

Publication Summary



NHS Smoking Cessation Service Statistics (Scotland) 1st January to 31st December 2010

Publication date – 31st May 2011

About this Release

This is the fifth annual release of statistics from the national smoking cessation monitoring in Scotland, covering the 2010 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 79,672 quit attempts made with the help of NHS smoking cessation services in Scotland in 2010. This compares with 74,038 quit attempts in 2009 (revised 2009 figures), an increase of 5,634 (7.6%).
- An estimated 7.4% of smokers made a quit attempt with an NHS cessation service in 2010 (6.9% in 2009). Pharmacy services accounted for 63% of quit attempts made (over 75% in some NHS boards).
- Women were more likely than men to make a quit attempt with an NHS smoking cessation service. The older age groups were also more likely to attempt to quit. The largest number of quit attempts were made by people living in the 'most deprived' areas.
- One month after the quit date, 39% had quit (self-reported 'not smoked, even a puff, in the last two weeks'), 17% were still smoking and 44% were 'lost to follow-up'/unknown smoking status. There were a total of 31,456 one month self-reported quits in 2010, an increase from 28,208 in 2009 (revised 2009 figures), up 3,248 or 11.5%.
- Three months after the quit date the percentage quit rate was 16% (based on client self-reported 'smoked up to five cigarettes since one month follow-up').
- Quit outcomes based on client follow-up at 12 months after the quit date use data for the 2009 calendar year (12 month outcomes for the full 2010 calendar year are not yet available). Based on data for 2009, the quit rate at 12 months was 7% with 68% of cases 'lost to follow-up'/smoking status unknown by this stage. Note: the denominator for the percentages remains total quit attempts made in the year.

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 1st April 2011. 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](#).