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

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Summary

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services for the period April to December 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 December 2007:

- 462,690 people set a quit date through NHS Stop Smoking Services, an increase of 23% over the same period in 2006/07 and 17% over the same period in 2005/06.
- At the 4 week follow-up 234,060 people had successfully quit (based on self-report), 51% of those setting a quit date. This compares with 192,527 successful quitters in the same period in 2006/07 (an increase of 22%), and 208,878 successful quitters in 2005/06 (12% 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 13,046 pregnant women who set a quit date, 6,556 successfully quit at the 4 week follow-up (50%).
- The majority of those setting a quit date received Nicotine Replacement Therapy (NRT) only (72%). A further 13% 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 5%.
- Champix was the most successful smoking cessation aid in helping people quit. Of those who used champix 63% successfully quit, compared with 54% who received bupropion only, and 48% who received NRT.
- Expenditure on NHS Stop Smoking Services was £41.3[†] million. This compares to £36.0 million in the same period in 2006/07. The cost of the NHS Stop Smoking Services per quitter was £177[†], compared with £187 during the same period in 2006/07.
- Among Strategic Health Authorities (SHAs), the South East Coast SHA reported the highest proportion of successful quitters (56%), while the North East SHA reported the lowest success rate (45%).

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

- Among Primary Care Trusts (PCTs), East & North Hertfordshire PCT reported the highest proportion of successful quitters (82%), while Croydon PCT reported the lowest success rate (27%).

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

England	Numbers / Percentages					
	Total	Males	Females ²	Total	Males	Females
Total number setting a quit date	462,690	208,068	254,622	100	100	100
Outcome at 4 weeks						
People who had successfully quit at 4 week follow-up (self-report)	234,060	107,815	126,245	51	52	50
People who had not quit at 4 week follow-up (self-report)	121,873	52,334	69,539	26	25	27
People not known/lost to follow up	106,757	47,919	58,838	23	23	23
CO validation³						
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	167,552	76,709	90,843	36	37	36
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	143,062	65,854	77,208	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 December 2007

England	Numbers / Percentages					
	Total	Under 18	18-34	35-44	45-59	60 and over
Numbers						
Total number setting a quit date	462,690	14,653	133,587	113,183	124,755	76,512
Outcome at 4 weeks						
Number who had successfully quit at 4 week follow-up (self report)	234,060	5,491	60,186	57,305	65,643	45,435
Number who had not quit at 4 week follow-up (self report)	121,873	4,781	35,712	28,941	33,092	19,347
Number not known/lost to follow up	106,757	4,381	37,689	26,937	26,020	11,730
CO validation³						
Number who had successfully quit at 4 week follow-up (self report), where CO validation attempted	167,552	3,776	40,898	41,346	48,418	33,114
Number who had successfully quit at 4 week follow-up, confirmed by CO validation	143,062	3,259	34,548	35,327	41,337	28,591
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)	51	37	45	51	53	59
Percentage who had not quit at 4 week follow-up (self report)	26	33	27	26	27	25
Percentage not known/lost to follow up	23	30	28	24	21	15
CO validation						
Percentage who had successfully quit at 4 week follow-up (self report), where CO validation attempted	36	26	31	37	39	43
Percentage who had successfully quit at 4 week follow-up, confirmed by CO validation	31	22	26	31	33	37

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 December 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	462,690	234,060	51
White	397,643	199,740	50
British	382,304	192,213	50
Irish	4,343	2,149	49
Any other white background	10,996	5,378	49
Mixed	5,438	2,631	48
White and Black Caribbean	2,008	866	43
White and Black African	743	322	43
White and Asian	871	367	42
Any other mixed background	1,816	1,076	59
Asian or Asian British	10,119	4,847	48
Indian	3,240	1,592	49
Pakistani	3,355	1,521	45
Bangladeshi	1,812	909	50
Any other Asian background	1,712	825	48
Black or Black British	5,992	2,604	43
Caribbean	3,010	1,342	45
African	1,906	828	43
Any other Black background	1,076	434	40
Other ethnic groups	3,797	1,769	47
Chinese	421	189	45
Any other ethnic group	3,376	1,580	47
Not stated	39,701	22,469	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. Pregnant women are included in the relevant group

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 2001¹

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	164,696	82,974	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	173,460	86,556	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
2007	124,534	64,530	52
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 date and outcome at 4 weeks¹, April to December 2007

England	<i>Numbers / Percentages</i>	
	<i>Total</i>	<i>Percentages</i>
Total number setting a quit date	13,046	100
Outcome at 4 weeks		
People who had successfully quit at 4 week follow-up (self-report)	6,556	50
People who had not quit at 4 week follow-up (self-report)	4,051	31
People not known/lost to follow up	2,439	19
CO validation²		
People who had successfully quit at 4 week follow-up (self-report), where CO validation was attempted	4,244	33
People who had successfully quit at 4 week follow-up (self-report), confirmed by CO validation	3,465	27

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}, April to December 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	462,690	234,060	51
Number who received NRT only	330,956	159,502	48
Number who received bupropion (Zyban) only	17,389	9,374	54
Number who received both NRT and bupropion (Zyban)	1,967	899	46
Number who received Champix (varenicline) only	60,368	38,075	63
Number who did not receive pharmacotherapies	28,478	14,533	51
Number where treatment option not known ⁴	23,532	11,677	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>72</i>	<i>68</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>13</i>	<i>16</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 known⁴</i>	<i>5</i>	<i>5</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 December 2007, 1,347,234 prescription items of NRT products and 88,617 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 £25.2 million for NRT products and £2.9 million for bupropion - a total of £28.1 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

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 pharmacotherapies

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)	82,974	13,709	165.23
July to September (Q2) ³	85,453	12,664	148.20
October to December (Q3)	64,530	14,947	231.63
April 2007 to December 2007³	232,957	41,321	177.38

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 and for Eastern and Coastal Kent PCT for Quarter 2 (July to September 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 December 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	462,690	234,060	51	570
North East	38,276	17,211	45	825
North West	88,618	41,514	47	747
Yorkshire and the Humber	48,439	25,500	53	613
East Midlands	33,019	18,063	55	513
West Midlands	59,697	28,163	47	654
East of England	42,208	22,964	54	507
London	63,167	31,860	50	525
South West	37,075	19,837	54	472
South East	52,191	28,948	55	435
South East Coast	24,452	13,672	56	399
South Central	27,739	15,276	55	474

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 December 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		462,690	234,060	51	570
North East SHA	Q30	38,276	17,211	45	825
County Durham PCT	5ND	8,165	3,891	48	947
Darlington PCT	5J9	1,399	661	47	827
Gateshead PCT	5KF	2,069	833	40	534
Hartlepool PCT	5D9	2,370	1,035	44	1,428
Middlesbrough PCT	5KM	1,825	985	54	892
Newcastle PCT	5D7	3,615	1,621	45	722
North Tyneside PCT	5D8	3,739	1,674	45	1,047
Northumberland Care Trust	TAC	3,776	1,773	47	695
Redcar & Cleveland PCT	5QR	1,787	811	45	719
South Tyneside PCT	5KG	2,433	887	36	718
Stockton-On-Tees Teaching PCT	5E1	2,875	1,207	42	797
Sunderland Teaching PCT	5KL	4,223	1,833	43	800
North West SHA	Q31	88,618	41,514	47	747
Ashton, Leigh & Wigan PCT	5HG	4,170	1,812	43	735
Blackburn with Darwen PCT	5CC	2,068	1,347	65	1,261
Blackpool PCT	5HP	2,467	1,013	41	870
Bolton PCT	5HQ	4,060	1,518	37	731
Bury PCT	5JX	1,916	1,006	53	691
Central & Eastern Cheshire PCT	5NP	4,350	1,917	44	525
Central Lancashire PCT	5NG	5,196	2,818	54	770
Cumbria PCT	5NE	2,271	1,433	63	351
East Lancashire PCT	5NH	4,319	2,661	62	873
Halton & St. Helens PCT	5NM	3,568	1,774	50	745
Heywood, Middleton & Rochdale PCT	5NQ	3,122	1,341	43	825
Knowsley PCT	5JA	3,897	1,813	47	1,513
Liverpool PCT	5NL	8,579	3,830	45	1,069
Manchester PCT	5NT	7,790	3,225	41	874
North Lancashire PCT	5NF	3,785	2,150	57	786
Oldham PCT	5J5	3,243	1,796	55	1,052
Salford PCT	5F5	4,343	1,484	34	837
Salford PCT	5NJ	3,628	1,701	47	753
Stockport PCT	5F7	3,754	1,533	41	675
Tameside & Glossop PCT	5LH	2,059	1,456	71	732
Trafford PCT	5NR	2,771	946	34	556
Warrington PCT	5J2	1,107	599	54	384
Western Cheshire PCT	5NN	2,157	930	43	482
Wirral PCT	5NK	3,998	1,411	35	562
Yorkshire & Humber SHA	Q32	48,439	25,500	53	613
Barnsley PCT	5JE	3,645	1,542	42	855
Bradford & Airedale PCT	5NY	6,188	3,130	51	820
Calderdale PCT	5J6	2,311	1,208	52	762
Doncaster PCT	5N5	3,478	1,890	54	809
East Riding of Yorkshire PCT	5NW	1,381	941	68	345
Hull PCT	5NX	2,225	1,464	66	705
Kirklees PCT	5N2	4,614	2,331	51	739
Leeds PCT	5N1	6,058	3,985	66	647
North East Lincolnshire PCT	5AN	946	549	58	428
North Lincolnshire PCT	5EF	674	435	65	346
North Yorkshire & York PCT	5NV	6,199	3,024	49	468
Rotherham PCT	5H8	3,046	1,218	40	600
Sheffield PCT	5N4	4,101	1,888	46	437
Wakefield District PCT	5N3	3,573	1,895	53	729
East Midlands SHA	Q33	33,019	18,063	55	513
Bassetlaw PCT	5ET	937	360	38	398
Derby City PCT	5N7	2,718	1,368	50	722
Derbyshire County PCT	5N6	5,427	3,184	59	543
Leicester City PCT	5PC	3,233	1,679	52	731
Leicestershire County & Rutland PCT	5PA	5,277	2,951	56	538
Lincolnshire PCT	5N9	6,952	3,406	49	602
Northampton PCT	5PD	3,274	2,135	65	399
Nottingham City PCT	5EM	2,346	1,376	59	580
Nottinghamshire County PCT	5N8	2,855	1,604	56	299

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 December 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	59,697	28,163	47	654
Birmingham East & North PCT	5PG	4,156	2,035	49	667
Coventry Teaching PCT	5MD	3,415	1,635	48	662
Dudley PCT	5PE	3,704	1,786	48	724
Heart of Birmingham Teaching PCT	5MX	4,124	2,053	50	1,007
Herefordshire PCT	5CN	1,953	805	41	552
North Staffordshire PCT	5PH	1,786	868	49	498
Sandwell PCT	5PF	4,084	1,671	41	734
Shropshire County PCT	5M2	3,463	1,715	50	725
Solihull Care Trust	TAM	2,467	1,174	48	721
South Birmingham PCT	5M1	3,893	1,877	48	683
South Staffordshire PCT	5PK	4,800	2,494	52	509
Stoke on Trent PCT	5PJ	3,336	1,530	46	761
Telford & Wrekin PCT	5MK	2,784	1,340	48	1,048
Walsall Teaching PCT	5M3	3,570	1,641	46	816
Warwickshire PCT	5PM	4,800	2,211	46	521
Wolverhampton City PCT	5MV	2,988	1,158	39	610
Worcestershire PCT	5PL	4,374	2,170	50	482
East England SHA	Q35	42,208	22,964	54	507
Bedfordshire PCT	5P2	2,679	1,419	53	440
Cambridgeshire PCT	5PP	3,468	1,704	49	354
East & North Hertfordshire PCT	5P3	2,423	1,979	82	469
Great Yarmouth & Waveney PCT	5PR	1,908	905	47	525
Luton PCT	5GC	1,271	755	59	520
Mid Essex PCT	5PX	3,121	1,519	49	522
Norfolk PCT	5PQ	5,294	2,736	52	446
North East Essex PCT	5PW	2,984	1,447	48	556
Peterborough PCT	5PN	1,622	658	41	509
South East Essex PCT	5P1	2,891	1,528	53	572
South West Essex PCT	5PY	4,328	2,273	53	737
Suffolk PCT	5PT	5,480	2,885	53	609
West Essex PCT	5PV	1,778	890	50	404
West Hertfordshire PCT	5P4	2,961	2,266	77	537
London SHA	Q36	63,167	31,860	50	525
Barking & Dagenham PCT	5C2	1,258	765	61	606
Barnet PCT	5A9	4,369	2,537	58	968
Bexley Care Trust	TAK	1,413	944	67	534
Brent Teaching PCT	5K5	123	68	55	31
Bromley PCT	5A7	1,879	811	43	338
Camden PCT	5K7	3,625	1,722	48	897
City & Hackney Teaching PCT	5C3	2,431	1,327	55	784
Croydon PCT	5K9	1,969	525	27	197
Ealing PCT	5HX	1,362	670	49	269
Enfield PCT	5C1	1,932	1,260	65	558
Greenwich Teaching PCT	5A8	2,348	1,028	44	583
Hammersmith & Fulham PCT	5H1	2,262	1,334	59	927
Haringey Teaching PCT	5C9	2,040	1,290	63	709
Harrow PCT	5K6	1,472	810	55	469
Havering PCT	5A4	1,815	831	46	452
Hillingdon PCT	5AT	1,827	1,360	74	684
Hounslow PCT	5HY	1,686	806	48	458
Islington PCT	5K8	2,390	1,359	57	876
Kensington & Chelsea PCT	5LA	2,030	667	33	443
Kingston PCT	5A5	802	468	58	366
Lambeth PCT	5LD	3,491	1,097	31	492
Lewisham PCT	5LF	2,414	1,115	46	544
Newham PCT	5C5	3,076	1,231	40	649
Redbridge PCT	5NA	1,437	926	64	468
Richmond & Twickenham PCT	5M6	725	432	60	299
Southwark PCT	5LE	1,625	655	40	297
Sutton & Merton PCT	5M7	1,680	811	48	262
Tower Hamlets PCT	5C4	2,123	1,068	50	633
Waltham Forest PCT	5NC	2,329	1,445	62	825
Wandsworth PCT	5LG	1,439	662	46	281
Westminster PCT	5LC	3,795	1,836	48	909

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 December 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}
South East Coast SHA	Q37	24,452	13,672	56	399
Brighton & Hove City PCT	5LQ	2,701	1,570	58	745
East Sussex Downs & Weald PCT	5P7	1,475	1,045	71	386
Eastern & Coastal Kent PCT	5QA	5,359	2,934	55	504
Hastings & Rother PCT	5P8	1,937	857	44	594
Medway PCT	5L3	1,866	918	49	461
Surrey PCT	5P5	2,579	1,502	58	174
West Kent PCT	5P9	3,056	1,721	56	325
West Sussex PCT	5P6	5,479	3,125	57	498
South Central SHA	Q38	27,739	15,276	55	474
Berkshire East PCT	5QG	2,492	1,221	49	402
Berkshire West PCT	5QF	1,901	1,065	56	298
Buckinghamshire PCT	5QD	2,252	1,285	57	323
Hampshire PCT	5QC	7,993	4,261	53	417
Isle of Wight PCT	5QT	1,671	896	54	781
Milton Keynes PCT	5CQ	1,614	954	59	527
Oxford PCT	5QE	4,635	2,756	59	559
Portsmouth City Teaching PCT	5FE	2,954	1,587	54	976
Southampton City PCT	5L1	2,227	1,251	56	655
South West SHA	Q39	37,075	19,837	54	472
Bath & North East Somerset PCT	5FL	1,076	720	67	495
Bournemouth & Poole PCT	5QN	1,780	1,034	58	416
Bristol PCT	5QJ	2,987	1,566	52	459
Cornwall & Isles Of Scilly PCT	5QP	3,838	2,254	59	518
Devon PCT	5QQ	4,110	1,966	48	320
Dorset PCT	5QM	2,465	1,682	68	505
Gloucestershire PCT	5QH	3,890	1,836	47	390
North Somerset PCT	5M8	1,811	875	48	532
Plymouth Teaching PCT	5F1	2,790	1,317	47	645
Somerset PCT	5QL	4,933	2,852	58	676
South Gloucestershire PCT	5A3	1,824	876	48	428
Swindon PCT	5K3	1,493	779	52	506
Torbay Care Trust	TAL	1,277	652	51	590
Wiltshire PCT	5QK	2,801	1,428	51	397

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-2006 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

NHS Stop Smoking Services offer support to help people quit smoking. This can include intensive support through group therapy or one-to-one support. The support is designed to be widely accessible within the local community and is provided by trained personnel such as specialist smoking cessation 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 December 2007 (Quarter 3). 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): published April 16th 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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