

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



# Summary

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services for the period April to June 2007. In 2007/08 new data items have been added to the collection. Information is now available for successful quitters by treatment option and ethnicity. Information on the use of Champix (varenicline) as a smoking cessation aid is also included for the first time.

The key results show that in England during the period April to June 2007:

- 152,871 people set a quit date through NHS Stop Smoking Services, an increase of 11% over the same period in 2006/07 and 5% over the same period in 2005/06.
- At the 4 week follow-up 76,914 people had successfully quit (based on self-report), 50% of those setting a quit date. This compares with 68,901 successful quitters in the same period in 2006/07 (an increase of 12%), and 76,495 successful quitters in 2005/06 (1% increase).
- Of those setting a quit date, success at the four-week follow up increased with age, from 37% of those aged under 18, to 60% of those aged 60 and over.
- Of the 4,008 pregnant women who set a quit date, 1,917 successfully quit at the 4 week follow-up (48%).
- The majority of those setting a quit date received Nicotine Replacement Therapy (NRT) only (79%). A further 5% received Champix (varenicline) only, 4% received bupropion (Zyban) only and 1% received both NRT and bupropion. Six per cent of people setting a quit date did not receive any smoking cessation aid, while the type of treatment was unknown for 5%.
- Champix was the most successful smoking cessation aid in helping people quit. Of those who used champix 67% successfully quit, compared with 55% who received bupropion only, and 50% who received NRT.
- The expenditure on NHS Stop Smoking Services was £13.7<sup>†</sup> million. This compares to £11.8 million in the same period in 2006/07. The cost of the NHS Stop Smoking Services per quitter was £181<sup>†</sup>, compared with £171 during the same period in 2006/07.
- Among Strategic Health Authorities (SHAs), the East Midlands SHA reported the highest proportion of successful quitters (57%), while the North East and North West SHAs reported the lowest success rate (46%).
- Among Primary Care Trusts (PCTs), Northampton PCT reported the highest proportion of successful quitters (81%), while Croydon PCT reported the lowest success rate (27%).

<sup>†</sup> Data does not include Kirklees PCT or Wakefield District PCT.



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**Table 1 People setting a quit date and outcome<sup>1</sup> at 4 weeks, by gender, April to June 2007**

England	Numbers / Percentages					
	Total	Males	Females <sup>2</sup>	Total	Males	Females
Total number setting a quit date	152,871	67,903	84,968	100	100	100
<b>Outcome at 4 weeks</b>						
People who had successfully quit at 4 week follow-up (self-report)	76,914	35,207	41,707	50	52	49
People who had not quit at 4 week follow-up (self-report)	40,299	17,013	23,286	26	25	27
People not known/lost to follow up	35,658	15,683	19,975	23	23	24
<b>CO validation<sup>3</sup></b>						
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	57,019	25,715	31,304	37	38	37
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	49,089	22,229	26,860	32	33	32

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 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

**Table 2 People setting a quit date and outcome<sup>1,2</sup> at 4 weeks, by age, April to June 2007**

England	Numbers / Percentages					
	Total	Under 18	18-34	35-44	45-59	60 and over
<b>Numbers</b>						
Total number setting a quit date	152,871	4,662	44,649	37,537	41,311	24,712
<b>Outcome at 4 weeks</b>						
Number who had successfully quit at 4 week follow-up (self report)	76,914	1,740	19,759	18,862	21,752	14,801
Number who had not quit at 4 week follow-up (self report)	40,299	1,529	12,217	9,512	10,926	6,115
Number not known/lost to follow up	35,658	1,393	12,673	9,163	8,633	3,796
<b>CO validation<sup>3</sup></b>						
Number who had successfully quit at 4 week follow-up (self report), where CO validation attempted	57,019	1,202	14,234	14,121	16,425	11,037
Number who had successfully quit at 4 week follow-up, confirmed by CO validation	49,089	1,057	12,052	12,205	14,184	9,591
<b>Percentages</b>						
Total percentage setting a quit date	100	100	100	100	100	100
<b>Outcome at 4 weeks</b>						
Percentage who had successfully quit at 4 week follow-up (self report)	50	37	44	50	53	60
Percentage who had not quit at 4 week follow-up (self report)	26	33	27	25	26	25
Percentage not known/lost to follow up	23	30	28	24	21	15
<b>CO validation</b>						
Percentage who had successfully quit at 4 week follow-up (self report), where CO validation attempted	37	26	32	38	40	45
Percentage who had successfully quit at 4 week follow-up, confirmed by CO validation	32	23	27	33	34	39

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 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

**Table 3 People setting a quit date and successful quitters<sup>1</sup>, by ethnic group<sup>2,3</sup>, April to June 2007**

<b>England</b>	<i>Numbers / Percentages</i>		
	Number setting a quit date	Number successfully quit at 4 weeks (self-report)	Percentage who had successfully quit at 4 week follow up (self report)
<b>Total</b>	152,871	76,914	50
<b>White</b>	133,319	66,659	50
British	128,250	64,308	50
Irish	1,459	690	47
Any other white background	3,610	1,661	46
<b>Mixed</b>	1,724	781	45
White and Black Caribbean	603	217	36
White and Black African	231	85	37
White and Asian	330	141	43
Any other mixed background	560	338	60
<b>Asian or Asian British</b>	3,383	1,590	47
Indian	1,103	535	49
Pakistani	1,093	501	46
Bangladeshi	608	284	47
Any other Asian background	579	270	47
<b>Black or Black British</b>	1,970	807	41
Caribbean	1,012	411	41
African	606	254	42
Any other Black background	352	142	40
<b>Other ethnic groups</b>	1,262	585	46
Chinese	152	72	47
Any other ethnic group	1,110	513	46
<b>Not stated</b>	11,213	6,492	58

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. 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

3. 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>.

**Table 4 People setting a quit date and successful quitters; quarterly and annually from April to June 2001<sup>1,2</sup>**

	Numbers / Percentages		
	Number setting a quit date	Number successfully quit at 4 weeks (self-report)	% successfully quit at 4 weeks (self report)
<b>England</b>			
<b>Quarter 1 - April to June</b>			
2001	56,935	28,828	51
2002	59,810	30,752	51
2003	68,620	36,573	53
2004	104,420	56,192	54
2005	145,538	76,495	53
2006	137,803	68,901	50
2007	152,871	76,914	50
<b>Quarter 2 - July to September</b>			
2001	48,578	25,054	52
2002	49,049	24,976	51
2003	67,075	35,968	54
2004	103,969	56,058	54
2005	126,367	65,693	52
2006	117,003	59,967	51
<b>Quarter 3 - October to December</b>			
2001	48,155	25,518	53
2002	48,511	25,382	52
2003	76,400	43,615	57
2004	109,781	62,121	57
2005	122,034	66,690	55
2006	119,986	63,659	53
<b>Quarter 4 - January to March</b>			
2001	73,667	40,434	55
2002	77,488	42,972	55
2003	149,129	88,720	59
2004	211,397	123,753	59
2005	208,881	120,803	58
2006	225,618	127,193	56
<b>Annual data</b>			
2001/02	227,335	119,834	53
2002/03	234,858	124,082	53
2003/04	361,224	204,876	57
2004/05	529,567	298,124	56
2005/06	602,820	329,681	55
2006/07	600,410	319,720	53

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

**Table 5 Pregnant women setting a quit and outcome at 4 weeks<sup>1</sup>, April to June 2007**

England	Numbers / Percentages	
	Total	Percentages
Total number setting a quit date	4,008	100
<b>Outcome at 4 weeks</b>		
People who had successfully quit at 4 week follow-up (self-report)	1,917	48
People who had not quit at 4 week follow-up (self-report)	1,305	33
People not known/lost to follow up	786	20
<b>CO validation<sup>2</sup></b>		
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	1,213	30
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	987	25

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

2. 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

**Table 6 People setting a quit date and successful quitters<sup>1</sup> by treatment received<sup>2,3,4</sup>, April to June 2007**

England	Numbers / Percentages		
	Number setting a quit date	Number who had successfully quit at 4 week follow-up (self report)	Percentage who had successfully quit at 4 week follow-up (self report)
Total number of people setting a quit date	152,871	76,914	50
Number who received NRT only	121,181	60,316	50
Number who received bupropion (Zyban) only	6,317	3,445	55
Number who received both NRT and bupropion (Zyban)	884	399	45
Number who received Champix (varenicline) only	7,310	4,932	67
Number who did not receive pharmacotherapies	8,935	4,380	49
Number where treatment option not known <sup>5</sup>	8,244	3,442	42
<i>Total number of people setting a quit date</i>	<i>100</i>	<i>100</i>	<i>.</i>
<i>Number who received NRT only</i>	<i>79</i>	<i>78</i>	<i>.</i>
<i>Number who received bupropion (Zyban) only</i>	<i>4</i>	<i>4</i>	<i>.</i>
<i>Number who received both NRT and bupropion (Zyban)</i>	<i>1</i>	<i>1</i>	<i>.</i>
<i>Number who received Champix (varenicline) only</i>	<i>5</i>	<i>6</i>	<i>.</i>
<i>Number who did not receive pharmacotherapies</i>	<i>6</i>	<i>6</i>	<i>.</i>
<i>Number where treatment option not known<sup>5</sup></i>	<i>5</i>	<i>4</i>	<i>.</i>

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

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

3. Nicotine Replacement Therapy (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

4. In the period April 2007 to June 2007, 532,148 prescription items of NRT products and 37,159 items of bupropion were prescribed by GPs and other non-medical prescribers (excluding dentists) in England and dispensed in the community. The Net Ingredient Cost (NIC) over this time was £10.9 million for NRT products and £1.3 million for bupropion - a total of £12.2 million. This information is taken from 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. The Net Ingredient Cost is the basic cost of a drug and does not take account of discounts, dispensing costs, fees or prescription charge income. PACT data only covers NRT 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.

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

6. "." denotes not applicable

**Table 7 People successfully quit<sup>1</sup>, total spend on smoking cessation services and cost per quitter<sup>2</sup>, quarterly and annually from April to June 2003**

<b>England</b>			Numbers/£
	Successful quitters	total expenditure (000s)	Cost per quitter
April to June (Q1)	36,573	6,360	173.90
July to September (Q2)	35,968	8,450	234.93
October to December Q3)	43,615	9,111	208.90
January to March (Q4)	88,720	12,280	138.42
<b>April 2003 to March 2004</b>	<b>204,876</b>	<b>36,201</b>	<b>176.70</b>
April to June (Q1)	56,192	10,114	180.00
July to September (Q2)	56,058	10,458	186.56
October to December Q3)	62,121	10,587	170.42
January to March (Q4)	123,753	15,910	128.56
<b>April 2004 to March 2005</b>	<b>298,124</b>	<b>47,069</b>	<b>157.88</b>
April to June (Q1)	76,495	12,155	158.90
July to September (Q2)	65,693	11,000	167.45
October to December Q3)	66,690	12,920	193.73
January to March (Q4)	120,803	15,851	131.21
<b>April 2005 to March 2006</b>	<b>329,681</b>	<b>51,927</b>	<b>157.51</b>
April to June (Q1)	68,901	11,813	171.45
July to September (Q2)	59,967	11,541	192.45
October to December Q3)	63,659	12,616	198.18
January to March (Q4)	127,193	15,264	120.00
<b>April 2006 to March 2007</b>	<b>319,720</b>	<b>51,234</b>	<b>160.25</b>
April to June (Q1) <sup>3</sup>	75,570	13,705	181.35
<b>April 2007 to June 2007</b>	<b>75,570</b>	<b>13,705</b>	<b>181.35</b>

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

2. Total spend on smoking cessation services and cost per quitter excludes prescriptions for pharmacotherapies

3. Financial information is unavailable for Kirklees PCT and Wakefield District PCT for Quarter 1 (April 2007 to June 2007). Hence successful quitters from this period have been excluded from this table. Revised figures will be available in the next quarterly report

**Table 8 People setting a quit date and successful quitters, per 100,000 of the population, April to June 2007, by Government Office Region and Strategic Health Authority<sup>1</sup>**

England	Numbers / Percentages			
	Number setting a quit date <sup>2</sup>	Number successfully quit at 4 weeks (self-report) <sup>2,3</sup>	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>4,5</sup>
<b>England</b>	152,871	76,914	50	189
North East	13,411	6,143	46	295
North West	28,770	13,105	46	237
Yorkshire and the Humber	16,621	8,713	52	214
East Midlands	10,805	6,165	57	178
West Midlands	21,169	10,227	48	238
East of England	11,480	6,184	54	139
London	21,153	10,418	49	172
South West	11,976	6,442	54	156
South East	17,486	9,517	54	145
South East Coast	8,339	4,582	55	135
South Central	9,147	4,935	54	155

1. This table provides data for Regional analysis both by Government Office Region (GOR) and the new configuration of Strategic Health Authorities (SHAs) in place from July 2006. The first eight rows represent GORs and SHAs of the same name, while the South East GOR (row nine) is divided into South East Coast SHA and South Central SHA, shown in the final two rows. Please see 'Further information' for note about SHA reconfiguration

2. May include clients who are aged 15 and under

3. 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

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

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

**Table 9 People setting a quit date and successful quitters, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, April to June 2007**

England		Numbers / Percentages			
		Number setting a quit date <sup>1</sup>	Number successfully quit at 4 weeks (self-report) <sup>1,2</sup>	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>3,4</sup>
<b>England</b>		152,871	76,914	50	189
<b>North East SHA</b>	<b>Q30</b>	13,411	6,143	46	295
County Durham PCT	5ND	2,781	1,255	45	307
Darlington PCT	5J9	444	197	44	247
Gateshead PCT	5KF	746	302	40	193
Hartlepool PCT	5D9	774	348	45	488
Middlesbrough PCT	5KM	726	426	59	390
Newcastle PCT	5D7	1,377	650	47	284
Stockton-On-Tees Teaching PCT	5E1	1,057	483	46	324
North Tyneside PCT	5D8	1,266	590	47	375
Northumberland Care Trust	TAC	1,437	712	50	278
Redcar & Cleveland PCT	5QR	665	312	47	279
South Tyneside PCT	5KG	753	269	36	218
Sunderland Teaching PCT	5KL	1,385	599	43	259
<b>North West SHA</b>	<b>Q31</b>	28,770	13,105	46	237
Ashton, Leigh & Wigan PCT	5HG	1,222	570	47	231
Blackburn with Darwen PCT	5CC	723	411	57	388
Blackpool PCT	5HP	586	244	42	210
Bolton PCT	5HQ	1,232	481	39	229
Bury PCT	5JX	601	313	52	215
Central & Eastern Cheshire PCT	5NP	1,578	625	40	173
Central Lancashire PCT	5NG	1,849	1,044	56	287
Cumbria PCT	5NE	629	407	65	99
East Lancashire PCT	5NH	1,409	818	58	272
Halton & St. Helens PCT	5NM	1,042	491	47	208
Knowsley PCT	5J4	1,251	659	53	560
Liverpool PCT	5NL	3,322	1,421	43	387
Manchester PCT	5NT	3,309	1,173	35	328
North Lancashire PCT	5NF	1,149	670	58	250
Oldham PCT	5J5	915	548	60	322
Heywood, Middleton & Rochdale PCT	5NQ	861	350	41	216
Salford PCT	5F5	1,594	533	33	304
Sefton PCT	5NJ	1,099	487	44	214
Stockport PCT	5F7	976	459	47	202
Tameside & Glossop PCT	5LH	310	221	71	112
Trafford PCT	5NR	925	320	35	187
Warrington PCT	5J2	271	118	44	76
Western Cheshire PCT	5NN	689	254	37	134
Wirral PCT	5NK	1,228	488	40	194
<b>Yorkshire &amp; Humber SHA</b>	<b>Q32</b>	16,621	8,713	52	214
Barnsley PCT	5JE	1,400	577	41	323
Bradford & Airedale PCT	5NY	2,130	1,037	49	277
Calderdale PCT	5J6	746	381	51	245
Doncaster PCT	5N5	1,078	579	54	249
East Riding of Yorkshire PCT	5NW	567	374	66	139
Hull PCT	5NX	939	619	66	309
Kirklees PCT	5N2	1,373	732	53	235
Leeds PCT	5N1	2,094	1,373	66	233
North East Lincolnshire PCT	5AN	376	217	58	172
North Lincolnshire PCT	5EF	294	182	62	147
North Yorkshire & York PCT	5NV	1,878	946	50	150
Rotherham PCT	5H8	1,363	506	37	250
Sheffield PCT	5N4	1,219	578	47	136
Wakefield District PCT	5N3	1,164	612	53	237

**Table 9 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, April to June 2007**

England		Numbers / Percentages			
		Number setting a quit date <sup>1</sup>	Number successfully quit at 4 weeks (self-report) <sup>1,2</sup>	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>3,4</sup>
<b>East Midlands SHA</b>	<b>Q33</b>	10,805	6,165	57	178
Bassetlaw PCT	5ET	341	125	37	139
Derby City PCT	5N7	749	367	49	197
Derbyshire County PCT	5N6	1,565	920	59	159
Leicester City PCT	5PC	1,012	530	52	232
Leicestershire County & Rutland PCT	5PA	1,897	1,049	55	194
Lincolnshire PCT	5N9	2,079	1,078	52	193
Northampton PCT	5PD	743	600	81	116
Nottingham City PCT	5EM	747	520	70	227
Nottinghamshire County PCT	5N8	1,672	976	58	184
<b>West Midlands SHA</b>	<b>Q34</b>	21,169	10,227	48	238
Birmingham East & North PCT	5PG	1,216	566	47	186
Coventry Teaching PCT	5MD	1,359	684	50	280
Dudley PCT	5PE	1,330	635	48	258
Heart of Birmingham Teaching PCT	5MX	1,354	739	55	371
Herefordshire PCT	5CN	747	285	38	195
North Staffordshire PCT	5PH	631	304	48	176
Sandwell PCT	5PF	1,758	720	41	318
Shropshire County PCT	5M2	1,167	616	53	261
Solihull Care Trust	TAM	992	465	47	290
South Birmingham PCT	5M1	1,123	619	55	226
South Staffordshire PCT	5PK	1,553	846	54	175
Stoke on Trent PCT	5PJ	1,266	606	48	304
Telford & Wrekin PCT	5MK	1,123	596	53	469
Walsall Teaching PCT	5M3	1,267	681	54	341
Warwickshire PCT	5PM	1,641	747	46	172
Wolverhampton City PCT	5MV	1,267	457	36	238
Worcestershire PCT	5PL	1,375	661	48	146
<b>East England SHA</b>	<b>Q35</b>	11,480	6,184	54	139
Bedfordshire PCT	5P2	815	435	53	137
Cambridgeshire PCT	5PP	992	416	42	87
East & North Hertfordshire PCT	5P3	452	322	71	78
Great Yarmouth & Waveney PCT	5PR	608	314	52	186
Luton PCT	5GC	415	251	60	175
Mid Essex PCT	5PX	725	309	43	108
Norfolk PCT	5PQ	1,787	950	53	157
North East Essex PCT	5PW	672	391	58	156
Peterborough PCT	5PN	559	231	41	184
South East Essex PCT	5P1	547	302	55	115
South West Essex PCT	5PY	1,112	655	59	215
Suffolk PCT	5PT	1,701	980	58	210
West Essex PCT	5PV	542	274	51	125
West Hertfordshire PCT	5P4	553	354	64	84

**Table 9 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, April to June 2007**

England		Numbers / Percentages			
		Number setting a quit date <sup>1</sup>	Number successfully quit at 4 weeks (self-report) <sup>1,2</sup>	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>3,4</sup>
<b>London SHA</b>	<b>Q36</b>	21,153	10,418	49	172
Barking & Dagenham PCT	5C2	311	191	61	152
Barnet PCT	5A9	1,855	1,036	56	392
Bexley Care Trust	TAK	484	378	78	216
Brent Teaching PCT	5K5	73	38	52	17
Bromley PCT	5A7	639	273	43	113
Camden PCT	5K7	741	482	65	253
City & Hackney Teaching PCT	5C3	620	369	60	218
Croydon PCT	5K9	750	205	27	75
Ealing PCT	5HX	305	173	57	71
Enfield PCT	5C1	615	410	67	185
Greenwich Teaching PCT	5A8	877	360	41	198
Haringey Teaching PCT	5C9	535	286	53	158
Harrow PCT	5K6	549	263	48	153
Havering PCT	5A4	503	213	42	117
Hillingdon PCT	5AT	655	471	72	234
Hounslow PCT	5HY	346	157	45	92
Hammersmith & Fulham PCT	5H1	1,002	518	52	342
Islington PCT	5K8	1,000	577	58	380
Kensington & Chelsea PCT	5LA	1,041	303	29	181
Kingston PCT	5A5	321	181	56	145
Lambeth PCT	5LD	1,407	480	34	218
Lewisham PCT	5LF	855	409	48	207
Newham PCT	5C5	872	357	41	191
Redbridge PCT	5NA	497	305	61	154
Richmond & Twickenham PCT	5M6	244	145	59	96
Southwark PCT	5LE	484	178	37	85
Sutton & Merton PCT	5M7	543	260	48	87
Tower Hamlets PCT	5C4	589	223	38	132
Waltham Forest PCT	5NC	459	332	72	187
Wandsworth PCT	5LG	300	136	45	57
Westminster PCT	5LC	1,681	709	42	333
<b>South East Coast SHA</b>	<b>Q37</b>	8,339	4,582	55	135
Brighton & Hove City PCT	5LQ	858	508	59	238
East Sussex Downs & Weald PCT	5P7	563	400	71	151
Eastern & Coastal Kent PCT	5QA	1,658	930	56	162
Hastings & Rother PCT	5P8	655	269	41	191
Medway PCT	5L3	480	174	36	88
Surrey PCT	5P5	1,385	839	61	98
West Kent PCT	5P9	1,239	681	55	130
West Sussex PCT	5P6	1,501	781	52	126
<b>South Central SHA</b>	<b>Q38</b>	9,147	4,935	54	155
Berkshire East PCT	5QG	764	400	52	133
Berkshire West PCT	5QF	669	370	55	104
Buckinghamshire PCT	5QD	737	447	61	114
Hampshire PCT	5QC	2,508	1,276	51	126
Isle of Wight PCT	5QT	707	336	48	290
Milton Keynes PCT	5CQ	539	335	62	191
Oxford PCT	5QE	1,397	822	59	168
Portsmouth City Teaching PCT	5FE	1,079	538	50	345
Southampton City PCT	5L1	747	411	55	223

**Table 9 (continued): People setting a quit date and successful quitters, per 100,000 of the population, by Strategic Health Authority and Primary Care Trust, April to June 2007**

England		Numbers / Percentages			
		Number setting a quit date <sup>1</sup>	Number successfully quit at 4 weeks (self-report) <sup>1,2</sup>	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over <sup>3,4</sup>
<b>South West SHA</b>	<b>Q39</b>	11,976	6,442	54	155
Bath & North East Somerset PCT	5FL	309	219	71	153
Bournemouth & Poole PCT	5QN	621	369	59	148
Bristol PCT	5QJ	1,084	585	54	178
Cornwall & Isles Of Scilly PCT	5QP	801	457	57	107
Devon PCT	5QQ	1,219	546	45	90
Dorset PCT	5QM	1,016	725	71	219
Gloucestershire PCT	5QH	1,225	539	44	116
North Somerset PCT	5M8	664	329	50	207
Plymouth Teaching PCT	5F1	821	407	50	202
Somerset PCT	5QL	1,552	878	57	210
South Gloucestershire PCT	5A3	656	329	50	166
Swindon PCT	5K3	523	286	55	189
Torbay Care Trust	TAL	503	250	50	228
Wiltshire PCT	5QK	982	523	53	146

1. May include clients who are aged 15 and under

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

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

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

## Further information

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 advisers, trained nurses and pharmacists. The services complement the use of smoking cessation aids Nicotine Replacement Therapy (NRT) and bupropion (Zyban) and Champix (varenicline).

This quarterly bulletin presents provisional results from the NHS Stop Smoking Services for the period April to June 2007 (Quarter 1). Provisional results from the Stop Smoking Services are published on a quarterly basis. An annual bulletin is also produced, which represents the finalised figures for the year (April 2007 to March 2008). Publication dates for 2007/08:

- April to June 2007 (Q1): Due to be published October 2007
- April to September 2007 (Q2): Due to be published January 2008
- April to December 2007 (Q3): Due to be published April 2008
- April 2007 to March 2008 (Annual): Due to be published August 2008

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

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### Re-structuring PCTs and SHAs

The re-structuring of 28 SHAs to the 10 new SHAs and 303 PCTs to 152 PCTs took place during the 2006/07 Stop Smoking Services collection. Data presented in quarterly reports during this period incorporated the old and new SHA and PCT structures. From April to June 2007 (Q1) all data will be presented in the new structures only.

### NHS Smoking helpline

The telephone number for the NHS smoking helpline is 0800 169 0 169. The telephone number for the NHS pregnancy smoking helpline is 0800 169 9 169. Further information on giving up smoking is available at:

[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

## Financial allocations

The Health Service Circular 2002/12 issued on 18 December 2002 showed the Initial Resource Limits (IRLs) line for NHS Stop Smoking Services in England was £41m in 2003/04; £46m in 2004/05; £51m in 2005/06. A further £112m for the two years 2006-07 to 2007-08 has been allocated to PCT's, including an additional £10m heavily weighted towards spearheading PCT's.

Details can be found in Health Service Circular 2002/12 available on the Department of Health website at:

[www.dh.gov.uk/PublicationsAndStatistics/LettersAndCirculars/HealthServiceCirculars/HealthServiceCircularsArticle/fs/en?CONTENT\\_ID=4005021&chk=N%2BIVyk](http://www.dh.gov.uk/PublicationsAndStatistics/LettersAndCirculars/HealthServiceCirculars/HealthServiceCircularsArticle/fs/en?CONTENT_ID=4005021&chk=N%2BIVyk)

## 6- Strand Tobacco Control Strategy

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

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

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

## Smoking Kills

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

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

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

## Public Service Agreements

In July 2004, the Department of Health (DH) agreed new Public Service Agreement (PSA) targets with the Treasury. These include reducing inequalities in health outcomes as measured by infant mortality and life expectancy at birth by 10% by 2010 and tackling the underlying determinates of ill health and health inequalities by reducing adult smoking rates to 21% or less by 2010, with a reduction in prevalence among routine and manual groups to 26% or less.

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

## Priorities and Planning Framework

The Department of Health's Priorities and Planning Framework (PPF) 2003-2006 included targets on smoking. The NHS was asked to contribute to the reduction of smoking among manual groups, and to achieve 800,000 successful quitters at the 4-week follow up (based on self-report) in the three

year period 2003/04 to 2005/06. The PPF also includes targets on reduction of smoking in pregnancy and the recording of advice to be given to smokers at risk of CHD.

This target has been successfully achieved. Over the period 2003/04 to 2005/06 832,681 had successfully quit at the 4 week follow-up.

The PPF is available on the Department of Health website at:

[www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4008430&chk=IXp8vH](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4008430&chk=IXp8vH)



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