Statistics on NHS Stop Smoking Services in England

April 2017 to December 2018

Published 25 April 2018

This report presents statistics\(^1\) from NHS Stop Smoking Services in England\(^2\) for the period April 2017 to December 2017 and is supplemented by detailed data files, technical appendices and data quality information.

**Key findings**

- 195,762 people set a quit date and at the 4 week follow-up 97,613 people (50 per cent) had successfully quit (self-reported)\(^3\).
- 72 per cent of these successful quitters had their results confirmed by Carbon Monoxide verification\(^4\).
- Quitting success increased with age, from 42 per cent of those aged under 18, to 55 per cent of those aged 60 and over.
- Yorkshire and the Humber had the highest proportion of successful quitters (58 per cent), whilst the South West had the lowest proportion (43 per cent).
- Bracknell Forest had the highest proportion of successful quitters (83 per cent) followed by Staffordshire and Windsor & Maidenhead (82 per cent). Trafford had the lowest proportion (18 per cent)\(^5\).
- 44 per cent of the pregnant women who set a quit date successfully quit.
- 38 per cent of people accessed Stop Smoking Services through their GP.
- 81 per cent of people used one-to-one support to help themselves quit smoking.
- The most common pharmacotherapy was a combination of licensed Nicotine Containing Products taken concurrently (32 per cent).

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\(^1\) The statistics presented here are provisional and will be superseded by statistics published in subsequent quarters for the 2017/18 financial year.

\(^2\) Not all local authorities returned all data items. No estimates have been made for missing data. See tables 5.2 and 5.3 for further details.

\(^3\) Clients who declared that they had not smoked even a single puff on a cigarette in the past two weeks. All statistics presented here are based on self-reported data unless otherwise noted.

\(^4\) This test provides an indication of the level of use of tobacco.

\(^5\) Some differences between LAs may be due to differences in how they offer the service and who it is offered to.
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This report may be of interest to members of the public, policy officials and other stakeholders to make local and national comparisons and to monitor the quality and effectiveness of services.
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Published by NHS Digital, part of the Government Statistical Service

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