

# Information Release

Department of Health, Social Services and Public Safety

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September 2004

## Statistics on Smoking Cessation Services in Northern Ireland: Quarter Summary Report, 1<sup>st</sup> July 2003 to 30<sup>th</sup> September 2003

This information release, produced by the Department of Health, Social Services and Public Safety's Regional Information Branch, provides quarterly summary information on smoking cessation services for the period 1<sup>st</sup> July to 30<sup>th</sup> September 2003.

### Summary

Within Health Boards in Northern Ireland, during the period 1st July to 30<sup>th</sup> September 2003:

- 823 people set a quit date through the smoking cessation services.
- Of those setting a quit date, the majority (80%) were aged 18-59 years: 2% were under 18, 28% were aged 18-34, 21% were aged 35-44, 31% were aged 45-59, and 18% were aged 60 and over.
- The majority of people received Nicotine Replacement Therapy (NRT) or bupropion (Zyban). 71% of people received NRT only, 3% received bupropion only, 2% received both NRT and bupropion and 24% received neither or treatment was not known.
- At the 4 week follow-up 402 had successfully quit (based on self-report), 49% of those setting a quit date.
- At the 4 week follow-up, of those who successfully quit (based on self-report), 302 had their non-smoking status confirmed by CO validation, 37% of those setting a quit date. However, smoking cessation services did not attempt CO validation on all people who had successfully quit at the 4 week follow-up (based on self-report).

## Introduction

It is estimated that smoking causes between 2,700 and 3,000 deaths here each year. It is the single greatest preventable cause of premature death and avoidable illness. The 5-year Northern Ireland Tobacco Action Plan, published in June 2003, set targets for reducing the prevalence of smoking among adults, pregnant women and young people (aged 11-16). The development of cessation services is a key element of the overall aim to tackle smoking.

The Continuous Household Survey, which biennially includes questions about smoking, showed that, in 2002/03, adult smoking prevalence was 26% (27% males and 26% females). In the same survey, over three quarters (77%) said that they would like to give up smoking. Giving up is not easy because nicotine is highly addictive and repeated quit attempts may be required before total abstinence is achieved.

## Background

Smoking cessation services provide a new approach to helping people to quit smoking. They include the provision of **brief opportunistic advice** by a range of health professionals and **specialist services** in appropriate settings. Only the latter are monitored centrally. Both services are defined in **Annex A**.

The Department of Health, Social Services and Public Safety developed monitoring arrangements for smoking cessation services in the four Health Boards. Each Health Board was required to provide information on a quarterly basis to enable the Department to monitor figures. The central requirements for the monitoring returns are kept to a minimum and are designed to be a subset of the information required locally to monitor and evaluate the service. This bulletin provides an analysis of these monitoring returns.

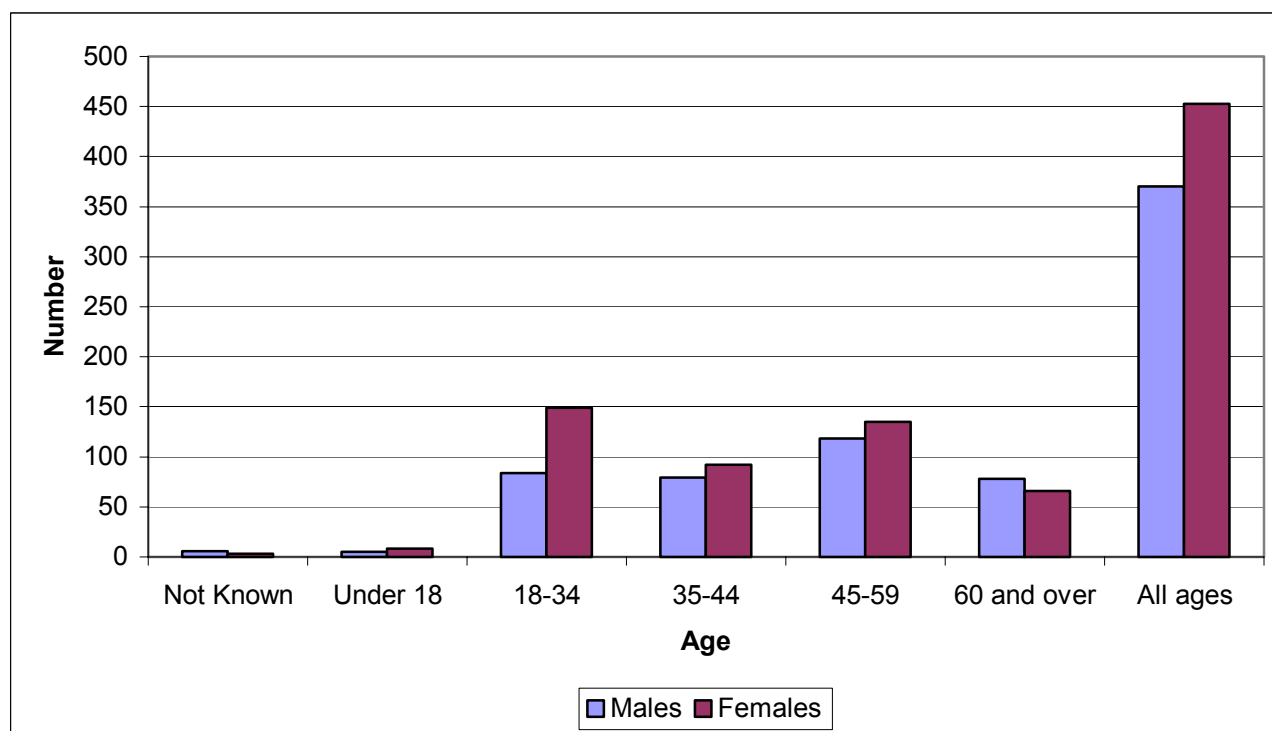
## Results

### Clients setting a quit date

(Figure 1, Summary Tables)

During the quarter 1<sup>st</sup> July 2003 to 30<sup>th</sup> September 2003, a total of 823 people set a quit date in smoking cessation services. Over half (55%) were women, although the prevalence of smoking is similar for men (27%) and women (26%). The majority (80%) were aged 18-59 years: 28% were aged 18-34, 21% were aged 35-44, 31% were aged 45-59. At the age extremes, 2% were under 18, and 18% were aged 60 and over.

**Figure 1** Numbers setting a quit date by age and gender



### Therapeutic Interventions

(Summary Tables)

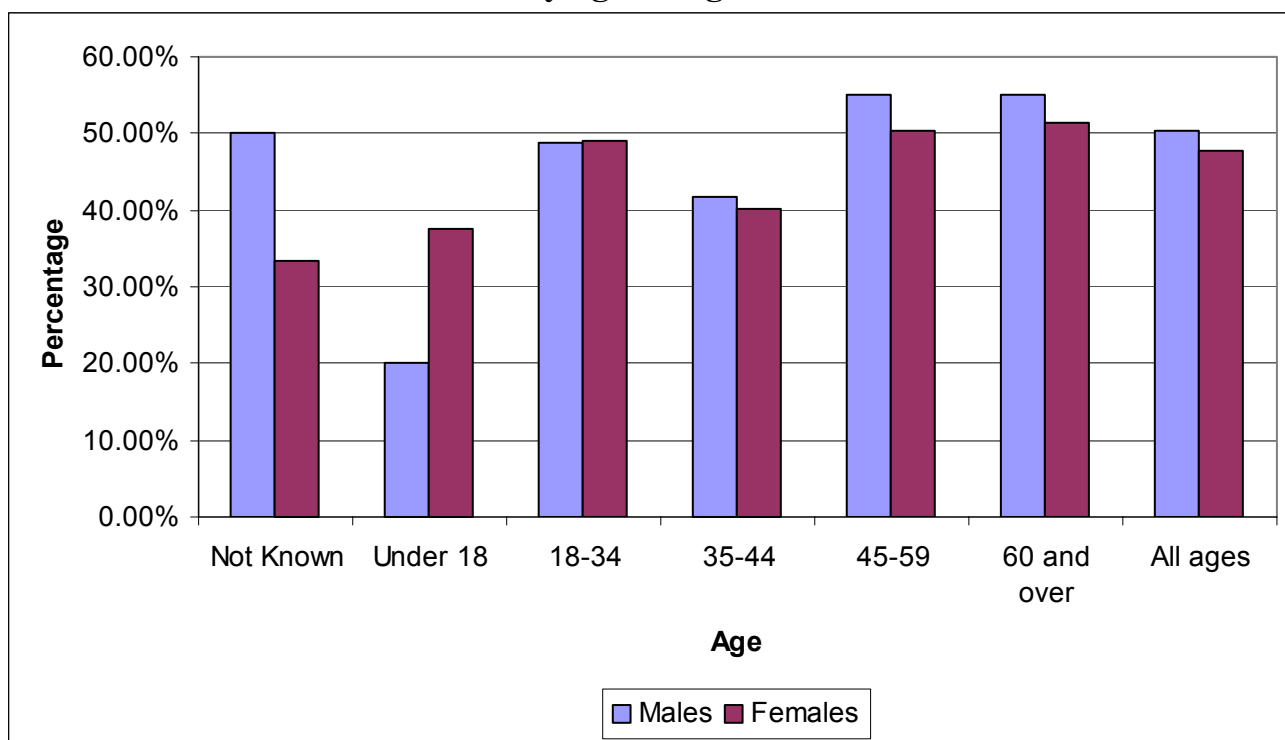
The use of supportive drug therapy in the attempt to quit smoking was recorded for each client. Nicotine Replacement Therapy was the most popular choice with 71% of those who set a quit date opting for NRT only. Just 3% received bupropion (Zyban) only while only 2% received both NRT and bupropion either concurrently or consecutively. 16% of those setting a quit date did not receive either medical assistance and 8% of treatment option was unknown.

## Outcome at 4 week follow-up (Figures 2,3 and Summary Tables)

The cessation services were expected to follow up clients to find out their smoking status 4 weeks after the quit date, based on self-report by the client. At 4 weeks a successful quitter was defined as someone who had not smoked over the previous two week period (the first two weeks are ignored to allow for initial lapses).

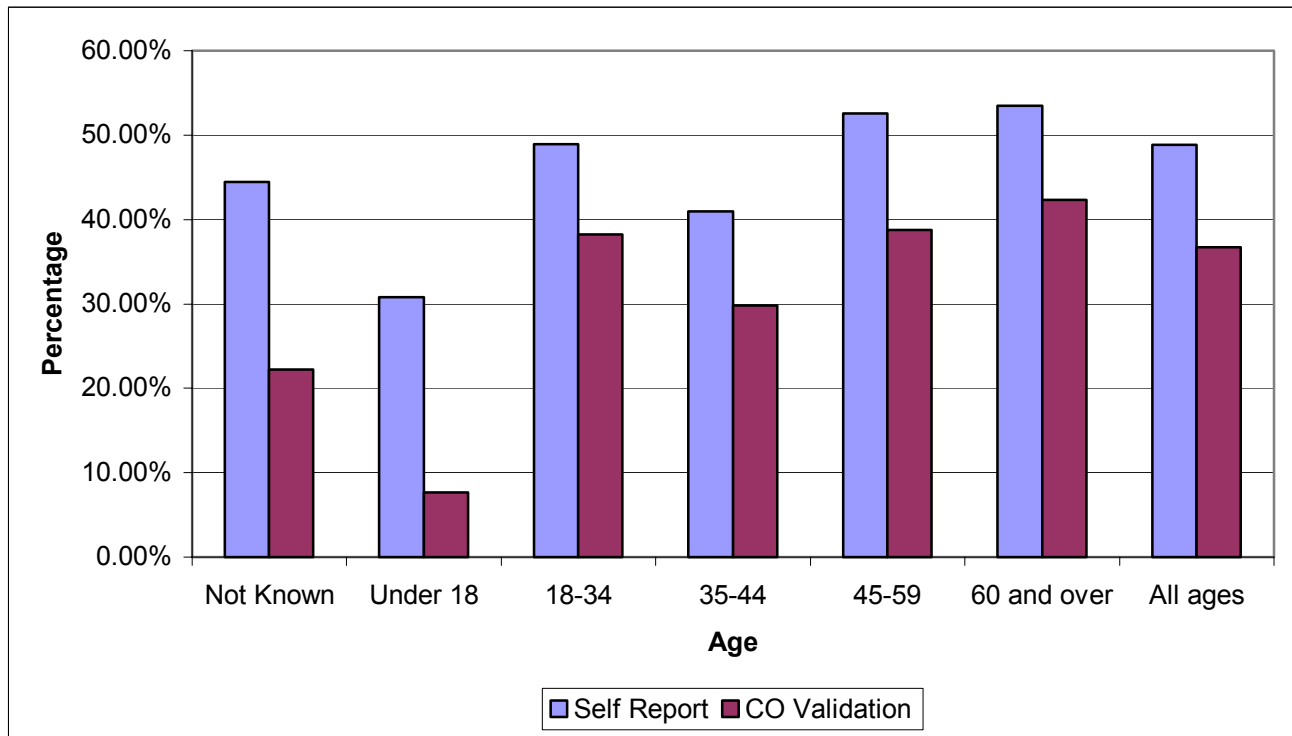
At the 4 week follow-up 49% of all those setting a quit date had successfully quit (based on self-report). Nearly one-fifth (17%) of all those setting a quit date were unable to be contacted for the follow-up at 4 weeks. In addition specialist services were also asked to confirm non-smoking status by carbon monoxide (CO) validation: 37% of those setting a quit date had their non-smoking status confirmed by CO validation (compared with 49% for self-report).

**Figure 2 Percentage who had successfully quit at 4 week follow-up (self report) by age and gender**



The most successful age group at 4 weeks was 60 and over, for both the self-report and CO validation, with 53% and 43% respectively. The 45-59 age group had the highest number setting a quit date with 253.

**Figure 3 Percentage who had successfully quit at 4 week follow-up (self report and CO validation) by age**



There were seventeen pregnant women separately identified as setting quit dates through the smoking cessation services. The 4 week quit rate (self report) for these women was 29%.

**Health Board Comparisons**  
(Board Summary Tables)

These tables show data for the four Health Board Areas separately (Eastern, Northern, Southern, and Western).

The Eastern and Western Boards accounted for over two-thirds (69%) of those setting a quit date. The Northern Board had the most successful quit rate at the 4 week follow-up point for both the self report and CO validation, 85% and 65% respectively.

## **Editorial notes**

For the purpose of clarity, figures are shown in accordance with the Department of Health's publication conventions. These are as follows:

- . not applicable
- .. not available
- zero
- 0 less than 0.5

Numbers greater than or equal to 0.5 are rounded to the nearest integer.

## **Additional Information**

It is proposed to update this bulletin quarterly. Constructive comments on the bulletin would be welcomed. Any questions concerning the data in this publication, or requests for further information on smoking cessation services in Northern Ireland is available from:

Regional Information Branch  
Department of Health, Social Services and Public Safety  
Annexe 2  
Castle Buildings  
Stormont  
BT4 3SQ  
Internet address: <http://www.dhsspsni.gov.uk/stats&research/pubs.html>

# Annex A

## 1. Data Quality

There was considerable variation in the speed with which the four Health Boards were able to set their data recording routines. The four Health Boards were asked to submit data to the Department of Health quarterly in 2003/2004, with more detail in an annual return. It should be noted that on the Monitoring form Part B (Equality section) not all the questions were answered by the clients. Action has been taken to improve the quality of the data recorded in the future. It should be noted that some of the figures presented may not add up to 100% due to rounding.

## 2. Health Boards

Within Northern Ireland there are four Health Boards, Eastern, Northern, Southern, and Western, each with their own provision of smoking cessation services throughout their health area. The set up of these services and collection of data was sporadic among the four boards.

In January 2000, the Eastern Board started up their services and began to collect data, regarding the clients using the services, via the monitoring forms. At the same time Causeway clinic services, within the Northern Board, began to run similar services. The Mid-Ulster pilot scheme followed suit in the summer of 2001. By January 2003 all services in place within the Northern Board were up and running and collating the returns via the monitoring forms established by DHSSPS. The Western Board services and data collection began in the first quarter of 2000 (April to June 2000). As for the Southern Board, a commissioning pilot, for two clinics, was established in January 2001 and by January 2003 all services that were set up were using the monitoring forms.

## 3. Definitions

### Services

- **Brief interventions** by General Practitioners (GPs) and other health professionals. These will be provided in the normal course of the professional's duties rather than comprising a 'new' service, and monitoring information about clients in receipt of such interventions is not therefore required centrally.
- **Specialist smoking cessation clinics/services**, usually clinics, run by smoking cessation specialist(s) who have received training for this role. The clinic/service will be evidence based and offer intensive treatment, usually in the form of one to one or group support over the course of five to six weeks, including the use of Nicotine Replacement Therapy. Clients may also receive treatment one to one if for any reason group sessions are judged not to meet their needs. Such a clinic/service may be situated in a major hospital, although it could be based in a community setting, have outreach clinics or operate on a peripatetic basis.

### Quit Date

It is recognised that in certain cases some time may need to be spent with clients before they are ready to set a quit date. However only actual quit attempts are counted for monitoring.

On the basis that the clinical viewpoint tends to be that a client should not be counted as a 'failure' if he/she has smoked in the difficult first days after the quit date, a client is counted as having successfully quit smoking if he/she has not smoked at all since two weeks after the quit date.

**Follow-up**

The four-week follow-up (and CO validation, if appropriate) must be completed within six weeks of the quit date. Persons not contacted within this time are treated as lost to follow-up for evaluation purposes.

**Carbon monoxide (CO) validation**

CO monitoring is normally carried out with all clients of the specialist smoking cessation clinics/services who self report as not having smoked since two weeks after the quit date, at both the four week and fifty-two week points.

**Fifty-two week follow-up**

All clients of the specialist clinics/services who self reported as having quit smoking at the 4 week follow-up should be followed up again at 52 weeks, and their smoking status validated by CO monitoring.

# SUMMARY TABLES

## Summary

## QTR2

Number setting quit date:

823
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Age groups setting quit date:

Not Known	%	Under 18	%	18-34	%	35-44	%	45-59	%	60 and over	%	All ages
9	1.09%	13	1.58%	233	28.31%	171	20.78%	253	30.74%	144	17.50%	823

Numbers setting a quit date by age and gender

	Not Known	Under 18	18-34	35-44	45-59	60 and over	All ages	Total %
<b>Males</b>	6	5	84	79	118	78	370	44.96%
<b>Females</b>	3	8	149	92	135	66	453	55.04%
<b>Total</b>	9	13	233	171	253	144	823	100.00%

Number of pregnant women:

17
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Number receiving NRT etc:

NRT only	%	Zyban only	%	Both	%	Neither	%	Unknown	%
585	71.08%	23	2.79%	14	1.70%	132	16.04%	69	8.38%

4 week follow up quit no.:

Self Report	%	CO validation	%
402	48.85%	302	36.70%

Percentage who had successfully quit at 4 week follow-up(self report) by age and gender.

	Not Known	Under 18	18-34	35-44	45-59	60 and over	All ages
<b>Males</b>	50.00%	20.00%	48.81%	41.77%	55.08%	55.13%	50.27%
<b>Females</b>	33.33%	37.50%	48.99%	40.22%	50.37%	51.52%	47.68%

Percentage who had successfully quit at 4 week follow-up(self report and CO Validation) by age.

	Not Known	Under 18	18-34	35-44	45-59	60 and over	All ages
<b>Self Report</b>	44.44%	30.77%	48.93%	40.94%	52.57%	53.47%	48.85%
<b>CO Validation</b>	22.22%	7.69%	38.20%	29.82%	38.74%	42.36%	36.70%

# BOARD SUMMARY TABLES

## Boards

	Number setting quit date					
	Male	% of Total	Female	% of Total	Total	% of NI Total
Eastern	115	42.12%	158	57.88%	273	33.17%
Northern	68	51.52%	64	48.48%	132	16.04%
Southern	60	49.59%	61	50.41%	121	14.70%
Western	127	42.76%	170	57.24%	297	36.09%
NI Total	370	44.96%	453	55.04%	823	100.00%

	Age groups setting quit date:												
	Not Known	%	Under 18	%	18-34	%	35-44	%	45-59	%	60 and over	%	All ages
Eastern	2	0.73%	4	1.47%	85	31.14%	73	26.74%	78	28.57%	31	11.36%	273
Northern	0	0.00%	2	1.52%	45	34.09%	21	15.91%	32	24.24%	32	24.24%	132
Southern	2	1.65%	3	2.48%	22	18.18%	20	16.53%	44	36.36%	30	24.79%	121
Western	5	1.68%	4	1.35%	81	27.27%	57	19.19%	99	33.33%	51	17.17%	297
NI Total	9	1.09%	13	1.58%	233	28.31%	171	20.78%	253	30.74%	144	17.50%	823

	Number of Pregnant Women		
	Total setting quit date	no. successful at 4weeks	% successful
Eastern	4	0	0.00%
Northern	2	2	100.00%
Southern	1	0	0.00%
Western	10	3	30.00%
NI Total	17	5	29.41%

# BOARD SUMMARY TABLES

Number receiving NRT etc:										
	NRT only	%	Zyban only	%	Both	%	Neither	%	Unknown	%
Eastern	232	84.98%	9	3.30%	1	0.37%	31	11.36%	0	0.00%
Northern	112	84.85%	7	5.30%	6	4.55%	5	3.79%	2	1.52%
Southern	45	37.19%	0	0.00%	0	0.00%	24	19.83%	52	42.98%
Western	196	65.99%	7	2.36%	7	2.36%	72	24.24%	15	5.05%
NI Total	585	71.08%	23	2.79%	14	1.70%	132	16.04%	69	8.38%

4 week follow up based on self report				
	Male	% of NI Total	Female	% of NI Total
Eastern	57	30.65%	76	35.19%
Northern	56	30.11%	56	25.93%
Southern	24	12.90%	23	10.65%
Western	49	26.34%	61	28.24%
NI Total	186	100.00%	216	100.00%

4 week follow up (% based on no. setting quit date)						
	Self Report	%	CO Validation	%	No. Setting quit date	%
Eastern	133	48.72%	114	41.76%	273	100.00%
Northern	112	84.85%	86	65.15%	132	100.00%
Southern	47	38.84%	25	20.66%	121	100.00%
Western	110	37.04%	77	25.93%	297	100.00%
NI Total	402	48.85%	302	36.70%	823	100.00%