

Publication Summary



NHS Smoking Cessation Service Statistics (Scotland) 1st January to 31st December 2012

Publication date – 28th May 2013

About this Release

This is the seventh annual release of statistics from the national smoking cessation monitoring in Scotland, covering the 2012 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 116,198 quit attempts made with the help of NHS smoking cessation services in Scotland in 2012. This compares with 112,812 quit attempts in 2011 (revised 2011 figure), an increase of 3,386 (3.0%). The number of quit attempts made in NHS cessation services in Scotland in 2012 was the highest annual figure since the national monitoring began, in 2006.
- An estimated 11.0% of the adult smoking population made a quit attempt with an NHS smoking cessation service in 2012. Three quarters (75.2%) of these quit attempts were made in pharmacy services.
- Females accounted for 57.3% of quit attempts made and males 42.7%. The highest proportion of quit attempts was in the 45-59 years age group (29.9%). Over one third of quit attempts (37.2%) were made by people living in the 20% 'most deprived' areas of Scotland. In 2012, there were 2,985 quit attempts made by pregnant women, an increase of 229 (8.3%) on the 2011 figure of 2,756 (revised 2011 figure).
- One month after the quit date, 38.1% of individuals had quit (self-reported 'not smoked, even a puff, in the last two weeks'), 17.4% were still smoking and 44.5% were 'lost to follow-up'/unknown smoking status. This compares with a one month quit rate of 37.6% in 2011 (revised 2011 figure).
- There were a total of 44,261 one month self-reported quits in 2012, an increase of 1,811 (4.3%) on the 42,450 one month self-reported quits in 2011 (revised 2011 figure).

- Three months after the quit date the percentage quit rate was 12.4% (based on client self-reported 'smoked up to five cigarettes since one month follow-up' and on quit attempts during the first nine months of the year). This compares with a three month quit rate of 15.6% for the same time period in 2011 (revised 2011 figure). There was an increase in the percentage of cases 'lost to follow-up/unknown' from 2011 to 2012.
- Based on the 2011 calendar year, quit rates at one, three and 12 months were 37.6%, 15.8% and 5.5% respectively. Note: the denominator for the percentages remains total quit attempts in 2011. The cumulative percentages of cases 'lost to follow-up'/smoking status unknown at one, three and 12 months were 44.7%, 61.3% and 68.9%.

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 9th April 2013. 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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Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. The Code of Practice is produced and monitored by the UK Statistics Authority which is independent of Government. Under the Code of Practice, the format, content and timing of statistics publications are the responsibility of professional staff working within ISD.

Further information on ISD's statistics, including compliance with the Code of Practice for Official Statistics, and on the UK Statistics Authority, is available on the [ISD website](#).