About this release

This report from the Information Services Division provides information about the reach and quit success of NHS smoking cessation services in Scotland for 2016/17, including trend data from 2009/10, and performance figures against the smoking cessation standard.

Main Points

Quit attempts in 2016/17

- The number of quit attempts made with the help of NHS smoking cessation services in 2016/17 fell for the fifth consecutive year to 59,767. This represents an 8% decrease from 2015/16 and a 51% decrease since 2011/12. The reasons for the fall in quit attempts is likely to be the result of a combination of factors, including increasing use of electronic cigarettes, which may be viewed as a step towards quitting.

Success of quit attempts in 2016/17

- Thirty eight percent (22,784) of those making a quit attempt reported that they were still not smoking at 4 weeks. This figure fell to 23% (13,506) at 12 weeks.
Of the 22,784 self-reported 4 week quits, 64% (14,483) were confirmed on carbon monoxide (CO) testing, 2.0% (492) were confirmed as smoking, and 34% (7,809) had no CO reading taken or the result was unknown.

In 2016/17, the percentage of successful quit attempts at both 4 and 12 weeks have increased by one percentage point from 2015/16.

Performance against the 2016/17 Local Delivery Plan Standard

- There were 7,842 successful 12 week quits in the most deprived areas. This is below the annual local delivery plan standard of 9,404.
- Three of the fourteen NHS Boards met their individual standard.

Background

In July 2005 ISD Scotland set up a national smoking cessation database to capture data on people presenting to NHS services in Scotland for help to stop smoking. This is a web-based system, accessible over the NHSnet, with over 300 registered users across Scotland. The database is designed to collect the national minimum dataset for smoking cessation services. The national database is used by all 14 NHS Boards in Scotland.

Figures are based on total quit dates set (quit attempts) during the year, rather than total number of clients with a quit attempt, so could include repeat quit attempts for the same client.

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Further Information

Background to the national minimum dataset for smoking cessation services is available on the smoking cessation page on the ISD web site.

ISD has published an annual smoking cessation services monitoring report each year since 2007. These can be located at the reports and papers section of the ScotPHO website.

The next release of this publication will be in October 2018.

ISD and 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. Further information about our statistics.