

NHS Stop Smoking Services England: April 2013 to September 2013 (Q2 – Quarterly report)

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Summary

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services (NHS SSS) in England during the period 1 April 2013 to 30 September 2013. This report includes information on the number of people setting a quit date and the number who successfully quit at the 4 week follow-up. It also presents in depth analyses of the key measures of the service including pregnant women, breakdowns by ethnic group, socio-economic classification as well as by intervention type and setting and type of pharmacotherapy received and regional analyses at Region and Local Authority (LA) levels.

On 1 April 2013 responsibility for commissioning NHS Stop Smoking Services transferred from Primary Care Trusts (PCTs) to Local Authorities (LAs). Due to transitional reasons, one organisation (City of Bradford Metropolitan District Council) has not submitted data for Quarter 1 and 2. Figures for Bournemouth Borough Council (Unitary) also include data for Borough of Poole Council (Unitary) in Quarter 1. Manchester City Council are still working to resolve a data quality issue and these data are also excluded from this report.

Three LAs (Cheshire West and Chester Council, Sandwell Metropolitan Borough Council and Brighton & Hove City Council (Unitary)) who submitted incomplete quit data at Quarter 1 have now submitted complete data for Quarter 1 and 2. A number of organisations have been unable to provide financial data for Quarter 1 and 2 (please see Data Quality Statement for further information.)

Therefore, some figures in this report (including England and Regional totals) are under reported and caution should be exercised if attempting comparisons with previous years' data. These figures are provisional and it is hoped they will be revised throughout the year. As the data are at present incomplete, time series data have not been updated and comparisons with previous years are also not attempted. As the finance data are incomplete the cost per quitter are also not presented.

Final figures for 2013/14 will be included in the end of year report, expected to be published in August 2014.

Key Facts ¹

Between April 2013 and September 2013:

- 268,644 people set a quit date through NHS Stop Smoking Services.
- At the 4 week follow-up 137,204 people had successfully quit (based on self-report), 51% of those setting a quit date.
- 72% of successful quitters at the 4 week follow-up had their results confirmed by Carbon Monoxide (CO) verification².
- Of those setting a quit date, success at the four week follow-up increased with age, from 39% of those aged under 18, to 58% of those aged 60 and over.
- Of the 9,695 pregnant women who set a quit date, 4,511 successfully quit at the four week follow-up (47%).
- The majority of those setting a quit date received Nicotine Replacement Therapy (NRT) only (64%). A further 26% received varenicline (Champix) only, 1% received bupropion (Zyban) only, 2% received both NRT and varenicline and less than 1% received both NRT and bupropion. 5% of people setting a quit date did not receive any pharmacotherapy and the type of treatment was unknown for a further 3%.
- Of those who used varenicline only, 61% successfully quit, compared with 56% who received bupropion only, and 47% who received NRT only. 59% of people who did not receive any type of pharmacotherapy successfully quit³.
- Among Regions, East Midlands reported the highest proportion of successful quitters (56%), while North East reported the lowest success rate (45%).
- Among Local Authorities (LAs) Peterborough City Council reported the highest proportion of successful quitters (80%), while Middlesbrough Council and London Borough of Southwark Council reported the lowest success rate (33%).

¹ As based on those organisations that returned data.

² Carbon Monoxide (CO) validation measures the level of carbon monoxide in the bloodstream and provides an indication of the level of use of tobacco: it is a motivational tool for clients as well as validation of their smoking status. CO validation should be attempted on all clients who self-report as having successfully quit at the 4-week follow-up, except those who were followed up by telephone.

³ These data should not be used to assess or compare the clinical effectiveness of the various pharmacotherapies as they reflect only the results obtained through the NHS Stop Smoking Services, and are not based on clinical trials. A trained stop smoking advisor discusses and agrees the treatment option with each client.