indian men were current smokers compared with 40% of Bangladeshi men. Just 2% of Bangladeshi women reported smoking compared with 24% of Black Caribbean women (Table 3.3).

Use of services by pregnant women

In 2005/06, 17,920 pregnant women set a quit date with NHS Stop Smoking Services, compared to 4,037 pregnant women in 2001/02. As with the overall number of people using the service, there has been an increase in the number of pregnant women setting a quit date in each year since 2001/02 (Figure 3.2 and Table 3.4).

Figure 3.2 Number of pregnant women setting a quit date and successfully quitting, 2001/02 to 2005/06



Source: Lifestyle Statistics. The Information Centre, 2006

In 2005/06, 53% of pregnant women setting a quit date (9,586) had successfully quit at the 4 week follow-up. This is the highest success rate since the service began, although it is slightly lower than the overall success rate (55%) and the success rate among all women (54%).

There was a 16% loss to follow-up among pregnant women in 2005/06. This is lower than the loss to follow-up in the service overall (21%).

Regional variation

Trent SHA had the highest rate of successful quitters among pregnant women (71%) and Cheshire and Merseyside and South West London SHAs had the lowest (36%). Care should be taken when making regional comparisons with these data as there will be differences in smoking prevalence, socio-demographic structure and pregnancy rates, which will affect the number of pregnant women who use the Stop Smoking Service. (Table 3.5)

Prevalence of smoking during pregnancy

The Infant Feeding Survey² (IFS) is a national survey of new mothers which monitors the prevalence of breast-feeding and other infant feeding practices. Data are also collected on smoking and drinking before and during pregnancy.

Results from the IFS give an indication of the numbers of women who smoke during their pregnancy. Early results from the 2005 IFS show that 32% of new mothers surveyed had smoked before or during pregnancy and 17% had smoked throughout pregnancy, a fall from 19% in 2000. Of those mothers who smoked, 49% reported giving up smoking before or during their pregnancy (Table 3.6).

References

1. Health Survey for England 2004: The Health of Minority Ethnic Groups. The Information Centre, 2006. Available at: <http://www.ic.nhs.uk/pubs/healthsurvey2004ethnicfull>
2. Infant Feeding Survey 2005: Early Results. The Information Centre, 2006. Available at: <http://www.ic.nhs.uk/pubs/breastfeed2005>

List of tables

- 3.1 People setting a quit date, by ethnic group and gender, 2005/06
- 3.2 People setting a quit date, by ethnic group and gender, 2000/01 to 2005/06
- 3.3 Prevalence of cigarette smoking by smoking status, minority ethnic group and gender, 2004
- 3.4 Pregnant women setting a quit date and outcome at 4 weeks, 2001/02 to 2005/06
- 3.5 Pregnant women setting a quit date and outcome at 4 weeks by Government Office Region (GOR) and Strategic Health Authority (SHA), 2005/06
- 3.6 Smoking during pregnancy, 2000 and 2005

Table 3.1 People setting a quit date, by ethnic group^{1,2} and gender, 2005/06

England	Numbers/Percentages					
	Total	Males	Females	Total	Males	Females
Total	602,820	261,635	341,185	100	100	100
White	528,348	223,103	305,245	88	85	89
British	509,110	214,175	294,935	84	82	86
Irish	6,899	3,003	3,896	1	1	1
Any other white background	12,339	5,925	6,414	2	2	2
Mixed	6,024	2,593	3,431	1	1	1
White and Black Caribbean	2,512	945	1,567	0	0	0
White and Black African	858	418	440	0	0	0
White and Asian	941	485	456	0	0	0
Any other mixed background	1,713	745	968	0	0	0
Asian or Asian British	12,998	10,175	2,823	2	4	1
Indian	4,663	3,543	1,120	1	1	0
Pakistani	4,002	3,279	723	1	1	0
Bangladeshi	1,997	1,637	360	0	1	0
Any other Asian background	2,336	1,716	620	0	1	0
Black or Black British	8,953	4,428	4,525	1	2	1
Caribbean	4,597	1,987	2,610	1	1	1
African	2,522	1,548	974	0	1	0
Any other Black background	1,834	893	941	0	0	0
Other ethnic groups	4,373	2,424	1,949	1	1	1
Chinese	609	346	263	0	0	0
Any other ethnic group	3,764	2,078	1,686	1	1	0
Not stated	42,124	18,912	23,212	7	7	7

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

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

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 3.2 People setting a quit date, by ethnic group and gender, 2000/01 to 2005/06

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

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

2. Pregnant women are included in the relevant ethnic group

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 3.3 Prevalence of cigarette smoking by smoking status, minority ethnic group and gender, 2004

England	Percentages							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General Population
Men¹								
Current cigarette smoker	25	21	20	29	40	21	30	24
Ex- regular cigarette smoker	16	8	13	8	13	11	30	29
Never regular cigarette smoker	59	71	66	63	47	68	40	47
Women¹								
Current cigarette smoker	24	10	5	5	2	8	26	23
Ex- regular cigarette smoker	13	3	2	2	1	3	27	22
Never regular cigarette smoker	63	87	92	93	97	89	47	56
<i>Bases (weighted)</i>								
<i>Men</i>	472	366	899	412	172	150	1,773	45,652
<i>Women</i>	658	464	1,061	490	197	162	2,362	48,357
<i>Bases (unweighted)</i>								
<i>Men</i>	403	379	547	423	396	345	496	2,855
<i>Women</i>	637	457	630	497	453	372	653	3,805

1. Aged 16 and over

Source:

Health Survey for England 2004: The Health of Minority Ethnic Groups. The Information Centre

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Table 3.4 Pregnant women setting a quit date and outcome at 4 weeks¹, 2001/02 to 2005/06

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

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 3.5 Pregnant women setting a quit date and outcome at 4 weeks, by Government Office Region (GOR) and Strategic Health Authority (SHA), 2005/06

England	Numbers/Percentages		
	Setting a quit date	Number successfully quit	Percentages successfully quit
England	17,920	9,586	53
North East Government Office Region	1,454	680	47
County Durham & Tees Valley	570	267	47
Northumberland, Tyne & Wear	884	413	47
North West Government Office Region	4,679	2,341	50
Cheshire & Merseyside	1,073	388	36
Cumbria & Lancashire	899	378	42
Greater Manchester	2,707	1,575	58
Yorkshire and the Humber Government Office Region	1,915	870	45
North and East Yorkshire and Northern Lincolnshire	440	199	45
South Yorkshire	743	308	41
West Yorkshire	732	363	50
East Midlands Government Office Region	2,188	1,490	68
Leicestershire, Northamptonshire & Rutland	500	298	60
Trent	1,688	1,192	71
West Midlands Government Office Region	1,817	905	50
Birmingham & The Black Country	694	341	49
Shropshire & Staffordshire	385	220	57
West Midlands South	738	344	47
East Of England Government Office Region	849	447	53
Bedfordshire & Hertfordshire	129	75	58
Essex	181	88	49
Norfolk, Suffolk & Cambridgeshire	539	284	53
London Government Office Region	1,199	573	48
North Central London	241	137	57
North East London	325	165	51
North West London	186	70	38
South East London	273	138	51
South West London	174	63	36
South East Government Office Region	2,374	1,557	66
Hampshire & Isle of Wight	792	538	68
Kent & Medway	586	399	68
Surrey & Sussex	696	451	65
Thames Valley	300	169	56
South West Government Office Region	1,445	723	50
Avon, Gloucestershire & Wiltshire	663	335	51
Dorset & Somerset	273	182	67
South West Peninsula	509	206	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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 3.6 Smoking during pregnancy, 2000 and 2005

England	Percentages	
	2000	2005
Smoked before or during pregnancy	35	32
Smoked throughout pregnancy	19	17
<i>Base: All mothers¹</i>	4,921	5,896
Gave up smoking before or during pregnancy	45	49
<i>Base: All mothers who smoked before or during pregnancy</i>	1,720	1,905

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

Source:

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

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4 Regional analysis

Government Office Region

When looking at results from the Stop Smoking Services in different regions, figures should be interpreted with caution as the areas are obviously of different sizes and have different population structures. In 2005/06, North West Government Office Region (GOR) had both the highest number of people setting a quit date (109,754) and the highest number of successful quitters at the 4 week follow-up (54,488). However, the success rate was relatively low in this region (50%).

North East GOR had the highest number of successful quitters per 100,000 population (1,145) but one of the lowest success rates (49%). In contrast, South East GOR had the highest success rate (62%) but was among the GORs with the lowest number of quitters per 100,000 population (710) (Table 4.1).

Using information on smoking prevalence from the General Household Survey 2004/05 (GHS) it is estimated that North East GOR had the highest number of quitters per 100,000 smokers (4,000), while Yorkshire and the Humber had the lowest (2,700) (Figure 4.1 and Table 4.2). Both the North East GOR and Yorkshire and the Humber had high rates of smoking prevalence (29% and 28% respectively). (Tables 4.3)

Strategic Health Authorities

Looking at Strategic Health Authorities (SHAs), South West London SHA had the fewest people setting a quit date (10,507), the lowest number of successful quitters (4,844), the lowest success rate (46%) and the lowest number of successful quitters per 100,000 population (451), substantially lower than the overall England figure of 817 quitters per 100,000 population.

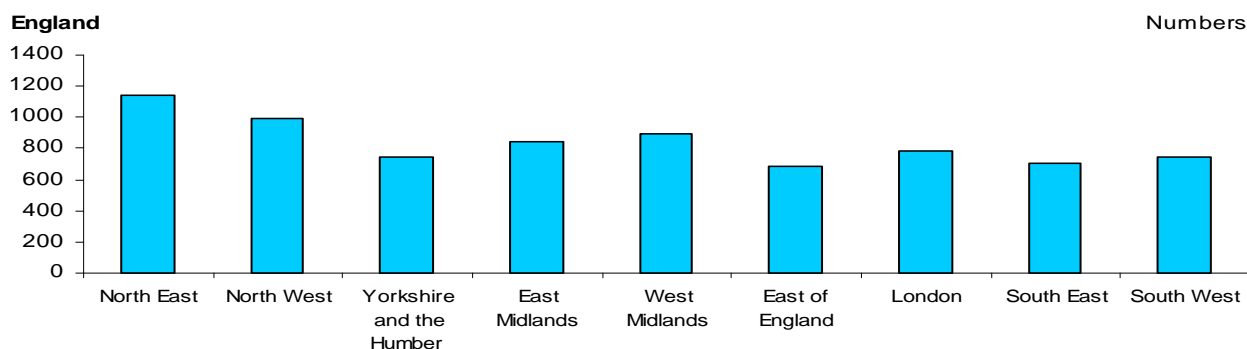
Bedfordshire & Hertfordshire had the highest success rate (67%), well above the 55% overall rate for England. County Durham & Tees Valley had the highest number of successful quitters per 100,000 population (1,214) despite having a low success rate (49%). (Figure 4.2 and Table 4.1)

Results by gender

In England, 57% of those setting quit dates were women. North East GOR had the highest proportion of women setting a quit date (60%) while London GOR had the lowest (54%).

Looking at SHAs, County Durham & Tees Valley together with Cheshire & Merseyside had the highest proportion of women setting a quit date (61%). North West London was the only SHA where the proportion of women

Figure 4.1 Number of successful quitters per 100,000 population by Government Office Region, 2005/06



Source: Lifestyle Statistics. The Information Centre, 2006

setting a quit date was not higher than the proportion of men. (Table 4.4).

Results by age

For the majority of GORs and SHAs, the age distribution of people setting a quit date was similar to the distribution for England with 30% of all those setting a quit date falling into the 18-34 age group. All GORs followed this overall pattern. There were a few SHAs where the proportion of those setting a quit date in the 45-59 age group was at least as large as the proportion in the 18-34 group - Cheshire & Merseyside, Essex, North & East Yorkshire & Northern Lincolnshire, Surrey & Sussex and Dorset & Somerset (Table 4.5).

Results by ethnic group

In England, 88% of all people setting a quit date were White. In the North East London SHA 11% of people setting a quit date were from an Asian ethnic group, the highest proportion in any SHA. In South East London SHA, 9% were from a Black ethnic group, again the highest proportion of any SHA (Table 4.6).

Trends

Since 2001/02, there has been an overall increase 165% in the number of people setting a quit date. Among GORs, East Midlands, London and South East all saw increases of over 300%, while the North East and Yorkshire and the Humber had much smaller increases of less than 100%.

Among SHAs, North West London stands out with a ten-fold increase in the number of people setting a quit date (Table 4.7). The same GORs and SHA showed the largest percentage increases in the number of people successfully quitting. (Table 4.8).

When looking at the number of people setting a quit date per 100,000 population, the South East GOR showed the largest percentage increase between 2001/02 and 2005/06 (356%). The North East GOR had

the lowest percentage increase (74%), although North East GOR has had the largest number of people both setting a quit date and quitting per 100,000 population in each year over this period. Similar patterns can be seen for the number of quitters per 100,000 population.

Among SHAs, North West London had the highest percentage increase in both the number of people setting a quit date and the number quitting per 100,000 population (Tables 4.9 and 4.10).

In England, between 2001/01 and 2005/06, the proportion of those setting a quit date who successfully quit increased from 53% to 55%. Some GORs reported an increase in their success rates while some reported a decrease. The largest increase was seen in London GOR (8 percentage points) and largest decreases in East of England and North East GORs (6 percentage points).

Among SHAs, the largest increases in success rates were in Hampshire and Isle of Wight and North East London (12 percentage points) while the largest decrease was in Essex (19 percentage points) (Table 4.11).

Primary Care Trusts

Haringey PCT had the highest number of successful quitters (2,815), had a high success rate (70%) and almost double the number of successful quitters per 100,000 population compared with England as a whole (1,563). Uttlesford PCT delivered the lowest number of successful quitters (349) and also had a low number of successful quitters per 100,000 population (600) despite of having a relatively high success rate (62%) (Table 4.12).

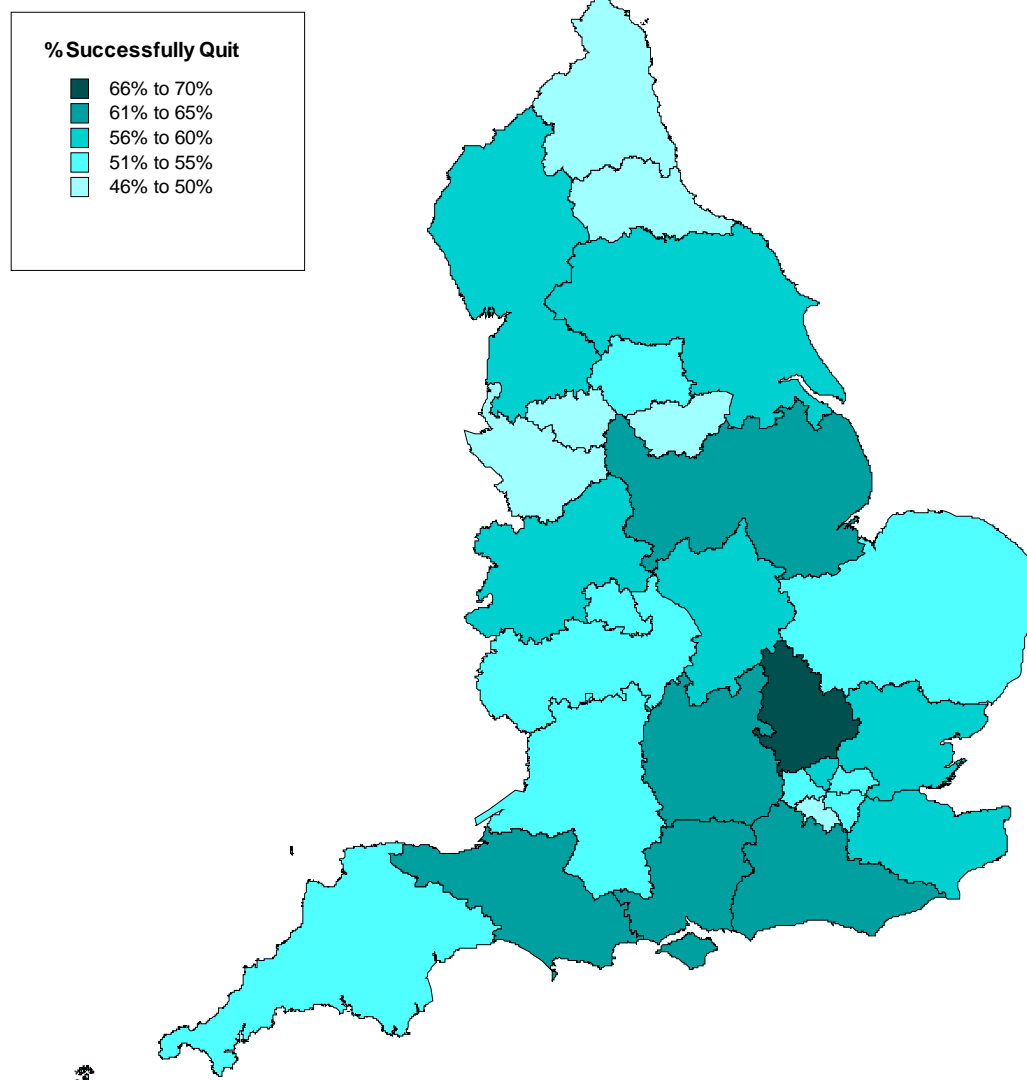
Hartlepool PCT had the highest number of successful quitters per 100,000 population (1,865), over double the England average but a success rate of only 52%, below the overall success rate in England of 55%. The PCT with the lowest number of successful

quitters per 100,000 population was Croydon (540) which also had a relatively low success rate (44%).

References

1. General Household Survey 2004. Office for National Statistics, 2005. Available at: www.statistics.gov.uk/ghs/

Figure 4.2. Percentage successfully quit at the 4 week follow-up by Strategic Health Authority, 2005/06



List of tables

- 4.1 People setting a quit date and successful quitters, per 100,000 population, by Government Office Region and Strategic Health Authority, 2005/06
- 4.2 People successfully quit and estimated quitters per 100,000 smokers, by Government Office Region, 2005/06
- 4.3 Prevalence of cigarette smoking among adults, by gender and Government Office Region, 2004
- 4.4 People setting a quit date and percentage by gender, Government Office Region and Strategic Health Authority, 2005/06
- 4.5 People setting a quit date by age group, Government Office Region and Strategic Health Authority, 2005/06
- 4.6 People setting a quit date by ethnic group, Government Office Region and Strategic Health Authority, 2005/06
- 4.7 People setting a quit date, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06
- 4.8 People successfully quit at the 4 week follow-up, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06
- 4.9 People setting a quit date, per 100,000 of the population, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06
- 4.10 People successfully quit at the 4 week follow-up, per 100,000 of the population, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06
- 4.11 Success rate by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06
- 4.12 People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

Table 4.1 People setting a quit date and successful quitters, per 100,000 population, by Government Office Region and Strategic Health Authority, 2005/06

England	Numbers/Percentages						
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}	Number lost to follow-up	Number successfully quit (CO validation attempted)	Number successfully quit (CO validation confirmed)
England	602,820	329,681	55	817	128,481	240,964	210,415
North East Government Office Region	48,752	23,648	49	1145	14,642	20,219	17,218
County Durham & Tees Valley	22,791	11,235	49	1214	7,051	9,414	7,558
Northumberland, Tyne & Wear	25,961	12,413	48	1089	7,591	10,805	9,660
North West Government Office Region	109,754	54,488	50	990	22,086	36,138	24,854
Cheshire & Merseyside	39,272	18,242	46	961	8,295	14,608	11,388
Cumbria & Lancashire	25,200	14,863	59	957	4,502	9,496	8,889
Greater Manchester	45,282	21,383	47	1042	9,289	12,034	4,577
Yorkshire and the Humber Government Office Region	56,764	29,971	53	741	14,094	25,389	21,379
North & East Yorkshire, Northern Lincolnshire	15,999	9,142	57	682	3,035	7,950	6,626
South Yorkshire	15,767	8,020	51	778	3,966	7,512	6,277
West Yorkshire	24,998	12,809	51	764	7,093	9,927	8,476
East Midlands Government Office Region	47,030	28,687	61	847	10,144	22,714	21,027
Leicestershire, Northamptonshire & Rutland	16,332	9,189	56	746	4,098	7,354	6,475
Trent	30,698	19,498	64	904	6,046	15,360	14,552
West Midlands Government Office Region	70,655	38,235	54	897	13,914	27,711	27,242
Birmingham & The Black Country	32,872	17,639	54	986	6,351	14,774	14,498
Shropshire & Staffordshire	18,973	10,980	58	907	3,492	8,339	8,194
West Midlands South	18,810	9,616	51	762	4,071	4,598	4,550
East of England Government Office Region	53,616	30,461	57	689	11,135	20,152	17,996
Bedfordshire & Hertfordshire	11,274	7,577	67	591	1,582	4,203	4,194
Essex	18,926	10,604	56	808	3,917	8,532	7,004
Norfolk, Suffolk & Cambridgeshire	23,416	12,280	52	671	5,636	7,417	6,798
London Government Office Region	87,214	46,966	54	785	21,466	31,813	30,048
North Central London	15,391	9,010	59	905	3,254	4,552	4,484
North East London	20,012	11,121	56	928	5,275	7,962	7,855
North West London	25,321	13,061	52	868	6,565	9,267	8,178
South East London	15,983	8,930	56	735	3,712	5,944	5,666
South West London	10,507	4,844	46	451	2,660	4,088	3,865
South East Government Office Region	74,986	46,492	62	710	11,439	34,562	29,756
Hampshire & Isle of Wight	18,249	11,970	66	820	2,085	9,813	7,188
Kent & Medway	15,520	9,205	59	717	2,663	7,889	5,893
Surrey & Sussex	22,620	13,961	62	670	4,054	11,107	10,972
Thames Valley	18,597	11,356	61	658	2,637	5,753	5,703
South West Government Office Region	54,049	30,733	57	747	9,561	22,266	20,895
Avon, Gloucestershire & Wiltshire	24,103	13,034	54	729	3,869	9,537	8,692
Dorset & Somerset	11,829	7,710	65	776	1,164	4,456	4,396
South West Peninsula	18,117	9,989	55	751	4,528	8,273	7,807

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

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2004 figures based on the 2001 census published by the Office for National Statistics

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.2 People successfully quit¹ and estimated quitters per 100,000 smokers aged², by Government Office Region, 2005/06

England	Numbers	
	Number successfully quit	Estimated quitters per 100,000 smokers ²
England	329,681	3,300
North East	23,648	4,000
North West	54,488	3,600
Yorkshire and the Humber	29,971	2,700
East Midlands	28,687	3,100
West Midlands	38,235	3,900
East of England	30,461	2,800
London Government	46,966	3,500
South East	46,492	3,200
South West	30,733	3,300

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

2. Based on General Household Survey 2004/05 estimates of prevalence among adults aged 16 and over, by Government Office Region

Sources:

Lifestyle Statistics. The Information Centre, 2006

General Household Survey 2004. Office for National Statistics

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Table 4.3 Prevalence of cigarette smoking among adults¹, by gender and Government Office Region, 2004

England	Smoking prevalence	<i>Weighted bases (000's)</i>	Percentages <i>Unweighted sample</i>
All adults			
England	25	36,004	12,716
North East	29	1,912	677
North West	28	4,726	1,719
Yorkshire and the Humber	28	3,745	1,352
East Midlands	27	3,383	1,233
West Midlands	23	3,621	1,303
East of England	24	3,949	1,442
London	22	5,149	1,528
South East	22	5,909	2,132
South West	23	3,610	1,330
Men			
England	26	16,855	5,884
North East	28	894	312
North West	27	2,195	789
Yorkshire and the Humber	30	1,728	621
East Midlands	27	1,624	585
West Midlands	26	1,647	589
East of England	26	1,839	664
London	26	2,391	693
South East	25	2,807	1,002
South West	25	1,729	629
Women			
England	23	19,148	6,832
North East	30	1,018	365
North West	28	2,531	930
Yorkshire and the Humber	26	2,017	731
East Midlands	28	1,759	648
West Midlands	21	1,973	714
East of England	23	2,110	778
London	19	2,758	835
South East	20	3,102	1,130
South West	21	1,881	701

1. Aged 16 and over

Source:

General Household Survey 2004. Office for National Statistics

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Table 4.4 People setting a quit date¹ and percentage by gender, by Government Office Region and Strategic Health Authority, 2005/06

England	Number setting a quit date	Numbers/Percentages	
		Men	Women
England	602,820	43	57
North East Government Office Region	48,752	40	60
County Durham & Tees Valley	22,791	39	61
Northumberland, Tyne & Wear	25,961	40	60
North West Government Office Region	109,754	41	59
Cheshire & Merseyside	39,272	39	61
Cumbria & Lancashire	25,200	41	59
Greater Manchester	45,282	42	58
Yorkshire and the Humber Government Office Region	56,764	43	57
North & East Yorkshire, Northern Lincolnshire	15,999	44	56
South Yorkshire	15,767	40	60
West Yorkshire	24,998	44	56
East Midlands Government Office Region	47,030	43	57
Leicestershire, Northamptonshire & Rutland	16,332	45	55
Trent	30,698	42	58
West Midlands Government Office Region	70,655	45	55
Birmingham & The Black Country	32,872	45	55
Shropshire & Staffordshire	18,973	46	54
West Midlands South	18,810	44	56
East of England Government Office Region	53,616	45	55
Bedfordshire & Hertfordshire	11,274	44	56
Essex	18,926	43	57
Norfolk, Suffolk & Cambridgeshire	23,416	47	53
London Government Office Region	87,214	46	54
North Central London	15,391	45	55
North East London	20,012	47	53
North West London	25,321	50	50
South East London	15,983	41	59
South West London	10,507	42	58
South East Government Office Region	74,986	44	56
Hampshire & Isle of Wight	18,249	43	57
Kent & Medway	15,520	44	56
Surrey & Sussex	22,620	44	56
Thames Valley	18,597	46	54
South West Government Office Region	54,049	45	55
Avon, Gloucestershire & Wiltshire	24,103	45	55
Dorset & Somerset	11,829	46	54
South West Peninsula	18,117	45	55

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.5 People setting a quit date¹ by age group, Government Office Region and Strategic Health Authority, 2005/06

England	Number setting a quit date	Numbers/Percentages				
		Under 18	18-34	35-44	45-59	60 plus
England	602,820	3	30	25	27	16
North East Government Office Region	48,752	2	30	24	28	16
County Durham & Tees Valley	22,791	2	31	24	28	15
Northumberland, Tyne & Wear	25,961	3	30	23	28	16
North West Government Office Region	109,754	2	28	25	28	17
Cheshire & Merseyside	39,272	2	28	25	28	17
Cumbria & Lancashire	25,200	2	29	25	27	16
Greater Manchester	45,282	2	28	24	28	18
Yorkshire and the Humber Government Office Region	56,764	4	29	24	27	16
North & East Yorkshire, Northern Lincolnshire	15,999	2	28	24	30	16
South Yorkshire	15,767	3	31	23	27	16
West Yorkshire	24,998	5	30	23	27	16
East Midlands Government Office Region	47,030	2	31	24	26	17
Leicestershire, Northamptonshire & Rutland	16,332	2	32	25	25	15
Trent	30,698	2	30	24	27	17
West Midlands Government Office Region	70,655	3	31	25	27	15
Birmingham & The Black Country	32,872	3	30	26	26	14
Shropshire & Staffordshire	18,973	3	31	24	27	15
West Midlands South	18,810	2	31	25	27	15
East of England Government Office Region	53,616	2	29	25	27	17
Bedfordshire & Hertfordshire	11,274	2	26	27	28	17
Essex	18,926	2	28	24	28	18
Norfolk, Suffolk & Cambridgeshire	23,416	3	30	24	26	16
London Government Office Region	87,214	3	32	26	25	14
North Central London	15,391	2	32	26	26	14
North East London	20,012	2	33	25	25	15
North West London	25,321	3	35	25	23	14
South East London	15,983	5	29	26	26	14
South West London	10,507	4	29	26	26	15
South East Government Office Region	74,986	3	29	25	27	17
Hampshire & Isle of Wight	18,249	2	31	25	26	15
Kent & Medway	15,520	3	30	24	26	16
Surrey & Sussex	22,620	3	27	26	27	18
Thames Valley	18,597	2	30	25	27	16
South West Government Office Region	54,049	2	30	25	26	16
Avon, Gloucestershire & Wiltshire	24,103	2	31	26	24	17
Dorset & Somerset	11,829	2	27	26	28	17
South West Peninsula	18,117	3	29	25	28	16

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.6 People setting a quit date¹ by ethnic group, Government Office Region and Strategic Health Authority, 2005/06

England	Numbers/Percentages						
	All persons	White	Mixed	Asian	Black	Other	Not known
England	602,820	88	1	2	1	1	7
North East Government Office Region	48,752	95	0	0	0	0	5
County Durham & Tees Valley	22,791	91	0	0	0	0	9
Northumberland, Tyne & Wear	25,961	98	0	0	0	0	1
North West Government Office Region	109,754	92	1	1	0	0	6
Cheshire & Merseyside	39,272	93	0	0	0	0	6
Cumbria & Lancashire	25,200	97	0	1	0	0	1
Greater Manchester	45,282	88	1	2	1	0	8
Yorkshire and The Humber Government Office Region	56,764	91	1	2	0	0	6
North & East Yorkshire & Northern Lincolnshire	15,999	98	0	0	0	0	1
South Yorkshire	15,767	80	0	1	0	0	18
West Yorkshire	24,998	93	1	4	1	0	1
East Midlands Government Office Region	47,030	87	1	2	1	0	10
Leicestershire, Northamptonshire & Rutland	16,332	92	1	3	1	0	2
Trent	30,698	84	0	1	1	0	14
West Midlands Government Office Region	70,655	91	1	3	1	0	3
Birmingham & The Black Country	32,872	84	2	6	2	1	5
Shropshire & Staffordshire	18,973	97	0	1	0	0	1
West Midlands South	18,810	95	1	2	1	0	2
East of England Government Office Region	53,616	90	0	1	1	0	7
Bedfordshire & Hertfordshire	11,274	89	1	3	2	0	5
Essex	18,926	88	0	0	0	0	11
Norfolk, Suffolk & Cambridgeshire	23,416	93	0	1	1	0	5
London Government Office Region	87,214	68	3	7	7	3	12
North Central London	15,391	69	5	5	7	6	8
North East London	20,012	66	3	11	6	3	12
North West London	25,321	55	3	9	6	3	23
South East London	15,983	81	3	3	9	2	3
South West London	10,507	82	3	4	6	2	3
South East Government Office Region	74,986	89	1	1	1	0	9
Hampshire & Isle of Wight	18,249	83	0	0	0	0	16
Kent & Medway	15,520	89	0	1	0	0	10
Surrey & Sussex	22,620	95	0	1	1	0	3
Thames Valley	18,597	87	1	2	1	0	8
South West Government Office Region	54,049	94	1	0	0	0	5
Avon, Gloucestershire & Wiltshire	24,103	93	1	1	1	0	5
Dorset & Somerset	11,829	96	0	0	0	0	3
South West Peninsula	18,117	94	0	0	0	0	5

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.7 People setting a quit date¹, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06

England	Numbers/Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	% increase 2001/02 to 2005/06
England	227,335	234,858	361,224	529,567	602,820	165
North East Government Office Region	27,696	27,501	34,844	44,242	48,752	76
County Durham & Tees Valley	12,094	10,785	14,741	21,195	22,791	88
Northumberland, Tyne & Wear	15,602	16,716	20,103	23,047	25,961	66
North West Government Office Region	54,558	52,554	70,218	101,484	109,754	101
Cheshire & Merseyside	21,914	22,114	28,437	36,846	39,272	79
Cumbria & Lancashire	13,827	13,675	18,193	25,507	25,200	82
Greater Manchester	18,817	16,765	23,588	39,131	45,282	141
Yorkshire and the Humber Government Office Region	29,441	29,706	39,133	49,988	56,764	93
North & East Yorkshire, Northern Lincolnshire	6,903	7,768	11,165	14,475	15,999	132
South Yorkshire	6,975	5,954	7,737	12,325	15,767	126
West Yorkshire	15,563	15,984	20,231	23,188	24,998	61
East Midlands Government Office Region	11,040	12,318	22,640	37,465	47,030	326
Leicestershire, Northamptonshire & Rutland	3,776	3,445	7,620	13,878	16,332	333
Trent	7,264	8,873	15,020	23,587	30,698	323
West Midlands Government Office Region	28,802	30,379	48,103	66,553	70,655	145
Birmingham & The Black Country	10,709	9,483	16,648	26,230	32,872	207
Shropshire & Staffordshire	10,269	11,073	14,213	19,969	18,973	85
West Midlands South	7,824	9,823	17,242	20,354	18,810	140
East of England Government Office Region	15,648	16,392	27,383	49,290	53,616	243
Bedfordshire & Hertfordshire	3,580	4,204	6,504	10,391	11,274	215
Essex	3,668	3,378	7,992	17,895	18,926	416
Norfolk, Suffolk & Cambridgeshire	8,400	8,810	12,887	21,004	23,416	179
London Government Office Region	20,042	20,348	38,654	65,763	87,214	335
North Central London	3,082	3,285	5,406	10,502	15,391	399
North East London	6,048	6,040	12,863	18,097	20,012	231
North West London	2,266	2,603	7,277	15,128	25,321	1,017
South East London	5,398	5,160	7,275	13,072	15,983	196
South West London	3,248	3,260	5,833	8,964	10,507	223
South East Government Office Region	16,182	19,964	40,859	64,553	74,986	363
Hampshire & Isle of Wight	3,807	3,604	6,996	14,376	18,249	379
Kent & Medway	2,108	2,842	8,138	12,415	15,520	636
Surrey & Sussex	6,755	8,255	13,493	20,747	22,620	235
Thames Valley	3,512	5,263	12,232	17,015	18,597	430
South West Government Office Region	23,926	25,696	39,390	50,229	54,049	126
Avon, Gloucestershire & Wiltshire	11,873	12,266	18,516	23,505	24,103	103
Dorset & Somerset	3,258	3,718	7,316	10,140	11,829	263
South West Peninsula	8,795	9,712	13,558	16,584	18,117	106

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.8 People successfully quit at the 4 week follow up¹, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06

England	Numbers/Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	% increase 2001/02 to 2005/06
England	119,834	124,082	204,876	298,124	329,681	175
North East Government Office Region	14,979	14,987	18,511	22,421	23,648	58
County Durham & Tees Valley	6,582	6,464	8,601	11,159	11,235	71
Northumberland, Tyne & Wear	8,397	8,523	9,910	11,262	12,413	48
North West Government Office Region	25,877	24,695	35,418	51,621	54,488	111
Cheshire & Merseyside	11,253	10,645	13,588	17,715	18,242	62
Cumbria & Lancashire	7,145	7,516	10,816	14,933	14,863	108
Greater Manchester	7,479	6,534	11,014	18,973	21,383	186
Yorkshire and the Humber Government Office Region	16,674	16,265	21,444	27,782	29,971	80
North & East Yorkshire, Northern Lincolnshire	4,556	4,651	6,829	8,841	9,142	101
South Yorkshire	4,225	3,546	4,408	6,770	8,020	90
West Yorkshire	7,893	8,068	10,207	12,171	12,809	62
East Midlands Government Office Region	6,158	6,941	14,525	23,645	28,687	366
Leicestershire, Northamptonshire & Rutland	2,052	1,878	4,495	8,290	9,189	348
Trent	4,106	5,063	10,030	15,355	19,498	375
West Midlands Government Office Region	14,918	15,776	26,238	36,159	38,235	156
Birmingham & The Black Country	5,398	5,044	9,940	14,698	17,639	227
Shropshire & Staffordshire	5,480	5,635	7,584	11,269	10,980	100
West Midlands South	4,040	5,097	8,714	10,192	9,616	138
East of England Government Office Region	9,812	10,052	17,544	29,779	30,461	210
Bedfordshire & Hertfordshire	2,323	2,666	4,196	7,045	7,577	226
Essex	2,752	2,551	5,940	11,665	10,604	285
Norfolk, Suffolk & Cambridgeshire	4,737	4,835	7,408	11,069	12,280	159
London Government Office Region	9,155	9,865	22,558	36,642	46,966	413
North Central London	1,508	1,660	2,790	5,607	9,010	497
North East London	2,634	3,082	8,552	10,535	11,121	322
North West London	1,342	1,364	4,698	9,056	13,061	873
South East London	2,433	2,239	3,612	7,149	8,930	267
South West London	1,238	1,520	2,906	4,295	4,844	291
South East Government Office Region	9,373	11,614	26,345	41,196	46,492	396
Hampshire & Isle of Wight	2,054	2,084	4,237	8,858	11,970	483
Kent & Medway	1,123	1,697	5,836	8,715	9,205	720
Surrey & Sussex	4,399	4,904	8,245	13,109	13,961	217
Thames Valley	1,797	2,929	8,027	10,514	11,356	532
South West Government Office Region	12,888	13,887	22,293	28,879	30,733	138
Avon, Gloucestershire & Wiltshire	6,318	6,472	9,615	12,874	13,034	106
Dorset & Somerset	2,102	2,270	5,132	6,834	7,710	267
South West Peninsula	4,468	5,145	7,546	9,171	9,989	124

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.9 People setting a quit date¹, per 100,000 of the population^{2,3}, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06

England	Numbers/Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	% increase 2001/02 to 2005/06
England	575	590	902	1,313	1,494	160
North East Government Office Region	1,358	1,345	1,697	2,142	2,361	74
County Durham & Tees Valley	1,324	1,176	1,601	2,291	2,463	86
Northumberland, Tyne & Wear	1,386	1,482	1,775	2,022	2,277	64
North West Government Office Region	1,010	968	1,284	1,844	1,994	98
Cheshire & Merseyside	1,170	1,177	1,505	1,940	2,068	77
Cumbria & Lancashire	910	895	1,181	1,642	1,622	78
Greater Manchester	936	828	1,157	1,907	2,207	136
Yorkshire and the Humber Government Office Region	743	745	976	1,235	1,403	89
North & East Yorkshire, Northern Lincolnshire	528	591	842	1,080	1,194	126
South Yorkshire	689	585	756	1,196	1,530	122
West Yorkshire	948	967	1,218	1,384	1,492	57
East Midlands Government Office Region	336	371	674	1,106	1,388	314
Leicestershire, Northamptonshire & Rutland	315	285	624	1,127	1,326	320
Trent	347	420	703	1,094	1,423	310
West Midlands Government Office Region	688	720	1,134	1,562	1,658	141
Birmingham & The Black Country	606	533	933	1,466	1,837	203
Shropshire & Staffordshire	860	923	1,180	1,649	1,567	82
West Midlands South	639	793	1,378	1,613	1,491	133
East of England Government Office Region	362	377	623	1,114	1,212	235
Bedfordshire & Hertfordshire	283	331	509	811	880	211
Essex	284	260	612	1,364	1,442	408
Norfolk, Suffolk & Cambridgeshire	474	494	712	1,148	1,280	170
London Government Office Region	341	344	650	1,099	1,457	327
North Central London	318	335	547	1,055	1,546	386
North East London	512	507	1,076	1,511	1,670	226
North West London	156	176	490	1,005	1,683	981
South East London	446	426	601	1,076	1,316	195
South West London	308	307	549	835	979	218
South East Government Office Region	251	308	627	985	1,145	356
Hampshire & Isle of Wight	266	250	481	985	1,250	370
Kent & Medway	168	225	640	968	1,210	619
Surrey & Sussex	327	399	650	996	1,086	232
Thames Valley	206	308	712	986	1,078	423
South West Government Office Region	597	637	968	1,222	1,315	120
Avon, Gloucestershire & Wiltshire	679	699	1,046	1,315	1,349	99
Dorset & Somerset	335	380	741	1,021	1,191	255
South West Peninsula	683	747	1,033	1,246	1,361	99

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

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2004 figures based on the 2001 census published by the Office for National Statistics

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.10 People successfully quit at the 4 week follow up¹, per 100,000 of the population^{2,3}, by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06

England	Numbers/Percentages					
	2001/02	2002/03	2003/04	2004/05	2005/06	% increase 2001/02 to 2005/06
England	303	312	512	739	817	170
North East Government Office Region	735	733	901	1,086	1,145	56
County Durham & Tees Valley	721	705	934	1,206	1,214	69
Northumberland, Tyne & Wear	746	755	875	988	1,089	46
North West Government Office Region	479	455	648	938	990	107
Cheshire & Merseyside	601	567	719	933	961	60
Cumbria & Lancashire	470	492	702	961	957	104
Greater Manchester	372	323	540	925	1,042	180
Yorkshire and the Humber Government Office Region	421	408	535	687	741	76
North & East Yorkshire, Northern Lincolnshire	349	354	515	660	682	96
South Yorkshire	417	349	431	657	778	86
West Yorkshire	481	488	614	726	764	59
East Midlands Government Office Region	187	209	433	698	847	352
Leicestershire, Northamptonshire & Rutland	171	155	368	673	746	335
Trent	196	239	469	712	904	361
West Midlands Government Office Region	356	374	619	848	897	152
Birmingham & The Black Country	305	284	557	822	986	223
Shropshire & Staffordshire	459	470	630	930	907	97
West Midlands South	330	412	696	808	762	131
East of England Government Office Region	227	231	399	673	689	204
Bedfordshire & Hertfordshire	184	210	328	550	591	222
Essex	213	197	455	889	808	279
Norfolk, Suffolk & Cambridgeshire	267	271	409	605	671	151
London Government Office Region	156	167	380	612	785	403
North Central London	156	169	282	563	905	481
North East London	223	259	715	879	928	317
North West London	92	92	316	602	868	842
South East London	201	185	298	589	735	266
South West London	117	143	273	400	451	284
South East Government Office Region	145	179	404	629	710	389
Hampshire & Isle of Wight	143	145	292	607	820	472
Kent & Medway	90	134	459	679	717	701
Surrey & Sussex	213	237	397	629	670	214
Thames Valley	105	171	467	609	658	524
South West Government Office Region	322	344	548	702	747	132
Avon, Gloucestershire & Wiltshire	362	369	543	720	729	102
Dorset & Somerset	216	232	520	688	776	259
South West Peninsula	347	396	575	689	751	116

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

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 of population aged 16 and over uses estimated resident population mid-2004 figures based on the 2001 census published by the Office for National Statistics

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.11 Success rate^{1,4} by Government Office Region and Strategic Health Authority, 2001/02 to 2005/06

England						Percentages
	2001/02	2002/03	2003/04	2004/05	2005/06	% change 2001/02 to 2005/06
England	53	53	57	56	55	2
North East Government Office Region	54	54	53	51	49	-6
County Durham & Tees Valley	54	60	58	53	49	-5
Northumberland, Tyne & Wear	54	51	49	49	48	-6
North West Government Office Region	47	47	50	51	50	2
Cheshire & Merseyside	51	48	48	48	46	-5
Cumbria & Lancashire	52	55	59	59	59	7
Greater Manchester	40	39	47	48	47	7
Yorkshire and the Humber Government Office Region	57	55	55	56	53	-4
North & East Yorkshire, Northern Lincolnshire	66	60	61	61	57	-9
South Yorkshire	61	60	57	55	51	-10
West Yorkshire	51	50	50	52	51	1
East Midlands Government Office Region	56	56	64	63	61	5
Leicestershire, Northamptonshire & Rutland	54	55	59	60	56	2
Trent	57	57	67	65	64	7
West Midlands Government Office Region	52	52	55	54	54	2
Birmingham & The Black Country	50	53	60	56	54	3
Shropshire & Staffordshire	53	51	53	56	58	5
West Midlands South	52	52	51	50	51	-1
East of England Government Office Region	63	61	64	60	57	-6
Bedfordshire & Hertfordshire	65	63	65	68	67	2
Essex	75	76	74	65	56	-19
Norfolk, Suffolk & Cambridgeshire	56	55	57	53	52	-4
London Government Office Region	46	48	58	56	54	8
North Central London	49	51	52	53	59	10
North East London	44	51	66	58	56	12
North West London	59	52	65	60	52	-8
South East London	45	43	50	55	56	11
South West London	38	47	50	48	46	8
South East Government Office Region	58	58	64	64	62	4
Hampshire & Isle of Wight	54	58	61	62	66	12
Kent & Medway	53	60	72	70	59	6
Surrey & Sussex	65	59	61	63	62	-3
Thames Valley	51	56	66	62	61	10
South West Government Office Region	54	54	57	57	57	3
Avon, Gloucestershire & Wiltshire	53	53	52	55	54	1
Dorset & Somerset	65	61	70	67	65	1
South West Peninsula	51	53	56	55	55	4

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

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 4.12 People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
England	602,820	329,681	55	817
North East Government Office Region	48,752	23,648	49	1,145
County Durham and Tees Valley SHA	22,791	11,235	49	1,214
Darlington	1,454	734	50	928
Derwentside	1,895	608	32	868
Durham & Chester Le Street	2,114	1,046	49	872
Durham Dales	1,427	990	69	1,406
Easington	2,799	1,347	48	1,808
Hartlepool	2,564	1,328	52	1,865
Langbaugh	1,824	952	52	1,191
Middlesbrough	3,953	1,779	45	1,262
North Tees	3,229	1,551	48	1,047
Sedgefield	1,532	900	59	1,270
Northumberland, Tyne and Wear SHA	25,961	12,413	48	1,089
Gateshead	3,064	1,530	50	982
Newcastle	4,854	2,342	48	1,054
North Tyneside	3,882	1,907	49	1,228
Northumberland Care Trust	4,897	2,399	49	942
South Tyneside	3,183	1,528	48	1,245
Sunderland Teaching	6,081	2,707	45	1,181
North West Government Office Region	109,754	54,488	50	990
Cheshire & Merseyside SHA	39,272	18,242	46	961
Bebington & West Wirral	966	475	49	480
Birkenhead & Wallasey	4,516	1,833	41	1,205
Central Cheshire	4,742	2,199	46	1,065
Central Liverpool	5,511	2,566	47	1,296
Cheshire West	2,258	1,021	45	815
Eastern Cheshire	2,325	1,059	46	689
Ellesmere Port & Neston	1,097	584	53	902
Halton	2,113	1,044	49	1,108
Knowsley	2,568	1,324	52	1,127
North Liverpool	2,277	969	43	1,191
South Liverpool	2,120	884	42	1,064
South Sefton	2,979	1,253	42	950
Southport & Formby	1,540	701	46	734
St Helens	2,139	1,267	59	896
Warrington	2,121	1,063	50	687
Cumbria & Lancashire SHA	25,200	14,863	59	957
Blackburn & Darwen	2,625	1,770	67	1,675
Blackpool	2,283	1,303	57	1,121
Burnley, Pendle & Rossendale	4,075	2,060	51	1,078
Carlisle & District	1,038	646	62	676
Chorley & South Ribble	2,636	1,515	57	898
Eden Valley	520	382	73	643
Fylde	846	484	57	765
Hyndburn & Ribble Valley	2,043	1,479	72	1,477
Morecambe Bay	3,508	1,879	54	740
Preston	1,749	926	53	814
West Cumbria	1,299	849	65	786
West Lancashire	967	623	64	710
Wyre	1,611	947	59	1,052

Table 4.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
Greater Manchester SHA	45,282	21,383	47	1,042
Ashton, Leigh & Wigan	5,267	2,649	50	1,080
Bolton	3,846	2,158	56	1,032
Bury	1,958	864	44	599
Central Manchester	3,224	1,582	49	1,203
Heywood & Middleton	1,834	808	44	1,378
North Manchester	4,341	1,839	42	1,723
Oldham	3,234	1,901	59	1,124
Rochdale	2,702	1,151	43	1,120
Salford	4,677	1,897	41	1,087
South Manchester	2,691	1,278	47	1,109
Stockport	4,986	2,071	42	912
Tameside & Glossop	3,344	1,929	58	982
Trafford North	1,513	599	40	829
Trafford South	1,665	657	39	667
Yorkshire and the Humber Government Office Region	56,764	29,971	53	741
North & East Yorkshire & Northern Lincolnshire SHA	15,999	9,142	57	682
Craven, Harrogate & Rural District	2,596	1,172	45	691
East Yorkshire	1,175	782	67	548
Eastern Hull	1,421	982	69	1,046
Hambleton & Richmondshire	1,562	710	45	718
North East Lincolnshire	1,201	758	63	603
North Lincolnshire	929	570	61	463
Scarborough Whitby & Ryedale	1,833	970	53	743
Selby & York	2,419	1,229	51	541
West Hull	1,736	1,190	69	1,133
Yorkshire Wolds & Coast	1,127	779	69	632
South Yorkshire SHA	15,767	8,020	51	778
Barnsley	3,697	1,855	50	1,045
Doncaster Central	1,090	617	57	1,103
Doncaster East	1,079	560	52	610
Doncaster West	1,222	678	55	813
North Sheffield	1,752	837	48	892
Rotherham	3,102	1,584	51	787
Sheffield South West	846	460	54	525
Sheffield West	1,007	474	47	444
South East Sheffield	1,972	955	48	719
West Yorkshire SHA	24,998	12,809	51	764
Airedale	1,599	881	55	889
Bradford City	1,402	524	37	578
Bradford South & West	2,854	1,158	41	1,056
Calderdale	2,293	1,210	53	785
East Leeds	1,438	759	53	605
Eastern Wakefield	2,023	1,051	52	752
Huddersfield Central	1,548	715	46	662
Leeds North East	1,902	1,339	70	1,500
Leeds North West	1,355	674	50	421
Leeds West	996	632	63	711
North Bradford	1,476	681	46	951
North Kirklees	2,010	1,053	52	787
South Huddersfield	1,088	430	40	631
South Leeds	2,018	1,118	55	934
Wakefield West	996	584	59	497

Table 4.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
East Midlands Government Office Region	47,030	28,687	61	847
Leicestershire, Northants & Rutland SHA	16,332	9,189	56	746
Charnwood & North West Leicestershire	2,247	1,632	73	851
Daventry & South Northamptonshire	964	519	54	620
Eastern Leicester	1,387	711	51	518
Hinckley & Bosworth	1,300	659	51	691
Leicester City West	2,565	1,250	49	1,424
Melton, Rutland & Harborough	1,648	913	55	778
Northampton	1,695	1,051	62	622
Northamptonshire Heartlands	2,732	1,451	53	660
South Leicestershire	1,794	1,003	56	772
Trent SHA	30,698	19,498	64	904
Amber Valley	1,538	1,015	66	1,061
Ashfield	1,018	614	60	914
Bassetlaw	1,006	637	63	715
Broxtowe & Hucknall	1,592	1,220	77	1,075
Central Derby	1,321	878	66	1,796
Chesterfield	1,545	927	60	1,143
Derbyshire Dales & South Derbyshire	1,051	670	64	737
East Lincolnshire	3,318	2,024	61	892
Erewash	1,695	1,084	64	1,226
Gedling	758	585	77	644
Greater Derby	1,619	1,104	68	803
High Peak & Dales	844	501	59	613
Lincolnshire South West	2,017	1,150	57	825
Mansfield District	1,092	786	72	990
Newark & Sherwood	1,405	901	64	1,016
North East Derbyshire	2,083	1,267	61	910
Nottingham City	3,070	1,959	64	870
Rushcliffe	1,075	665	62	766
West Lincolnshire	2,651	1,511	57	812
West Midlands Government Office Region	70,655	38,235	54	897
Birmingham & the Black Country SHA	32,872	17,639	54	986
Dudley Beacon & Castle	1,674	858	51	962
Dudley South	2,417	1,333	55	855
Eastern Birmingham	3,552	2,192	62	1,366
Heart of Birmingham	4,810	2,680	56	1,466
North Birmingham	1,835	1,101	60	842
Oldbury & Smethwick	1,471	691	47	1,005
Rowley Regis & Tipton	1,714	769	45	1,044
Solihull	2,054	1,162	57	728
South Birmingham	3,707	2,174	59	738
Walsall Teaching	3,963	2,047	52	1,029
Wednesbury & West Bromwich	1,885	912	48	1,100
Wolverhampton City	3,790	1,720	45	899
Shropshire and Staffordshire SHA	18,973	10,980	58	907
Burntwood, Lichfield & Tamworth	1,920	1,052	55	862
Cannock Chase	1,136	726	64	709
East Staffordshire	1,350	744	55	810
Newcastle under Lyme	1,236	644	52	759
North Stoke	2,229	1,015	46	1,032
Shropshire County	2,741	2,137	78	912
South Stoke	2,490	992	40	994
South Western Staffordshire	1,929	1,111	58	680
Staffordshire Moorlands	1,536	708	46	808
Telford and Wrekin	2,406	1,851	77	1,466

Table 4.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
West Midlands South	18,810	9,616	51	762
Coventry	4,763	2,495	52	1,026
Herefordshire	2,460	1,168	47	807
North Warwickshire	2,290	1,109	48	759
Redditch & Bromsgrove	1,840	830	45	624
Rugby	1,089	519	48	721
South Warwickshire	2,229	1,098	49	526
South Worcestershire	2,643	1,531	58	664
Wyre Forest	1,496	866	58	1,032
East of England Government Office Region	53,616	30,461	57	689
Bedfordshire & Hertfordshire SHA	11,274	7,577	67	591
Bedford	1,429	1,005	70	835
Bedfordshire Heartlands	1,910	1,454	76	761
Dacorum	831	548	66	499
Hertsmere	988	565	57	762
Luton	1,406	907	65	638
North Hertfordshire & Stevenage	1,041	688	66	480
Royston, Buntingford & Bishops Stortford	508	363	71	642
South East Hertfordshire	899	566	63	436
St Albans & Harpenden	597	385	64	368
Watford & Three Rivers	857	565	66	434
Welwyn Hatfield	808	531	66	671
Essex SHA	18,926	10,604	56	808
Basildon	1,708	937	55	1,185
Billericay, Brentwood & Wickford	1,041	758	73	693
Castle Point & Rochford	1,966	1,053	54	786
Chelmsford	1,339	662	49	648
Colchester	2,254	1,087	48	825
Epping Forest	1,193	667	56	683
Harlow	859	575	67	937
Maldon & South Chelmsford	499	410	82	586
Southend on Sea	2,005	1,166	58	909
Tendring	2,309	1,177	51	1,020
Thurrock	1,323	897	68	785
Uttlesford	567	349	62	600
Witham, Braintree & Halstead	1,863	866	46	782
Norfolk, Suffolk & Cambridgeshire SHA	23,416	12,280	52	671
Broadland	1,442	715	50	721
Cambridge City	1,156	586	51	573
Central Suffolk	1,042	582	56	721
East Cambridgeshire & Fenland	1,863	973	52	830
Great Yarmouth	1,350	617	46	818
Huntingdonshire	833	673	81	575
Ipswich	1,672	771	46	674
North Norfolk	1,191	591	50	702
North Peterborough	978	526	54	698
Norwich	1,536	849	55	810
South Cambridgeshire	718	403	56	372
South Peterborough	873	489	56	575
Southern Norfolk	2,351	1,202	51	704
Suffolk Coastal	748	416	56	507
Suffolk West	2,272	1,122	49	628
Waveney	1,478	849	57	843
West Norfolk	1,913	916	48	685

Table 4.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
London Government Office Region	87,214	46,966	54	785
North Central London SHA	15,391	9,010	59	905
Barnet	2,857	1,673	59	639
Camden	3,069	1,523	50	836
Enfield	1,890	1,060	56	478
Haringey	4,006	2,815	70	1,563
Islington	3,569	1,939	54	1,300
North East London SHA	20,012	11,121	56	928
Barking & Dagenham	2,457	1,475	60	1,168
City & Hackney	3,231	1,896	59	1,128
Havering	2,484	1,346	54	743
Newham	3,250	1,634	50	872
Redbridge	2,526	1,633	65	837
Tower Hamlets	3,595	1,592	44	967
Waltham Forest	2,469	1,545	63	881
North West London SHA	25,321	13,061	52	868
Brent	5,673	2,119	37	977
Ealing	2,828	1,983	70	808
Hammersmith & Fulham	2,545	1,511	59	1,017
Harrow	2,578	1,186	46	700
Hillingdon	2,757	1,864	68	942
Hounslow	2,804	1,760	63	1,034
Kensington & Chelsea	1,932	886	46	566
Westminster	4,204	1,752	42	877
South East London SHA	15,983	8,930	56	735
Bexley	1,995	1,393	70	799
Bromley	2,496	1,355	54	564
Greenwich	2,770	1,286	46	717
Lambeth	3,929	2,595	66	1,189
Lewisham	2,448	1,224	50	621
Southwark	2,345	1,077	46	525
South West London SHA	10,507	4,844	46	451
Croydon	3,324	1,454	44	540
Kingston	1,317	647	49	521
Richmond & Twickenham	1,204	568	47	381
Sutton & Merton	2,655	1,239	47	416
Wandsworth	2,007	936	47	400
South East Government Office Region	74,986	46,492	62	710
Hampshire and Isle of Wight SHA	18,249	11,970	66	820
Blackwater Valley & Hart	1,158	796	69	570
East Hampshire	2,441	1,746	72	1,268
Eastleigh & Test Valley	583	515	88	399
Fareham & Gosport	2,676	1,823	68	1,213
Isle of Wight	2,111	1,146	54	1,004
Mid-Hampshire	1,084	724	67	506
New Forest	1,370	1,236	90	875
North Hampshire	1,396	975	70	582
Portsmouth City	2,299	1,206	52	781
Southampton City	3,131	1,803	58	985

Table 4.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
Kent and Medway SHA	15,520	9,205	59	717
Ashford	847	525	62	610
Canterbury & Coastal	1,529	1,009	66	741
Dartford, Gravesham & Swanley	1,848	1,083	59	611
East Kent Coastal	2,851	1,673	59	890
Maidstone Weald	2,314	1,552	67	817
Medway	2,369	1,225	52	595
Shepway	1,023	581	57	735
South West Kent	1,627	972	60	677
Swale	1,112	585	53	760
Surrey & Sussex SHA	22,620	13,961	62	670
Adur, Arun & Worthing	2,355	1,517	64	853
Bexhill & Rother	1,213	586	48	802
Brighton & Hove City	2,827	1,735	61	823
Crawley	1,425	805	56	1,029
East Elmbridge & Mid Surrey	1,412	646	46	301
East Surrey	1,690	777	46	610
Eastbourne Downs	1,984	1,644	83	1,180
Guildford & Waverley	1,058	741	70	408
Hastings & St Leonards	1,568	785	50	1,164
Horsham & Chantonsbury	984	657	67	811
Mid Sussex	1,104	642	58	612
North Surrey	1,030	794	77	489
Surrey Heath & Woking	999	714	71	435
Sussex Downs & Weald	1,086	874	80	701
Western Sussex	1,885	1,044	55	593
Thames Valley SHA	18,597	11,356	61	658
Bracknell Forest	1,004	609	61	704
Cherwell Vale	1,028	585	57	602
Chiltern & South Bucks	1,027	667	65	520
Milton Keynes	2,365	1,307	55	758
Newbury & Community	681	506	74	674
North East Oxfordshire	786	479	61	828
Oxford City	1,422	818	58	589
Reading	2,114	1,095	52	697
Slough	1,064	666	63	722
South East Oxfordshire	638	413	65	694
South West Oxfordshire	1,750	1,075	61	689
Vale of Aylesbury	1,412	861	61	548
Windsor, Ascot & Maidenhead	1,220	801	66	668
Wokingham	1,061	741	70	610
Wycombe	1,025	733	72	693
South West Government Office Region	54,049	30,733	57	747
Avon, Gloucestershire & Wiltshire SHA	24,103	13,034	54	729
Bath & North East Somerset	1,453	891	61	629
Bristol North	2,319	1,275	55	731
Bristol South & West	2,008	1,100	55	737
Cheltenham & Tewkesbury	2,005	1,015	51	779
Cotswold & Vale	1,766	931	53	599
Kennet & North Wiltshire	1,933	1,065	55	662
North Somerset	2,394	1,287	54	820
South Gloucestershire	2,463	1,248	51	632
South Wiltshire	1,386	880	63	924
Swindon	2,506	1,344	54	897
West Gloucestershire	2,634	1,349	51	763
West Wiltshire	1,236	649	53	658

Table 4.12 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Government Office Region, Strategic Health Authority and Primary Care Trust, 2005/06

England	Numbers/Percentages			
	Number setting a quit date	Number successfully quit at 4 weeks (self-report) ¹	Percentage successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{2,3}
Dorset & Somerset SHA	11,829	7,710	65	776
Bournemouth	1,367	1,021	75	840
Mendip	1,088	584	54	670
North Dorset	813	552	68	751
Poole	1,604	1,032	64	704
Somerset Coast	1,891	1,140	60	964
South & East Dorset	1,043	835	80	663
South Somerset	1,733	1,062	61	860
South West Dorset	1,320	925	70	830
Taunton Deane	970	559	58	652
South West Peninsula SHA	18,117	9,989	55	751
Central Cornwall	1,984	1,293	65	818
East Devon	674	396	59	389
Exeter	1,627	841	52	745
Mid Devon	843	492	58	633
North & East Cornwall	1,732	1,027	59	768
North Devon	1,072	648	60	523
Plymouth Teaching	3,512	1,821	52	914
South Hams & West Devon	933	545	58	589
Teignbridge	1,671	759	45	855
Torbay	1,728	833	48	762
West of Cornwall	2,341	1,334	57	1,004

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

2. The rate of people who successfully quit at 4 weeks (based on self report) per 100,000 population aged 16 and over for England and each SHA and PCT uses estimated resident population mid-2004 figures based on the 2001 census published by the Office for National Statistics

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

Source:

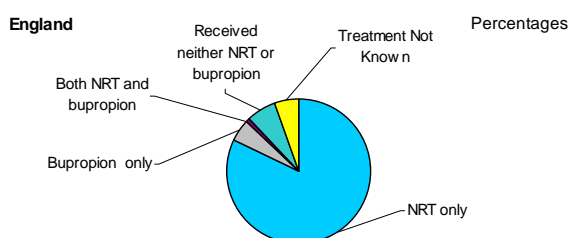
Lifestyle Statistics. The Information Centre, 2006

5 Smoking cessation aids, prescriptions and costs

Use of smoking cessation aid

Of the 602,820 people who set a quit date in 2005/06, 528,700 (88%) were known to have used a smoking cessation aid in the form of either Nicotine Replacement Therapy (NRT), bupropion (Zyban) or both. The majority (82%) used NRT only (494,105). This proportion has increased from 63% in 2001/02. There has been a corresponding decline in the proportion receiving bupropion only, from 19% in 2001/02 to 5% in 2005/06. The proportion who received both NRT and bupropion was 1% in each of the last 4 years. In 2005/06, 6% of people setting a quit date had an unknown treatment option and 7% did not receive either treatment, a fall from 11% in 2001/02 (Table 5.1 and Figure 5.1).

Figure 5.1 Receipt of Nicotine Replacement Therapy (NRT) and bupropion (Zyban), 2005/06



Source: Lifestyle Statistics. The Information Centre

Treatment by area

West Midlands Government Office Region (GOR) had the highest proportion of people setting a quit date receiving NRT only (89%) and the lowest proportion where treatment option was unknown (2%). London GOR had the lowest proportion receiving NRT only (73%) and also the highest proportion where neither NRT nor bupropion were received by the client (15%).

Among Strategic Health Authorities (SHAs), South West Peninsula had the highest proportion receiving NRT only (92%) and Dorset and Somerset had the highest proportion receiving bupropion only (10%). Norfolk, Suffolk and Cambridgeshire had the highest proportion of people setting a quit date where the treatment option was unknown (14%) whilst this proportion was lowest in Shropshire and Staffordshire (Table 5.2).

NRT and bupropion prescriptions

The total number of smoking cessation aids (NRT and bupropion) prescribed in 2005/06 was 2,205,100, an increase of 8% over 2004/05. Of these 94% were for NRT therapies and 6% were for bupropion. The number of bupropion prescriptions has remained stable since 2002/03 whilst, as seen with Stop Smoking Service, prescriptions for NRT have continued to rise. North West and East Midlands GOR had the highest and lowest number of items of smoking cessation aids prescribed (respectively 347,300 and 162,900).

NRT and bupropion costs

The Net Ingredient Cost (NIC) of all smoking cessation aids is the basic cost of the treatments and does not take account of discounts, dispensing costs, fees or prescription charge income. In 2005/06 this was £48.0 million, higher than in any other year and over three times higher than in 2000/01. This was made up of £43.5 million for NRT and £4.6 million for bupropion. However, the average NIC per item was lower in 2005/06 than in any other year (£21.81), almost half the NIC per item in 2000/01 (£38.04) indicating that smoking cessation aids have become cheaper in recent years (Table 5.3).

The NIC in the North West was £7.9 million, over double the net ingredient cost in East Midlands. East Midlands had the highest average NIC per item (£23.20) and South West GOR had the lowest (£20.07). The Net Ingredient Cost (NIC) for NRT in North West GOR was over double that of East Midlands GOR (£7.1 million compared with £3.3 million).

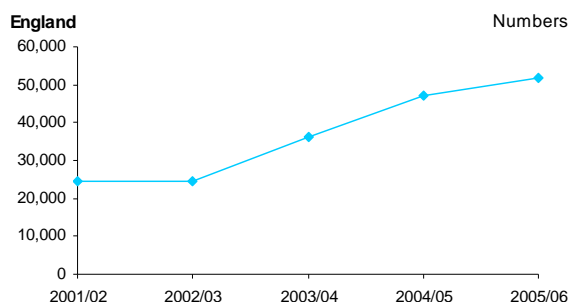
Among SHAs, Kent and Medway had the highest average net ingredient cost per item (£23.44) and Dorset and Somerset had the lowest (£19.17). Greater Manchester had the highest number of smoking cessation aids prescribed (160,900) (Table 5.4). Greater Manchester had both the highest NIC for NRT prescriptions and highest average NIC per NRT item (£3.4 million and £22.30 respectively). This compares with an average NIC per NRT item of £18.48 in Dorset and Somerset, which also had the lowest average NIC per item of bupropion (£26.62), approximately one third less than the average NIC per item of bupropion in Cumbria and Lancashire (£39.36) (Table 5.5).

Stop Smoking Services

Excluding NRT and bupropion prescriptions, the total expenditure on NHS Stop Smoking Services in 2005/06 was £51.9 million, just under £5 million more than in 2004/05 and

over double the expenditure in 2001/02. The cost per quitter in 2005/06 was £158, approximately the same as in 2004/05 and 24% lower than in 2001/02. (Table 5.6 and Figure 5.2).

Figure 5.2 Expenditure on Stop Smoking Services, 2001/02 to 2005/06



Source: Lifestyle Statistics. The Information Centre, 2006

North East GOR had the lowest expenditure on NHS Stop Smoking Services (£3.1 million) and also one of the lowest costs per quitter (£130). London had the highest expenditure (£8.9 million) and one of the higher costs per quitter (£189). Among SHAs, Birmingham and the Black Country had the highest expenditure (£4.2 million) and a high cost per quitter (£236). South West London had almost double the English cost per quitter average (£291). Bedfordshire and Hertfordshire had both the lowest expenditure on Stop Smoking Services and lowest cost per quitter (£89) (Table 5.7).

List of tables

- 5.1 People setting a quit date and treatment received, 2001/02 to 2005/06
- 5.2 People setting a quit date receiving Nicotine Replacement Therapy (NRT) and/or bupropion (Zyban) by Government Office Region and Strategic Health Authority, 2005/06
- 5.3 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban) that were prescribed by GPs and other non-medical prescribers, 2000/01 to 2005/06
- 5.4 Prescription items and Net Ingredient Cost of all smoking cessation aids prescribed by GPs and other non-medical prescribers, by Government Office Region and Strategic Health Authority, 2005/06
- 5.5 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban) that were prescribed by GPs and other non-medical prescribers, by Government Office Region and Strategic Health Authority, 2005/06
- 5.6 People successfully quit at the 4 week follow up, total expenditure and cost per quitter for NHS Stop Smoking Services, 2001/02 to 2005/06
- 5.7 People successfully quit at the 4 week follow up, total expenditure and cost per quitter, by Government Office Region and Strategic Health Authority, 2005/06

Table 5.1 People setting a quit date and treatment received^{1,2}, 2001/02 to 2005/06

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

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

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

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

Source:

Lifestyles Statistics. The Information Centre, 2006

Table 5.2 People setting a quit date receiving Nicotine Replacement Therapy (NRT) and/or bupropion (Zyban) by Government Office Region and Strategic Health Authority, 2005/06

England	Number setting a quit date	NRT only	Bupropion only	NRT and Bupropion ¹	Numbers/Percentages	
					Neither NRT nor Bupropion	Treatment option not known
England	602,820	82	5	1	7	6
North East Government Office Region	48,752	85	3	0	2	9
County Durham & Tees Valley	22,791	91	3	0	2	4
Northumberland, Tyne & Wear	25,961	81	3	1	3	13
North West Government Office Region	109,754	86	5	1	6	3
Cheshire & Merseyside	39,272	90	3	0	6	1
Cumbria & Lancashire	25,200	90	5	1	2	2
Greater Manchester	45,282	81	6	1	7	4
Yorkshire and the Humber Government Office Region	56,764	79	9	0	5	6
North & East Yorkshire, Northern Lincolnshire	15,999	80	8	1	8	3
South Yorkshire	15,767	78	8	1	1	12
West Yorkshire	24,998	79	9	0	6	5
East Midlands Government Office Region	47,030	81	6	1	6	7
Leicestershire, Northamptonshire & Rutland	16,332	85	5	1	8	2
Trent	30,698	79	6	1	5	9
West Midlands Government Office Region	70,655	89	4	1	4	2
Birmingham & The Black Country	32,872	90	2	1	3	4
Shropshire & Staffordshire	18,973	90	6	1	4	0
West Midlands South	18,810	87	4	1	6	1
East of England Government Office Region	53,616	80	6	0	5	9
Bedfordshire & Hertfordshire	11,274	86	4	0	6	4
Essex	18,926	82	7	1	6	5
Norfolk, Suffolk & Cambridgeshire	23,416	76	6	0	3	14
London Government Office Region	87,214	73	3	1	15	9
North Central London	15,391	77	2	1	13	7
North East London	20,012	73	4	0	10	13
North West London	25,321	70	2	0	20	8
South East London	15,983	70	3	1	19	7
South West London	10,507	80	5	1	7	8
South East Government Office Region	74,986	79	6	1	7	7
Hampshire & Isle of Wight	18,249	73	9	1	10	8
Kent & Medway	15,520	78	5	2	5	9
Surrey & Sussex	22,620	83	7	1	6	4
Thames Valley	18,597	81	2	1	9	8
South West Government Office Region	54,049	85	6	0	6	2
Avon, Gloucestershire & Wiltshire	24,103	82	9	0	8	1
Dorset & Somerset	11,829	81	10	1	6	2
South West Peninsula	18,117	92	2	0	3	3

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

Source:

Lifestyle Statistics. The Information Centre, 2006

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Table 5.3 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban) that were prescribed by GPs and other non-medical prescribers, 2000/01 to 2005/06^{2,3}

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

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

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

3. Prescription items prescribed by GPs and other non-medical prescribers, excluding dentists and dispensed in the community

Source:

Prescribing Support Unit. The Information Centre, 2006

Table 5.4 Prescription items and Net Ingredient Cost of all smoking cessation aids^{1,2,3} that were prescribed by GPs and other non-medical prescribers, by Government Office Region and Strategic Health Authority⁴, 2005/06

England	Numbers/£		
	Number of items (Thousands)	Net Ingredient Cost (NIC) ⁵ (£000s)	Average NIC per item (£)
England	2,205	48,092	21.81
North East Government Office Region	185	3,967	21.50
County Durham & Tees Valley	78	1,752	22.32
Northumberland, Tyne & Wear	106	2,215	20.89
North West Government Office Region	347	7,859	22.63
Cheshire & Merseyside	90	1,884	21.02
Cumbria & Lancashire	97	2,221	22.94
Greater Manchester	161	3,753	23.33
Yorkshire and The Humber Government Office Region	258	5,714	22.14
North & East Yorkshire and Northern Lincolnshire	73	1,607	21.93
South Yorkshire	70	1,552	22.19
West Yorkshire	115	2,555	22.24
East Midlands Government Office Region	163	3,779	23.20
Leicestershire, Northamptonshire & Rutland	57	1,313	23.20
Trent	106	2,466	23.20
West Midlands Government Office Region	200	4,224	21.08
Birmingham & The Black Country	86	1,791	20.76
Shropshire & Staffordshire	61	1,342	22.18
West Midlands South	54	1,091	20.36
East of England Government Office Region	255	5,695	22.30
Bedfordshire & Hertfordshire	64	1,370	21.38
Essex	77	1,733	22.59
Norfolk, Suffolk & Cambridgeshire	115	2,592	22.61
London Government Office Region	215	4,669	21.68
North Central London	43	938	21.66
North East London	29	610	21.22
North West London	38	865	22.70
South East London	66	1,430	21.57
South West London	39	825	21.20
South East Government Office Region	311	6,769	21.74
Hampshire & Isle of Wight	81	1,715	21.27
Kent & Medway	58	1,350	23.44
Surrey & Sussex	120	2,545	21.22
Thames Valley	53	1,159	21.82
South West Government Office Region	270	5,412	20.07
Avon, Gloucestershire & Wiltshire	107	2,197	20.56
Dorset & Somerset	57	1,093	19.17
South West Peninsula	106	2,122	20.07

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

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

3. Prescription items prescribed by GPs and other non-medical prescribers, excluding dentists and dispensed in the community

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

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

Source:

Prescribing Support Unit. The Information Centre, 2006

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Table 5.5 Prescription items and Net Ingredient Cost of Nicotine Replacement Therapy (NRT) and Bupropion (Zyban)^{1,2} that were prescribed by GPs and other non-medical prescribers, by Government Office Region and Strategic Health Authority³, 2005/06

England	Nicotine Replacement Therapies (NRT)				Bupropion (Zyban)			
	Number of items	Percentage of all smoking cessation aid items	Net Ingredient Cost (NIC) ⁴	Average NIC per item	Number of items	Percentage of all smoking cessation aid items	Net Ingredient Cost (NIC) ⁴	Average NIC per item
	(Thousands)		(£000s)	(£)	(Thousands)		(£000s)	(£)
England	2,076	94	43,465	20.93	128.7	6	4,627	35.94
North East GOR	178	97	3,737	20.94	6.1	3	230	37.97
County Durham & Tees Valley	76	97	1,648	21.75	2.7	3	103	38.57
Northumberland, Tyne & Wear	103	97	2,088	20.34	3.4	3	127	37.49
North West GOR	327	94	7,089	21.69	20.4	6	770	37.68
Cheshire & Merseyside	84	94	1,688	20.12	5.8	6	197	34.17
Cumbria & Lancashire	92	95	2,035	22.10	4.7	5	186	39.36
Greater Manchester	151	94	3,366	22.30	10.0	6	387	38.91
Yorkshire and The Humber GOR	240	93	5,043	21.05	18.5	7	670	36.32
North & East Yorkshire & Northern Lincolnshire	67	92	1,401	20.78	5.9	8	206	35.19
South Yorkshire	65	93	1,378	21.14	4.8	7	174	36.66
West Yorkshire	107	93	2,265	21.16	7.9	7	290	36.96
East Midlands GOR	151	92	3,318	22.04	12.3	8	461	37.35
Leicestershire, Northamptonshire & Rutland	53	94	1,176	22.18	3.6	6	137	38.21
Trent	98	92	2,142	21.97	8.8	8	324	36.99
West Midlands GOR	189	94	3,816	20.19	11.4	6	409	35.88
Birmingham & The Black Country	83	96	1,663	20.08	3.5	4	129	36.98
Shropshire & Staffordshire	57	95	1,222	21.34	3.2	5	120	37.08
West Midlands South	49	91	931	19.03	4.7	9	160	34.23
East of England GOR	241	94	5,167	21.43	14.2	6	528	37.07
Bedfordshire & Hertfordshire	61	96	1,271	20.78	2.9	4	98	34.27
Essex	72	93	1,545	21.58	5.1	7	189	36.72
Norfolk, Suffolk & Cambridgeshire	108	95	2,351	21.69	6.2	5	241	38.64
London GOR	204	95	4,295	21.01	11.0	5	374	33.99
North Central London	42	96	876	21.05	1.7	4	62	36.78
North East London	26	91	540	20.56	2.5	9	70	28.30
North West London	36	94	780	21.73	2.2	6	85	38.11
South East London	64	97	1,351	21.08	2.2	3	80	35.63
South West London	37	94	748	20.47	2.4	6	77	32.48
South East GOR	291	94	6,059	20.80	20.1	6	710	35.39
Hampshire & Isle of Wight	74	92	1,514	20.40	6.4	8	201	31.32
Kent & Medway	53	92	1,180	22.25	4.6	8	170	37.24
Surrey & Sussex	114	95	2,316	20.34	6.1	5	229	37.51
Thames Valley	50	94	1,048	20.92	3.0	6	110	36.97
South West GOR	255	95	4,938	19.37	14.7	5	474	32.21
Avon, Gloucestershire & Wiltshire	100	93	1,952	19.58	7.2	7	245	34.11
Dorset & Somerset	52	91	964	18.48	4.9	9	130	26.62
South West Peninsula	103	97	2,022	19.63	2.7	3	100	37.26

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

2. Prescription items prescribed by GPs and other non-medical prescribers, excluding dentists and dispensed in the community

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

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

Source:

Prescribing Support Unit. The Information Centre, 2006

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Table 5.6 People successfully quit at the 4 week follow up^{1,2}, total expenditure³ and cost per quitter for NHS Stop Smoking Services, 2001/02 to 2005/06

England						Numbers/Percentages/£	
	2001/02	2002/03	2003/04	2004/05	2005/06	% change 01/02 to 05/06	
Number successfully quit (self-report)	119,834	124,082	204,876	298,124	329,681	175	
Total expenditure (£000s)	24,694	24,499	36,201	47,069	51,927	110	
Cost per quitter (£)	206.07	197.44	176.70	157.89	157.51	-24	

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

2. Pregnant women are included

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

Source:

Lifestyle Statistics. The Information Centre, 2006

Table 5.7 People successfully quit at the 4 week follow up^{1,2}, total expenditure³ and cost per quitter, by Government Office Region and Strategic Health Authority, 2005/06

England	Numbers/£		
	Number successfully quit	Total expenditure (£000s)	Cost per quitter (£)
England	329,681	51,927	158
North East Government Office Region	23,648	3,074	130
County Durham & Tees Valley	11,235	1,287	115
Northumberland, Tyne & Wear	12,413	1,788	144
North West Government Office Region	54,488	7,960	146
Cheshire & Merseyside	18,242	2,940	161
Cumbria & Lancashire	14,863	2,152	145
Greater Manchester	21,383	2,868	134
Yorkshire and the Humber Government Office Region	29,971	5,345	178
North & East Yorkshire, Northern Lincolnshire	9,142	1,340	147
South Yorkshire	8,020	1,787	223
West Yorkshire	12,809	2,218	173
East Midlands Government Office Region	28,687	4,398	153
Leicestershire, Northamptonshire & Rutland	9,189	1,650	180
Trent	19,498	2,748	141
West Midlands Government Office Region	38,235	7,407	194
Birmingham & The Black Country	17,639	4,169	236
Shropshire & Staffordshire	10,980	1,606	146
West Midlands South	9,616	1,631	170
East of England Government Office Region	30,461	3,826	126
Bedfordshire & Hertfordshire	7,577	671	89
Essex	10,604	1,308	123
Norfolk, Suffolk & Cambridgeshire	12,280	1,847	150
London Government Office Region	46,966	8,859	189
North Central London	9,010	1,772	197
North East London	11,121	1,814	163
North West London	13,061	1,915	147
South East London	8,930	1,949	218
South West London	4,844	1,409	291
South East Government Office Region	46,492	6,671	143
Hampshire & Isle of Wight	11,970	1,343	112
Kent & Medway	9,205	1,429	155
Surrey & Sussex	13,961	2,164	155
Thames Valley	11,356	1,735	153
South West Government Office Region	30,733	4,387	143
Avon, Gloucestershire & Wiltshire	13,034	1,701	131
Dorset & Somerset	7,710	1,149	149
South West Peninsula	9,989	1,537	154

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

2. Pregnant women are included

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

Source:

Lifestyle Statistics. The Information Centre, 2006

6 Smokers attitudes & behaviour

The Omnibus Survey

Information on adults' behaviour and attitudes towards smoking are collected as part of the Office for National Statistics (ONS) Omnibus Survey. Smoking-related Behaviour and Attitudes, 2005¹ is the latest report containing the results from the survey. Topics covered by the survey include respondents' views on giving up smoking and attempts to stop smoking. This information may be of interest to those involved in the NHS Stop Smoking Services and also to those interpreting the statistics on Stop Smoking Services.

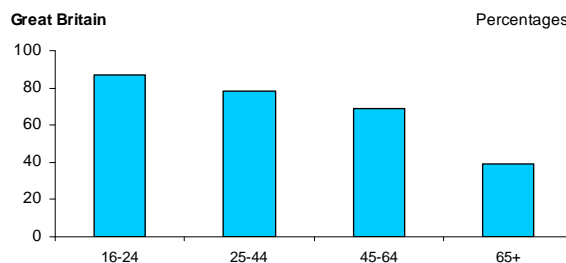
Wanting to give up smoking

In 2005, 72% of current smokers reported that they wanted to give up smoking, a similar proportion to previous years of the survey. Twenty-seven per cent reported that they would like to give up "very much indeed" and 23% wanted to give up "quite a lot".

The proportion of smokers who would like to give up decreases with age, from 87% of 16-24 year old smokers to 39% of smokers aged 65 and over. Although the 16-24 age group has the highest proportion who would like to quit, it has a smaller proportion who would like to quit "very much indeed" (21%) than the 25-44 and 45-64 age groups (30% and 29% respectively) (Table 6.1 and Figure 6.1).

Table 6.2 shows that the proportion of smokers with children aged under 16 in the household who would like to give up is higher than for smokers without children (81% compared with 67%). There were no significant differences found in the proportions of smokers who would like to give up in different socio-economic groups.

Figure 6.1 Percentage of smokers who would like to give up smoking by age, 2005



Source: Smoking-related Behaviour and Attitudes, 2005. Office for National Statistics Copyright © 2006, Re-used with the permission of The Office for National Statistics

Reasons for wanting to give up smoking

Smokers who wanted to give up were asked why they wanted to do so, and up to three answers were recorded. Three-quarters (75%) said it was because it would be better for their health in general and around one-third (34%) said that giving up smoking would reduce the risk of getting a smoking-related illness. After health reasons, financial reasons were the next most common, with 29% of smokers stating they could not afford to smoke or considered smoking a waste of money. Family pressure and concern over harming children's health were also relatively common reasons (Table 6.3).

More than a third (35%) of smokers who want to give up smoking, but have either not tried or failed, said that they found life too stressful to stop smoking, as a reason for not stopping. A slightly smaller percentage (31%) gave lack of commitment to quitting as reason. Around one-fifth said they liked smoking (21%) and 18% reported that they couldn't cope with the cravings. Concern about putting on weight was expressed by 13% of women but only 3% of men. 6 per cent of adults gave the fact that their spouse/partner smokes as a reason for not stopping smoking (Table 6.4).

Attempts to stop smoking

In 2005, among adults who reported a quit attempt in the last year, 58% had made one attempt. This proportion has remained stable since 2000. The proportion that had made two attempts to quit and the proportion that had made three or more attempts were similar (around one in five) (Table 6.5).

Among adults who have ever tried to stop smoking, 23% had stopped smoking for a week. Overall, 48% had given up for more than a week but less than 6 months and 29% had quit for more than 6 months. Only 7% gave up smoking for 2 years or more (Table 6.6).

Sources of help and advice

In 2005, 33% of current smokers reported that they had read leaflets/booklets on how

to stop smoking in the last year; this was the most commonly reported source of help and advice. Fifteen per cent of current smokers had asked a doctor or other health professional for help and 8% had been referred, or self-referred, to a Stop Smoking group.

Almost one-fifth (19%) of current smokers reported that they had had NRT or other prescribed drugs to help them stop smoking. Overall, 46% of current smokers had sought some form of help or advice in the last year (Table 6.7).

References

1. Smoking-related Behaviour and Attitudes, 2005. Office for National Statistics.

List of tables

- 6.1 Views on giving up smoking by age, 2005
- 6.2 Views on giving up smoking by socio-economic classification and by presence of children in the household, 2005
- 6.3 Main reasons for wanting to stop smoking by gender, 2005
- 6.4 Main reasons for not trying to give up smoking by gender, 2005
- 6.5 Number of attempts to give up smoking in the last year, 1999 to 2005
- 6.6 Length of time gave up for the last time stopped smoking, 2005
- 6.7 Sources of help and advice used in the last year by current smokers, 2005

Table 6.1 Views on giving up smoking by age, 2005

Great Britain	Percentages				
	All ages	16-24	25-44	45-64	65+
Would like to give up:					
Very much indeed	27	21	30	29	14
Quite a lot	23	32	24	24	11
A fair amount	15	25	19	9	9
A little	7	9	6	8	5
<i>Total would like to give up</i>	72	87	78	69	39
Would not like to give up	28	13	22	31	61
<i>Base</i>	564	68	250	186	57

Source:

Smoking-related Behaviour and Attitudes, 2005. Office for National Statistics

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Table 6.2 Views on giving up smoking by socio-economic classification and by presence of children in the household, 2005

	Socio-economic classification					Percentages	
	Total	Managerial and professional occupations	Intermediate occupations	manual occupations	Not classified	Children in household	No children in household
Would like to give up:							
Very much indeed	27	26	27	29	11	29	25
Quite a lot	23	22	28	22	23	28	20
A fair amount	15	17	15	13	29	18	14
A little	7	6	7	7	14	6	7
Total would like to give up	72	71	76	71	77	81	67
Would not like to give up	28	29	24	29	23	19	33
<i>Base</i>	564	122	123	283	35	216	348

Source:

Smoking-related Behaviour and Attitudes, 2005. Office for National Statistics

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Table 6.3 Main reasons for wanting to stop smoking by gender, 2005

Great Britain	Percentages		
	All adults	Men	Women
Better for health in general	75	70	79
Less risk of getting smoking related illness	34	28	39
Present health problems	14	17	12
<i>At least one health reason</i>	87	83	90
Financial reasons	29	28	30
Family pressure	23	22	24
Harms children	20	14	25
Doctor's advice	7	6	7
Pregnancy	1	..	2
Other	3	3	3
<i>Gave more than one answer</i>	68	58	77
<i>Base</i>	409	200	209

Source:

Smoking-related Behaviour and Attitudes, 2005. Office for National Statistics

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Table 6.4 Main reasons for not trying to give up smoking by gender, 2005

Great Britain	Percentages		
	All adults	Men	Women
Life too stressful/just not a good time	35	32	39
Lack of commitment to quitting	31	33	28
I like smoking	21	26	16
Couldn't cope with the cravings	18	14	21
Would miss the habit/something to do with my hands	10	8	13
My friends smoke	4	3	5
Worried about putting on weight	7	3	13
My spouse/partner smokes	6	10	3
Other	6	4	8
<i>Gave more than one reason</i>	28	22	33
<i>Base</i>	162	84	77

Source:

Smoking-related Behaviour and Attitudes, 2005. Office for National Statistics

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Table 6.5 Number of attempts to give up smoking¹ in the last year, 1999 to 2005

Great Britain	Percentages						
	1999	2000	2001	2002	2003	2004	2005
One	44	58	58	60	61	60	58
Two	28	18	20	25	22	23	20
Three or more	28	24	22	15	17	17	22
<i>Base</i>	<i>244</i>	<i>193</i>	<i>203</i>	<i>218</i>	<i>198</i>	<i>205</i>	<i>153</i>

1. Adults aged 16 and over who reported a quit attempt in the last year

Source:

Smoking-Related Behaviour and Attitudes, 2005. Office for National Statistics

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Table 6.6 Length of time gave up for the last time stopped smoking¹, 2005

Great Britain	Percentages
A week	23
2 weeks	9
3-4 weeks	14
5-9 weeks	11
10-25 weeks	14
6 months or more	29
6-12 months	18
More than 1 year, but less than 2	4
2 years or more	7
<i>Base</i>	<i>454</i>

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

Source:

Smoking-Related Behaviour and Attitudes, 2005. Office for National Statistics

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Table 6.7 Sources of help and advice used by current smokers in the last year, 2005

Great Britain	Percentages
Read leaflets/ booklets on how to stop	33
Asked doctor or other health professional for help	15
Called a smokers' telephone helpline	6
Been referred/ self-referred to stop smoking group	8
Bought non-prescription NRT	11
Free non-prescription NRT	1
Paid for prescription NRT	4
Free prescription NRT	5
Prescribed other 'stop smoking' drugs	1
Had any NRT/ other prescribed drugs to help stop smoking	19
Sought any help or advice	46
Did not seek help or advice	54
<i>Base</i>	<i>571</i>

Source:

Smoking-Related Behaviour and Attitudes, 2005. Office for National Statistics

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

www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/Tobacco/fs/en

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;
- 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;
- To reduce the percentage of women who smoke during pregnancy from 23 per cent to 15 per cent by the year 2010; with a fall to 18 per cent by the year 2005.

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

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

Priorities & Planning Framework

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

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 becoming the norm, further restrictions on tobacco advertising, and tougher action on shops that sell cigarettes to children and introducing hard hitting picture warnings on tobacco packets.

www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4094550&chk=aN5Cor

NHS Stop Smoking Services

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

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

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

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 will come 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.

www.opsi.gov.uk/si/si2002/20023041.htm

Tackling Tobacco Smuggling

In March 2000, the Government announced its Tackling Tobacco Smuggling strategy, aims by March 2006 to reduce smuggled cigarettes to represent no more than 17 per cent of the total market (currently 18 per cent). By 2007/2008 the Government aims to reduce the smuggled share of the market to 13 per cent.

www.hm-treasury.gov.uk/media/6A1/17/433.pdf

Children and Young Persons Act

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

www.opsi.gov.uk/ACTS/acts1991/Ukpga_19910023_en_1.htm

Tackling Health Inequalities

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

www.dh.gov.uk/Consultations/ResponsesToConsultations/ResponsesToConsultationsDocumentSummary/fs/en?CONTENT_ID=4017164&chk=H52Z%2BK

Public Service Agreements

In 2004, the Department agreed a new Public Service Agreement (PSA) target with the Treasury specifically on smoking to:

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

www.hm-treasury.gov.uk/spending_review/spend_sr04/psa/spend_sr04_psaindex.cfm

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. Health Ministers have undertaken that the smoke free provisions of the Act will be implemented in summer 2007.

The consultation on the draft regulations on smoke-free premises and vehicles was launched on 17 July 2006 and will run until 9 October 2006. The Government will monitor these changes and there will be a review after three years.

Following the announcement to consult on raising the age for buying tobacco products, another new clause was added to the Health Bill. The new power will allow Ministers to take swift action to raise the age from 16 to 18 years of age, depending on the outcome of the consultation. The consultation on raising the legal age to purchase tobacco was launched on Monday 3 July 2006 and will run until Monday 2 October 2006.

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

www.publications.parliament.uk/pa/cm200506/cmbills/069/2006069.htm

Appendix B: Technical notes

Information about the Stop Smoking Services

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

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

Services monitored

In 2005/06 Stop Smoking co-ordinators were required to continue monitoring in all Stop Smoking Services in England. Brief interventions by GPs, health professionals and other relevant practitioners are provided in the normal course of the professional's duties rather than comprising a "new" service, and monitoring information about clients in receipt of such interventions is not therefore required centrally.

Quit date

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

Support

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

When has a client successfully quit smoking?

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

Follow-up

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

Carbon Monoxide (CO) validation

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

Nicotine Replacement Therapy (NRT)

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

Zyban (bupropion)

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

Data collection

Services (and monitoring) were set up in the Health Action Zones in 1999/00 and rolled out to all Health Authorities in 2000/01. The NHS Smoking Cessation Services Service and Monitoring Guidance was published in April 2001 and the general principles of this guidance remain extant in 2005/06. It was intended for everyone involved in managing, commissioning or providing NHS Smoking Cessation Services.

www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4008602&chk=SYvQYW

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

In 2005/06 monitoring arrangements were the same as 2004/05. 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

In 2005/06 detailed monitoring information was collected by Primary Care Trusts (PCTs) and submitted to the Strategic Health Authorities (SHAs): the Strategic Health Authorities were responsible for checking the data they received. The Information Centre for Health and Social Care (IC) then carried out further validation checks on the data submitted by the Strategic Health Authorities, in order to check consistency, identify any errors, and resolve queries, so that the data were as accurate as possible.

Enhancements to monitoring ethnicity

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

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

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

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

White

- British
- Irish
- Any other white background

Mixed

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other mixed background

Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Any other Asian background

Black or Black British

- Caribbean
- African
- Any other Black background

Other ethnic groups

- Chinese
- Any other ethnic group

Not stated

Further information on collection ethnicity category data is available from:

www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalDevelopment/DevelopmentInPersonalSocialServices/DevelopmentPersonalSocialServicesArticle/fs/en?CONTENT_ID=4015020&chk=V04W/1

Population rates

Table 3.4 presents the number of pregnant women who successfully quit at 4 weeks (based on self report) expressed as a rate per 100,000 population of women aged 16 to 45 for England, Government Office Regions (GOR) and Strategic Health Authorities (SHAs).

Tables 4.7 to 4.9 present the number of people who set a quit date in 2005/06 and those who successfully quit at 4 weeks (based on self report) expressed as a rate per 100,000 population aged 16 and over for England, Government Office Regions (GOR) , Strategic Health Authorities (SHAs) and Primary Care Trust (PCT).

The population data used for Tables 3.4 and 4.7 to 4.9 are estimated resident population mid-2004 figures based on the 2001 census published by the Office for National Statistics (ONS). ONS population data is available from:

www.statistics.gov.uk/statbase/Product.asp?vlnk=601&More=N

Strategic Health Authorities (SHAs) and Primary Care Trusts (PCTs)

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

www.dh.gov.uk/PublicationsAndStatistics/Statistics/StatisticalWorkAreas/StatisticalPublicHealth/StatisticalPublicHealthArticle/fs/en?CONTENT_ID=4015512&chk=PztXzK

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

Prescriptions dispensed

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

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

Nicotine Replacement Therapy (NRT) and bupropion (Zyban)

Prior to April 2001, Nicotine Replacement Therapy (NRT) was available through Stop Smoking Services on a voucher scheme, and only a few NRT products were available on prescription. All NRT products became available on NHS prescription from April 2001. The data in tables 5.3 to 5.5 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: http://www.givingupsmoking.co.uk/how_to_give_up/Tips_Tricks/A-Z/

Net Ingredient Cost (NIC)

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

For further details of individual smoking cessation products please refer to the Prescription statistics website: <http://www.publications.doh.gov.uk/prescriptionstatistics/index.htm> Data on the website is from the PCA (Prescription Cost Analysis) system which is slightly different to the PACT data given in Tables 5.3 to 5.5. PACT covers all prescriptions that are *prescribed* in GP practices in England whereas PCA covers all prescription items that are *dispensed* in the community in England.

NHS Performance Ratings for PCTs

The 2005/06 NHS Performance Ratings for PCTs were published by the Healthcare Commission on 27 July 2006, and included 4 week smoking quitters as a key target. The measure employed was the number of 4 week quitters (based on self report) achieved compared to local plans. Further information about the Healthcare Commission, who produced and published the ratings, and the ratings themselves, is available from: <http://ratings2006.healthcarecommission.org.uk/>

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

There have been some minor revisions to the provisional figures published on 27th July 2006. Revisions were made to data in all 4 quarters of 2005/06. The number of people setting a quit date in 2005/06 has been revised from 603,174 to 602,820. The number who had successfully quit at the 4 week follow-up (self-report) has been revised from 329,854 to 329,681. The percentage who successfully quit at 4 weeks remains at 55%.

Appendix C: Editorial notes

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

These are as follows:

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

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

Appendix D: Further information

This annual bulletin draws together statistics on NHS Stop Smoking Services for the year 2005/06. The next annual bulletin will be published in 2007.

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

Lifestyles' statistics

The Information Centre
1 Trevelyan Square
Boar Lane
Leeds
West Yorkshire
LS1 6AE
Telephone: 0113 2547069
Fax: 0113 2547165
Email: lifestyle_statistics_leeds@ic.nhs.uk

Press enquiries should be made to:
Media Relations Manager:
Telephone: 0845 300 6016
Email: enquiries@ic.nhs.uk

Requests for hard copies of this publication can be made from:

Service Desk
The Information Centre
1 Trevelyan Square
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Telephone: 0845 300 6016
Email: enquiries@ic.nhs.uk

This bulletin is available on the internet:
<www.ic.nhs.uk/pubs/stopsmokingannrep2006>

The previous edition of this bulletin were published by the Information Centre and is available at www.ic.nhs.uk/pubs/stopsmokingannrep2005

Editions prior to that were published by the Department of Health. Information about their statistics and surveys is available on the Department of Health's website at: www.dh.gov.uk/PublicationsAndStatistics/fs/en

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 2006 UK National Smoking Cessation Conference, covering recent and ongoing research into smoking cessation, can be found on the UK National Smoking Cessation Conference website:

www.uknsc.org/2006_UKNSCC/intro.html

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

References

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

Appendix E: Statistical return form for 2005/06

ROCR ref: ROCR/OR/0028/005

Department of Health:

Smoking Cessation Services Quarterly Monitoring Return 2005/06

This quarterly return should be completed for each Strategic Health Authority (SHA). Data should be collected at PCT level and aggregated to SHA level. The returns should be completed on a responsible PCT basis (see note on the basis for data collection below). It is important that this return is submitted to the Department of Health within **10 weeks** of the end of the quarter.

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.doh.gov.uk/tobacco/cessation.htm>

Quarter to which this return relates

1 April to 30 June 2005	<input type="text"/>	1 October to 31 December 2005	<input type="text"/>
1 July to 30 September 2005	<input type="text"/>	1 January to 31 March 2006	<input type="text"/>

Strategic Health Authority	<input type="text"/>
Name of coordinator	<input type="text"/>
Telephone	<input type="text"/>
Fax	<input type="text"/>
E-mail address	<input type="text"/>

If you have any queries regarding this form please contact

Richard Renaud
 Department of Health, Statistics Division, Room 431B, Skipton House,
 80 London Road, Elephant and Castle, London, SE1 6LH
 Telephone: 020 7972 5554 (GTN 396 ext 25554)
 Fax: 020 7972 5662 (GTN 396 ext 2662)
 E-mail: richard.renaud@doh.gsi.gov.uk

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

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

Notes:

1. In 2004/05 ethnic category must be collected using the 16+1 categories. Guidance on collecting ethnic category data can be accessed at: www.doh.uk/ethnicity2001guidance/ethnicguidance.pdf
2. Pregnant women **should be included** in Part 1A, but not separately identified.
3. If a person sets more than one quit date in the quarter then the person should be included only once in Part 1A.
4. For clients using bupropion (Zyban), it is recommended that a 'target stop date' (i.e. quit date) is set within the first 2 weeks of therapy, usually in the second week, e.g. day 8.

Part 1 - Summary data for individual clients

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

	(4)	(5)	(6)	(7)	(8)	(9)
	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
32	Number who had successfully quit at 4 week follow-up (self-report)	0				
33	Number who had not quit at 4 week follow-up (self-report)	0				
34	Number not known/lost to follow-up	0				
35	Number who had successfully quit at 4 week follow-up (self-report), where confirmation of non-smoking status by CO validation was attempted	0				
36	Number who had successfully quit at 4 week follow-up (self-report), where non-smoking status confirmed by CO validation	0				

Notes:

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

	(10)	(11)	(12)	(13)	(14)	(15)
	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
38	Number who had successfully quit at 4 week follow-up (self-report)	0				
39	Number who had not quit at 4 week follow-up (self-report)	0				
40	Number not known/lost to follow-up	0				
41	Number who had successfully quit at 4 week follow-up (self-report), where confirmation of non-smoking status by CO validation was attempted	0				
42	Number who had successfully quit at 4 week follow-up (self-report), where non-smoking status confirmed by CO validation	0				

Notes:

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

Part 1 - Summary data for individual clients

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

(16)		
	Number	
43	Total number setting a quit date in the quarter	0
44	Number who had successfully quit at 4 week follow-up (self-report)	
45	Number who had not quit at 4 week follow-up (self-report)	
46	Number not known/lost to follow-up	
47	Number who had successfully quit at 4 week follow-up (self-report), where confirmation of non-smoking status by CO validation was attempted	
48	Number who had successfully quit at 4 week follow-up (self-report), where non-smoking status confirmed by CO validation	

Notes:

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

Part 1 - Summary data for individual clients

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

(17)

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

Notes:

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

Part 2: Summary financial information on smoking cessation services

Part 2A: Financial allocations for year

(18)

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

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

(19)
58

Notes:

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

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

	(20)	(21)	(22)	(23)
No	PCT Code	Name	Total number setting a quit date	Total number successfully quit at 4 week follow-up
-	-	Total for SHA:	0	0
1				59
2				60
3				61
4				62
5				63
6				64
7				65
8				66
9				67
10				68
11				69
12				70
13				71
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19				77
20				78
21				79
22				80
23				81
24				82
25				83
				84

Notes:

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

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