Statistics on NHS Stop Smoking Services

England, 2018
Key findings

Setting a quit date

- The number of people setting a quit date fell for the sixth consecutive year to 274,021 in 2017/18. This represents a decrease of 11% on 2016/17.

- The reduction in recent years may be partly due to the increased use of e-cigarettes which are widely available outside of these services.

Successful self-reported quitters

- The number of successful self-reported quitters also fell for the fifth consecutive year to 138,426. This was a decrease of 11% on 2016/17.

- This means that the self-reported quit rate was 51% which has remained fairly stable in recent years.

CO validated successful quitters

- 36% (98,802) of people setting a quit date had their results confirmed by Carbon Monoxide (CO) validation.

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1) Comparison excludes LAs who are still running a service but did not submit data for all quarters in 2016/17 and 2017/18.
2) See page 5 for details on definitions.

For more information: Table 2.1 of Statistics on NHS Stop Smoking Services in England, 2017/18
This report will be of use to local and central government for assessing performance of these services over time and particularly for comparing between local areas. It is of use to patients of these services and members of the public who wish to see how performance in their area compares to others.
NHS Stop Smoking Services were first set up in 1999/2000 with the aim of reducing health inequalities and improving health among local populations.

Services were rolled out across England from 2000/01 and provide free, tailored support to all smokers wishing to stop by offering a combination of recommended stop smoking pharmacotherapies and behavioural support.

This report presents statistics from Stop Smoking Services in England for the period April 2017 to March 2018 and is supplemented by excel tables, data files, technical appendices and data quality information.

It supersedes the provisional results previously published for quarters 1, 2 and 3 in 2017/18.

Information is presented at national, regional and local authority (LA) level including some time series data for the last 10 years. Information is also shown by age, gender and ethnicity.

For this year's report, no data has been received from three LAs who provide Stop Smoking Services and data has only been received for part of the year from a further four LAs. A list of these LAs is available on page 22.

No estimation has been made for missing data and therefore national and regional totals which appear in this report will be underestimates.
Definitions

Setting a quit date
A quit attempt. The report refers to the number of people setting a quit date but if the same person makes more than one quit attempt during the year then each attempt will be counted.

Quit rate
The number of people who quit smoking expressed as a proportion of those setting a quit date. In most cases the self-reported quit rate is used but where possible the Carbon Monoxide validated quit rate is also provided – see below for more details.

Self-reported quitters
An individual is counted as having successfully quit smoking at the 4 week follow-up if he/she says they have not smoked at all since two weeks after the quit date.

Carbon Monoxide validated quitters
Carbon Monoxide (CO) validation measures the level of carbon monoxide in the bloodstream and provides an indication of the level of use of tobacco.
The self-reported quit rate was 51% which has remained fairly stable in recent years. 36% of those setting a quit date were CO validated.
Gender

Number of quit attempts
A higher number of females set a quit date (145,281) than males (128,740).

Self-reported quit rate
Males had a higher quit rate than females (52% and 49% respectively) and also a higher CO validated quit rate (38% and 35% respectively).

For more information: Tables 2.4 and 3.3 of Statistics on NHS Stop Smoking Services in England, 2017/18
**Self-reported quit rate**

The quit rate increased with age reaching 56% for the 60 and over age group.

**Number of quit attempts**

There was no clear pattern by age. The largest number of quit attempts came from the 45-59 year old age group (32% of all attempts).

For more information: Tables 2.4 and 3.4 of Statistics on NHS Stop Smoking Services in England, 2017/18
Ethnicity

Male/female split by ethnicity
Almost 80% of the ‘Asian or Asian British’ group attempting to quit were male. In the ‘White’ group less than 45% were male.

Self-reported quit rate
The quit rate was highest for the ‘Asian or Asian British’ group (55%) and lowest for ‘Mixed’ (48%) and ‘Black or Black British’ (49%) groups.

For more information: Tables 2.5 and 3.5 of Statistics on NHS Stop Smoking Services in England, 2017/18
### Socio-economic

#### Number of quit attempts

The largest number of quit attempts came from the ‘Routine and manual occupations’ group (71,635).

#### Self-reported quit rate

The quit rate was highest amongst ‘Retired’ (57%) and lowest for ‘Never worked or long-term unemployed’ (42%).

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For more information: Tables 2.6 and 3.6 of Statistics on NHS Stop Smoking Services in England, 2017/18
Number of quit attempts

North West had the highest number of quit attempts (45,481) and Yorkshire and the Humber had the lowest (20,432).

Self-reported quit rate

The quit rate was highest in Yorkshire and Humber (58%) and lowest in South West (43%).

For more information: Table 3.1 of Statistics on NHS Stop Smoking Services in England, 2017/18
Among Local Authorities, Hammersmith and Fulham had the highest number of quit attempts per 100,000 smokers (13,992).

The quit rate was highest in Staffordshire (88%) and lowest in Cumbria (24%).

For more information: Table 3.2 and 3.3 of Statistics on NHS Stop Smoking Services in England, 2017/18
**Pregnant women**

**Number of quit attempts**

13,712 pregnant women set a quit date continuing a steady decline in quit attempts amongst pregnant women since the peak in 2011/12.

**Quit rate**

Both quit rates remained similar to previous years with a self-reported quit rate of 45% in 2017/18 and a CO validated quit rate of 27%.

For more information: [Tables 2.7 of Statistics on NHS Stop Smoking Services in England, 2017/18](#)
Intervention type

Number of quit attempts

The majority of quit attempts were made via ‘One-to-one support’ (224,114).

Self-reported quit rate

‘Telephone support’ had the highest quit rate (56%), and ‘Other’ the lowest (47%).

For more information: Table 4.1 of Statistics on NHS Stop Smoking Services in England, 2017/18
**Intervention setting**

**Number of quit attempts**

‘General practice’ had the highest number of quit attempts (103,024).

**Self-reported quit rate**

‘Psychiatric Hospital’ had the highest quit rate (76%) and ‘Community psychiatric’ the lowest (44%).

For more information: [Table 4.1 of Statistics on NHS Stop Smoking Services in England, 2017/18](#)
Pharmacotherapy

Number of quit attempts

‘Combination of licensed NCPs\(^1\) concurrently’ had the highest number of quit attempts (87,193).

Self-reported quit rate

‘Licensed medication and an unlicensed NCP\(^1\) consecutively’ had the highest quit rate (74%).

1) Nicotine Containing Product
For more information: Table 4.4 of Statistics on NHS Stop Smoking Services in England, 2017/18
For more information: Table 4.6 of Statistics on NHS Stop Smoking Services in England, 2017/18
The number of prescription items dispensed in England in 2017/18 was 858 thousand, compared to 2.5 million ten years ago.

Prescription items dispensed peaked at 2.6 million in 2010/11.

In 2017/18, 463 thousand items of NRT were dispensed, down from 542 thousand in 2016/17, and around a quarter of the total of ten years ago in 2006/07 (1.8 million).

373 thousand items of Varenicline were dispensed in 2017/18, compared with a peak of 987 thousand items in 2010/11.

Bupropion is the least common item, with 23 thousand dispensed in 2017/18, a slight increase from 22 thousand in 2016/17.

1) These figures do not include drugs supplied without prescriptions. See appendix A for further detail.  
2) Nicotine replacement therapies.  
For more information: Table 4.8 of Statistics on NHS Stop Smoking Services in England, 2017/18
Prescription items

Prescription items dispensed by Clinical Commissioning Group, per 1,000 Smokers

NHS Crawley had the highest rate of items dispensed, with 321 per 1,000 smokers.

NHS Wyre Forest, NHS Redditch and Bromsgrove, NHS North Tyneside and NHS Rotherham all recorded rates of fewer than 10 items per 1,000 smokers.

For more information: Table 4.8a of Statistics on NHS Stop Smoking Services in England, 2017/18
The Net Ingredient Cost (NIC) of all prescription items used to help people quit smoking was £26 million in 2017/18. This is less than half of the total in 2010/11 when the NIC of all items peaked at £65.9 million.

The average NIC per item for all pharmacotherapy items was £30. The average per item was £39 for Bupropion, £35 for Varenicline and £26 for NRT.

For more information: Table 4.8 of Statistics on NHS Stop Smoking Services in England, 2017/18
Data Quality

Proportion of unknown data items
The proportion of quit attempts where the outcome is unknown has remained fairly stable since 2008/09.

The proportion of quit attempts where socio-economic group was unknown has fallen sharply since 2008/09 but has remained at around 9% in recent years.

For more information: Table 5.2 of Statistics on NHS Stop Smoking Services in England, 2017/18
Data Quality

Non-submitting local authorities

Three LAs did not submit any data for 2017/18 even though they are still running Stop Smoking Services: Bradford, West Sussex and York.

A further four LAs did not submit data for at least one quarter: Bolton, Sutton, North Lincolnshire and Hillingdon.

Five LAs did not submit data but have stopped running Stop Smoking Services so are effectively a nil return: Isle of Wight, Manchester, Bromley, Harrow and Enfield.

For more information: Table 5.3 of Statistics on NHS Stop Smoking Services in England, 2017/18