

Statistics on NHS Stop Smoking Services in England, April to September 2007

Summary

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services for the period April to September 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. Also, this is the first year that information on the use of Champix (varenicline) as a smoking cessation aid has been included.

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

- 327,800 people set a quit date through NHS Stop Smoking Services, an increase of 29% over the same period in 2006/07 and 21% over the same period in 2005/06.
- At the 4 week follow-up 164,711 people had successfully quit (based on self-report), 50% of those setting a quit date. This compares with 128,868 successful quitters in the same period in 2006/07 (an increase of 28%), and 142,188 successful quitters in 2005/06 (16% 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 59% of those aged 60 and over.
- Of the 8,619 pregnant women who set a quit date, 4,084 successfully quit at the 4 week follow-up (47%).
- The majority of those setting a quit date received Nicotine Replacement Therapy (NRT) only (74%). A further 10% received Champix (varenicline) only, 4% received bupropion (Zyban) only and less than 1% received both NRT and bupropion. Six per cent of people setting a quit date did not receive any smoking cessation aid and the type of treatment was unknown for a further 6%.
- Champix was the most successful smoking cessation aid in helping people quit. Of those who used champix 64% successfully quit, compared with 53% who received bupropion only, and 48% who received NRT.
- Expenditure on NHS Stop Smoking Services was £26.7[†] million. This compares to £23.4 million in the same period in 2006/07. The cost of the NHS Stop Smoking Services per quitter was £164[†], compared with £181 during the same period in 2006/07.
- Among Strategic Health Authorities (SHAs), the East Midlands, East of England, South East Coast and South Central SHAs reported the highest proportion of successful quitters (55%), while the North East SHA reported the lowest success rate (45%).

[†] Excludes data for Wakefield District PCT for Quarter 1 and Quarter 2 (April 2007 to June 2007 and July to September 2007) and for Eastern and Coastal Kent PCT for Quarter 2.

- Among Primary Care Trusts (PCTs), East & North Hertfordshire PCT reported the highest proportion of successful quitters (83%), while Croydon PCT reported the lowest success rate (26%).

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Table 1 People setting a quit date and outcome¹ at 4 weeks, by gender, April to September 2007

England	Numbers / Percentages					
	Total	Males	Females²	Total	Males	Females
Total number setting a quit date	327,800	146,022	181,778	100	100	100
Outcome at 4 weeks						
People who had successfully quit at 4 week follow-up (self-report)	164,711	75,439	89,272	50	52	49
People who had not quit at 4 week follow-up (self-report)	86,757	36,901	49,856	26	25	27
People not known/lost to follow up	76,332	33,682	42,650	23	23	23
CO validation³						
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	119,163	54,153	65,010	36	37	36
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	101,885	46,654	55,231	31	32	30

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^{1,2} at 4 weeks, by age, April to September 2007

England	Numbers / Percentages					
	Total	Under 18	18-34	35-44	45-59	60 and over
Numbers						
Total number setting a quit date	327,800	10,230	95,260	80,551	88,319	53,440
Outcome at 4 weeks						
Number who had successfully quit at 4 week follow-up (self report)	164,711	3,781	42,393	40,538	46,326	31,673
Number who had not quit at 4 week follow-up (self report)	86,757	3,305	25,773	20,689	23,508	13,482
Number not known/lost to follow up	76,332	3,144	27,094	19,324	18,485	8,285
CO validation³						
Number who had successfully quit at 4 week follow-up (self report), where CO validation attempted	119,163	2,640	29,364	29,591	34,284	23,284
Number who had successfully quit at 4 week follow-up, confirmed by CO validation	101,885	2,251	24,825	25,385	29,376	20,048
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)	50	37	45	50	52	59
Percentage who had not quit at 4 week follow-up (self report)	26	32	27	26	27	25
Percentage not known/lost to follow up	23	31	28	24	21	16
CO validation						
Percentage who had successfully quit at 4 week follow-up (self report), where CO validation attempted	36	26	31	37	39	44
Percentage who had successfully quit at 4 week follow-up, confirmed by CO validation	31	22	26	32	33	38

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 quitters¹, by ethnic group^{2,3}, April to September 2007

England	<i>Numbers / Percentages</i>		
	Number setting a quit date	Number successfully quit at 4 weeks (self- report)	<i>Percentage who had successfully quit at 4 week follow-up (self report)</i>
Total	327,800	164,711	50
White	283,315	141,053	50
British	272,717	135,921	50
Irish	3,032	1,505	50
Any other white background	7,566	3,627	48
Mixed	3,832	1,932	50
White and Black Caribbean	1,348	568	42
White and Black African	528	225	43
White and Asian	633	267	42
Any other mixed background	1,323	872	66
Asian or Asian British	7,151	3,381	47
Indian	2,326	1,126	48
Pakistani	2,397	1,110	46
Bangladeshi	1,192	552	46
Any other Asian background	1,236	593	48
Black or Black British	4,265	1,851	43
Caribbean	2,189	973	44
African	1,305	562	43
Any other Black background	771	316	41
Other ethnic groups	2,677	1,227	46
Chinese	302	140	46
Any other ethnic group	2,375	1,087	46
Not stated	26,560	15,267	57

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

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

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

Table 4 People setting a quit date and successful quitters; quarterly and annually from April to June 2001^{1,2}

England	Numbers / Percentages		
	Number setting a quit date	Number successfully quit at 4 weeks (self-report)	Percentage successfully quit at 4 weeks (self report)
Quarter 1 - April to June			
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	161,928	81,683	50
Quarter 2 - July to September			
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
2007	165,872	83,028	50
Quarter 3 - October to December			
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
Quarter 4 - January to March			
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
Annual data			
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 weeks¹, April to September 2007

England	<i>Numbers / Percentages</i>	
	<i>Total</i>	<i>Percentages</i>
Total number setting a quit date	8,619	100
Outcome at 4 weeks		
People who had successfully quit at 4 week follow-up (self-report)	4,084	47
People who had not quit at 4 week follow-up (self-report)	2,839	33
People not known/lost to follow up	1,696	20
CO validation²		
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	2,687	31
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	2,258	26

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 quitters¹, by treatment received^{2,3,4}, April to September 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	327,800	164,711	50
Number who received NRT only	243,132	117,527	48
Number who received bupropion (Zyban) only	12,767	6,813	53
Number who received both NRT and bupropion (Zyban)	1,489	694	47
Number who received Champix (varenicline) only	32,879	21,098	64
Number who did not receive pharmacotherapies	19,068	9,438	49
Number where treatment option not known ⁵	18,465	9,141	50
<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>74</i>	<i>71</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>-</i>	<i>-</i>	<i>.</i>
<i>Number who received Champix (varenicline) only</i>	<i>10</i>	<i>13</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 known⁵</i>	<i>6</i>	<i>6</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. In the period April 2007 to September 2007, 1,014,578 prescription items of NRT products and 69,949 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 £20.7 million for NRT products and £2.5 million for bupropion - a total of £23.2 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.

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

5. " ." denotes not applicable

6. " - " denotes figure rounds to less than 1%

Table 7 People successfully quit¹, total spend on smoking cessation services and cost per quitter², quarterly and annually from April to June 2003

England			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
April 2003 to March 2004	204,876	36,201	176.70
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
April 2004 to March 2005	298,124	47,069	157.88
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
April 2005 to March 2006	329,681	51,927	157.51
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
April 2006 to March 2007	319,720	51,234	160.25
April to June (Q1) ³	81,071	13,706	169.06
July to September (Q2) ³	81,322	12,989	159.72
April 2007 to June 2007³	162,393	26,694	164.38

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 Wakefield District PCT for Quarter 1 and Quarter 2 (April 2007 to June 2007 and July to September 2007) and for Eastern and Coastal Kent PCT for Quarter 2. 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 Authority¹

England	Numbers / Percentages			
	Number setting a quit date ²	Number successfully quit at 4 weeks (self-report) ^{2,3}	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{4,5}
England	327,800	164,711	50	401
North East	28,228	12,576	45	603
North West	62,715	28,940	46	521
Yorkshire and the Humber	35,384	18,477	52	444
East Midlands	22,814	12,477	55	354
West Midlands	43,753	20,685	47	480
East of England	28,976	16,067	55	355
London	43,895	21,992	50	362
South West	25,505	13,418	53	319
South East	36,530	20,079	55	302
South East Coast	17,639	9,742	55	284
South Central	18,891	10,337	55	321

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-2006 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 September 2007

England		Numbers / Percentages				
		Number setting a quit date ¹	Number successfully quit at 4 weeks (self-report) ^{1,2}	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{3,4}	
England		327,800	164,711	50	401	
North East SHA	Q30	28,228	12,576	45	603	
	County Durham PCT	5ND	6,006	2,793	47	679
	Darlington PCT	5J9	994	468	47	586
	Gateshead PCT	5KF	1,424	572	40	367
	Hartlepool PCT	5D9	1,704	738	43	1,018
	Middlesbrough PCT	5KM	1,426	784	55	710
	Newcastle PCT	5D7	2,765	1,259	46	561
	Stockton-On-Tees Teaching PCT	5E1	2,151	890	41	588
	North Tyneside PCT	5D8	2,742	1,181	43	739
	Northumberland Care Trust	TAC	2,826	1,314	46	515
	Redcar & Cleveland PCT	5QR	1,341	586	44	519
	South Tyneside PCT	5KG	1,594	588	37	476
	Sunderland Teaching PCT	5KL	3,255	1,403	43	612
North West SHA	Q31	62,715	28,940	46	521	
	Ashton, Leigh & Wigan PCT	5HG	2,138	933	44	379
	Blackburn with Darwen PCT	5CC	1,770	860	49	805
	Blackpool PCT	5HP	1,364	763	56	655
	Bolton PCT	5HQ	3,038	1,102	36	531
	Bury PCT	5JX	1,260	665	53	456
	Central & Eastern Cheshire PCT	5NP	3,175	1,311	41	359
	Central Lancashire PCT	5NG	3,697	2,052	56	561
	Cumbria PCT	5NE	1,469	917	62	225
	East Lancashire PCT	5NH	3,122	1,860	60	610
	Halton & St. Helens PCT	5NM	2,426	1,206	50	506
	Knowsley PCT	5J4	2,899	1,413	49	1,179
	Liverpool PCT	5NL	6,844	3,013	44	841
	Manchester PCT	5NT	5,847	2,306	39	625
	North Lancashire PCT	5NF	2,764	1,579	57	577
	Oldham PCT	5J5	2,025	1,165	58	683
	Heywood, Middleton & Rochdale PCT	5NQ	2,193	932	42	574
	Salford PCT	5F5	3,333	1,150	35	649
	Sefton PCT	5NJ	2,532	1,186	47	525
	Stockport PCT	5F7	2,573	996	39	439
	Tameside & Glossop PCT	5LH	1,341	929	69	467
	Trafford PCT	5NR	1,990	670	34	394
	Warrington PCT	5J2	706	357	51	229
	Western Cheshire PCT	5NN	1,518	616	41	320
	Wirral PCT	5NK	2,691	959	36	382
Yorkshire & Humber SHA	Q32	35,384	18,477	52	444	
	Barnsley PCT	5JE	2,770	1,155	42	640
	Bradford & Airedale PCT	5NY	4,688	2,331	50	611
	Calderdale PCT	5J6	1,674	855	51	539
	Doncaster PCT	5N5	2,365	1,273	54	545
	East Riding of Yorkshire PCT	5NW	1,014	711	70	261
	Hull PCT	5NX	1,836	1,210	66	583
	Kirklees PCT	5N2	3,315	1,663	50	527
	Leeds PCT	5N1	4,521	2,954	65	479
	North East Lincolnshire PCT	5AN	698	400	57	312
	North Lincolnshire PCT	5EF	503	318	63	253
	North Yorkshire & York PCT	5NV	4,170	2,056	49	318
	Rotherham PCT	5H8	2,265	885	39	436
	Sheffield PCT	5N4	3,030	1,359	45	315
	Wakefield District PCT	5N3	2,535	1,307	52	503
East Midlands SHA	Q33	22,814	12,477	55	354	
	Bassetlaw PCT	5ET	656	256	39	283
	Derby City PCT	5N7	1,802	834	46	440
	Derbyshire County PCT	5N6	3,981	2,260	57	385
	Leicester City PCT	5PC	2,337	1,175	50	512
	Leicestershire County & Rutland PCT	5PA	3,804	2,130	56	388
	Lincolnshire PCT	5N9	4,374	2,149	49	380
	Northampton PCT	5PD	1,718	1,212	71	227
	Nottingham City PCT	5EM	1,568	961	61	405
	Nottinghamshire County PCT	5N8	2,574	1,500	58	279

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 September 2007

England		Numbers / Percentages			
		Number setting a quit date ¹	Number successfully quit at 4 weeks (self-report) ^{1,2}	% successfully quit at 4 weeks (self-report)	Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{3,4}
West Midlands SHA	Q34	43,753	20,685	47	480
Birmingham East & North PCT	5PG	2,753	1,416	51	464
Coventry Teaching PCT	5MD	2,633	1,288	49	521
Dudley PCT	5PE	2,668	1,268	48	514
Heart of Birmingham Teaching PCT	5MX	3,122	1,578	51	774
Herefordshire PCT	5CN	1,460	583	40	400
North Staffordshire PCT	5PH	1,337	637	48	365
Sandwell PCT	5PF	3,305	1,341	41	589
Shropshire County PCT	5M2	2,352	1,194	51	505
Solihull Care Trust	TAM	1,852	861	46	528
South Birmingham PCT	5M1	2,700	1,286	48	468
South Staffordshire PCT	5PK	3,437	1,766	51	360
Stoke on Trent PCT	5PJ	2,558	1,180	46	587
Telford & Wrekin PCT	5MK	2,071	1,032	50	807
Walsall Teaching PCT	5M3	2,712	1,283	47	638
Warwickshire PCT	5PM	3,523	1,592	45	375
Wolverhampton City PCT	5MV	2,245	852	38	449
Worcestershire PCT	5PL	3,025	1,528	51	340
East England SHA	Q35	28,976	16,067	55	355
Bedfordshire PCT	5P2	1,930	1,004	52	311
Cambridgeshire PCT	5PP	2,326	1,046	45	217
East & North Hertfordshire PCT	5P3	1,857	1,545	83	366
Great Yarmouth & Waveney PCT	5PR	1,324	646	49	374
Luton PCT	5GC	924	554	60	381
Mid Essex PCT	5PX	2,093	1,000	48	344
Norfolk PCT	5PQ	3,706	1,928	52	314
North East Essex PCT	5PW	1,721	879	51	338
Peterborough PCT	5PN	1,210	475	39	368
South East Essex PCT	5P1	1,421	821	58	308
South West Essex PCT	5PY	2,958	1,593	54	517
Suffolk PCT	5PT	3,853	2,032	53	429
West Essex PCT	5PV	1,257	649	52	295
West Hertfordshire PCT	5P4	2,396	1,895	79	449
London SHA	Q36	43,895	21,992	50	362
Barking & Dagenham PCT	5C2	759	461	61	365
Barnet PCT	5A9	3,128	1,765	56	673
Bexley Care Trust	TAK	967	706	73	399
Brent Teaching PCT	5K5	100	52	52	24
Bromley PCT	5A7	1,417	591	42	246
Camden PCT	5K7	1,566	996	64	519
City & Hackney Teaching PCT	5C3	1,947	1,223	63	723
Croydon PCT	5K9	1,512	400	26	150
Ealing PCT	5HX	855	469	55	189
Enfield PCT	5C1	1,254	851	68	377
Greenwich Teaching PCT	5A8	1,702	727	43	412
Haringey Teaching PCT	5C9	1,344	816	61	449
Harrow PCT	5K6	1,133	580	51	336
Havering PCT	5A4	1,257	592	47	322
Hillingdon PCT	5AT	1,148	774	67	389
Hounslow PCT	5HY	1,174	523	45	297
Hammersmith & Fulham PCT	5H1	1,703	949	56	660
Islington PCT	5K8	1,659	1,010	61	651
Kensington & Chelsea PCT	5LA	1,688	523	31	347
Kingston PCT	5A5	546	308	56	241
Lambeth PCT	5LD	2,771	898	32	403
Lewisham PCT	5LF	1,739	769	44	375
Newham PCT	5C5	2,179	860	39	453
Redbridge PCT	5NA	1,007	633	63	320
Richmond & Twickenham PCT	5M6	493	282	57	195
Southwark PCT	5LE	1,112	478	43	217
Sutton & Merton PCT	5M7	1,216	576	47	186
Tower Hamlets PCT	5C4	1,218	489	40	290
Waltham Forest PCT	5NC	1,455	948	65	541
Wandsworth PCT	5LG	806	366	45	155
Westminster PCT	5LC	3,040	1,377	45	682

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 September 2007

England		Number setting a quit date ¹	Number successfully quit at 4 weeks (self-report) ^{1,2}	% successfully quit at 4 weeks (self-report)	Numbers / Percentages	
					Number successfully quit (self-report) per 100,000 of population aged 16 and over ^{3,4}	
South East Coast SHA	Q37	17,639	9,742	55		284
Brighton & Hove City PCT	5LQ	1,852	1,045	56		496
East Sussex Downs & Weald PCT	5P7	1,050	760	72		281
Eastern & Coastal Kent PCT	5QA	3,807	2,100	55		361
Hastings & Rother PCT	5P8	1,486	638	43		442
Medway PCT	5L3	1,325	643	49		323
Surrey PCT	5P5	2,206	1,325	60		153
West Kent PCT	5P9	2,361	1,301	55		246
West Sussex PCT	5P6	3,552	1,930	54		308
South Central SHA	Q38	18,891	10,337	55		321
Berkshire East PCT	5QG	1,673	835	50		275
Berkshire West PCT	5QF	1,226	722	59		202
Buckinghamshire PCT	5QD	1,579	930	59		234
Hampshire PCT	5QC	5,017	2,647	53		259
Isle of Wight PCT	5QT	1,252	667	53		581
Milton Keynes PCT	5CQ	1,240	726	59		401
Oxford PCT	5QE	3,004	1,752	58		355
Portsmouth City Teaching PCT	5FE	2,321	1,240	53		763
Southampton City PCT	5L1	1,579	818	52		428
South West SHA	Q39	25,505	13,418	53		319
Bath & North East Somerset PCT	5FL	749	494	66		339
Bournemouth & Poole PCT	5QN	1,313	751	57		302
Bristol PCT	5QJ	2,224	1,155	52		339
Cornwall & Isles Of Scilly PCT	5QP	2,391	1,333	56		307
Devon PCT	5QQ	2,431	1,152	47		188
Dorset PCT	5QM	1,834	1,219	66		366
Gloucestershire PCT	5QH	2,652	1,192	45		253
North Somerset PCT	5M8	1,311	614	47		373
Plymouth Teaching PCT	5F1	1,957	901	46		441
Somerset PCT	5QL	3,260	1,867	57		442
South Gloucestershire PCT	5A3	1,367	670	49		328
Swindon PCT	5K3	1,011	544	54		353
Torbay Care Trust	TAL	970	484	50		438
Wiltshire PCT	5QK	2,035	1,042	51		290

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 Statistics (ONS).

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 September 2007 (Quarter 2). 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): published October 12th 2007
- April to September 2007 (Q2): published on January 29th 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

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

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.

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

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

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