

Statistics on NHS Stop Smoking Services in England

April 2016 to December 2016

Published 27 April 2017

This report presents statistics¹ from NHS Stop Smoking Services in England² for the period April 2016 to December 2016 and is supplemented by detailed data files, technical appendices and data quality information.

Key findings

- 215,645 people set a quit date and at the 4 week follow-up 107,422 people (50 per cent) had successfully quit (self-reported)³.
- 73 per cent of these successful quitters had their results confirmed by Carbon Monoxide verification⁴.
- Quitting success increased with age, from 41 per cent of those aged under 18, to 56 per cent of those aged 60 and over.
- Yorkshire and the Humber had the highest proportion of successful quitters (60 per cent), whilst the South West and the North East had the lowest proportion (45 per cent).
- Bracknell Forest had the highest proportion of successful quitters (80 per cent) followed by Isles of Scilly (78 per cent – although this was out of only 23 quit attempts). Havering had the lowest proportion (18 per cent although this was out of only 22 quit attempts) with Cumbria having the next lowest (25 per cent).
- 46 per cent of the pregnant women who set a quit date successfully quit.
- 36 per cent of people accessed Stop Smoking Services through their GP.
- 80 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 (33 per cent).

¹ The statistics presented here are provisional and will be superseded by statistics published in subsequent quarters within the 2016/17 financial year.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.

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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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