

# Publication Summary



## NHS Smoking Cessation Services (Scotland)

1 January to 31 December 2013

Publication date – 27 May 2014

### About this Release

The 'NHS Smoking Cessation Services Statistics (Scotland)' report provides evidence of the reach and success of smoking cessation services. This report provides an analysis of uptake and outcomes of these services for 1 January to 31 December 2013.

The statistics in this report are based on 'quit attempts' made during the year.

The information presented is taken from the agreed national minimum dataset for smoking cessation services, developed by the Partnership Action on Tobacco and Health (PATH), part of Action on Smoking and Health (ASH) Scotland.

### Key Points

#### Quit attempts

- There were 103,431<sup>p</sup> quit attempts made with the help of NHS smoking cessation services in Scotland in 2013. This is a 13% reduction on 2012, where there were 119,428 quit attempts. This is the first decrease seen in recent years, and could be partly explained by the rise in use of electronic cigarettes.
- p. Provisional figure. Will likely increase as ISD continues to receive late data submissions.
- An estimated 10% of the adult smoking population made a quit attempt with an NHS smoking cessation service in 2013.
- Females accounted for 57% of all quit attempts.
- The highest proportion of quit attempts was in the 45-59 years age group (31%).
- Over one third of quit attempts were made by people living in the 20% of the 'most deprived' areas of Scotland.
- In 2013, there were 2,918 quit attempts made by pregnant women, a decrease of 155 on the 2012 figure of 3,073.

#### Outcomes

- One month after quit dates set in 2013
  - 38% had not smoked
  - 18% had returned to smoking
  - 45% were 'lost to follow-up'/unknown smoking status.
- Three months after quit dates set during the first nine months of 2013 (Jan-Sep).
  - 13% had not smoked
  - 22% had returned to smoking by the three month follow-up
  - 65% were 'lost to follow-up'/unknown smoking status by the three month follow-up.
- Twelve months after quit dates set in 2012.

- 6% had not smoked
- 25% had returned to smoking by the twelve month follow-up
- 70% were 'lost to follow-up'/unknown smoking status by the twelve month follow-up.

### Smoking cessation services and treatments

- Three quarters of quit attempts in 2013 are through pharmacy services.
- There are higher quit rates at one month when attending non-pharmacy services and there is more information reported on follow up by non-pharmacy services.
- Although specialist cessation services see relatively fewer clients, compared to pharmacies, they have amongst the highest percentage quit rates.
- The way that Nicotine Replacement Therapy (NRT) is used by individuals is changing. In 2009, 69% reported using a single NRT product. By 2013, this had dropped to 44%. Over this time period, the use of more than one product increased from 9% in 2009 to 42% in 2013.

## 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 1 April 2014. 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. Information Services Division (ISD) is a business operating unit of NHS National Services Scotland - and has been in existence for over 40 years. We are an essential support service to NHSScotland and the Scottish Government Health Department and others, responsive to the needs of NHSScotland as the delivery of health and social care evolves.

### 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](http://www.isdscotland.org/About-ISD/About-Our-Statistics/) [www.isdscotland.org/About-ISD/About-Our-Statistics/](http://www.isdscotland.org/About-ISD/About-Our-Statistics/)