

NHS Smoking Cessation Services (Scotland) – 2015/16

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About this release

This report from the Information Services Division provides evidence of the reach and quit success of NHS smoking cessation services in Scotland for 2015/16; including trend data from 2009/10, and performance figures against the smoking cessation standard.

Main points

Quit attempts in 2015/16

- The number of quit attempts made with the help of NHS smoking cessation services fell for the fourth consecutive year to 64,736. This represents a 5% year-on-year decrease from 2014/15 compared to a 28% year-on-year fall between 2013/14 and 2014/15. The rise in the use of electronic cigarettes to help quitting may have contributed to these changes.
- Of the estimated 932,000 adult smokers in Scotland around 7% made a quit attempt with an NHS smoking cessation service.
- There were 2,291 quit attempts made by pregnant women, a 19% decrease compared with 2014/15.

Success of quit attempts in 2015/16

- NHSScotland met its smoking cessation standard, with nine of the fourteen NHS Boards meeting their individual standards.
- One month after quit dates, 37% (23,990) reported that they were still not smoking. This figure fell to 22% (13,965) by three months.
- Of the 23,990 self-reported one month quits, 65% (15,685) were confirmed on carbon monoxide (CO) testing, implying a true quit rate of 24%.

Smoking cessation services and treatments in 2015/16

- Although only 30% of quit attempts were supported by specialist services (non-pharmacy), there were much higher quit rates (48% and 33% at one and three months compared to 33% and 17% for pharmacy services).
- At Scotland level there were higher quit rates for treatment with varenicline compared with nicotine replacement therapy.

Background

The national smoking cessation monitoring analyses produced by ISD are used to provide evidence of the reach and quit success of NHS smoking cessation services in Scotland. They are also used to monitor the smoking cessation [Local Delivery Plan standard for NHSScotland](#).

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 and quit dates set during the year.

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Find out more

ISD has published an annual smoking cessation services monitoring report every year since 2007. The national cessation monitoring and analyses published by ISD are widely used across Scotland, and further afield. To find out more about what we publish on smoking cessation visit:

<http://www.isdscotland.org/Health-Topics/Public-Health/Smoking-Cessation.asp>

ISD and Official Stats

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. [Find out more about our statistics](#).