

Publication Summary



NHS Smoking Cessation Service Statistics (Scotland) 1st January to 31st December 2011

Publication date – 29th May 2012

About this Release

This is the sixth annual release of statistics from the national smoking cessation monitoring in Scotland, covering the 2011 calendar year. Information is taken from the agreed national minimum dataset for smoking cessation services and is based on 'quit attempts' made during the year.

Key Points

- There were 108,269 quit attempts made with the help of NHS smoking cessation services in Scotland in 2011. This compares with 83,925 quit attempts in 2010 (revised 2010 figures), an increase of 24,344 (or 29.0%).
- An estimated 10.4% of the adult smoking population made a quit attempt with an NHS cessation service in 2011 (8.0% in 2010). Pharmacy services accounted for 70% of quit attempts made (over 80% in some NHS boards).
- Women were more likely than men to make a quit attempt with an NHS smoking cessation service. The older age groups were also more likely to attempt to quit. The largest number of quit attempts were made by people living in the 'most deprived' areas.
- One month after the quit date, 38% had quit (self-reported 'not smoked, even a puff, in the last two weeks'), 18% were still smoking and 44% were 'lost to follow-up'/unknown smoking status. There were a total of 40,857 one month self reported quits in 2011, up exactly 8,000, or 24.3%, on 2010 (revised 2010 figures).
- Three months after the quit date the percentage quit rate was 15% (based on client self-reported 'smoked up to five cigarettes since one month follow-up').
- Based on data for the 2010 calendar year, quit rates at one, three and 12 months were 39%, 17% and 6% respectively. Note: the denominator for the percentages remains total quit attempts made in the year. The cumulative percentages of cases 'lost to follow-up'/smoking status unknown at one, three and 12 months were 44%, 61% and 69% respectively.

Background

The national smoking cessation monitoring analyses produced by ISD are used to provide vital evidence of the reach and success of NHS smoking cessation services in Scotland. They are also used to monitor the smoking cessation HEAT (Health Improvement, Efficiency, Access and Treatment) target for the NHS.

The primary data source is the National Smoking Cessation Database, established by ISD Scotland in July 2005. The second data source, in the case of Greater Glasgow & Clyde NHS board, is local information systems. Data are as at 2nd April 2012. Figures are based on total 'quit attempts', rather than total number of clients with a quit attempt, so could include repeat quit attempts for the same client.

The data presented in the report are based on 'quit attempts' made/quit dates set during the year. This will not include referrals or initial contacts where the client did not go on to set a quit date, or 'relapse prevention' support.

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Further Information

Further information can be found in the [Full Publication Report](#) or on the [ISD website](#)

About ISD

Scotland has some of the best health service data in the world combining high quality, consistency, national coverage and the ability to link data to allow patient based analysis and follow up.

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