

## Statistics on Smoking Cessation Services in Northern Ireland: 2012/13

This information release, produced by the Department of Health, Social Services and Public Safety's Information and Analysis Directorate, provides information on smoking cessation services. Data are included on the monitoring of smoking cessation services in Northern Ireland during the period 1<sup>st</sup> April 2012 to 31<sup>st</sup> March 2013.

This report also provides an analysis of data collected in 2012/13 in respect of clients who set a quit date during 2011/12 (52 week follow-up). Information contained within this report was downloaded from a web based recording system. Figures here are correct as of 1<sup>st</sup> September 2013.

### Summary

Within Northern Ireland during 2012/13:

- A total of 32,714 people set a quit date through the smoking cessation services. This is a decrease of 6,490 (17%) on the same period last year.
- Of those setting a quit date, 2% were under 18 years of age, 39% were aged 18-34, 23% were aged 35-44, 25% were aged 45-59, and 11% were aged 60 and over.
- Nicotine Replacement Therapy (NRT) was the most popular drug therapy, with 75% of those who set a quit date having used this therapy.
- At the 4-week follow-up 18,516 reported that they had successfully quit, 57% of those setting a quit date.
- The 4-week success rate was 58% for males and 55% for females. Success at 4 weeks increased with age, from 39% for the under 18s to 63% for those aged 60 and over.
- At the 4-week follow-up, 27% reported that they had not successfully quit. Of these, 60% had reduced their smoking intake and 38% indicated that they intend to rejoin the smoking cessation programme.
- Of the 713 young people (aged 11 to 17) who set a quit date, 39% reported to have successfully quit at the 4-week follow-up, 40% indicated that they were still smoking, and 22% were not able to be contacted for the follow-up.
- Of the 8,196 adults (aged 18 and above) in the most deprived quintile, 55% reported to have successfully quit at the 4-week follow-up.
- Of the 1,608 women who were recorded as being pregnant, 59% reported to have successfully quit at the 4-week follow-up, 28% had not quit, and 13% were not able to be contacted.

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## 1. Introduction

The Ten Year Tobacco Control Strategy for Northern Ireland aims to see fewer people starting to smoke, more smokers quitting and protecting people from tobacco smoke. It is aimed at the entire population of Northern Ireland as smoking and its harmful effects cut across all barriers of class, race and gender. There is a strong relationship between smoking and inequalities, with more people dying of smoking-related illnesses in disadvantaged areas of Northern Ireland than in more affluent areas. In order to ensure that more focused action is directed to where it is needed the most, three priority groups have been identified. They are:

- Children and young people;
- Disadvantaged people who smoke; and
- Pregnant women, and their partners, who smoke.

The Public Health Agency (PHA) is responsible for implementing the strategy and the development of cessation services is a key element of the overall aim to tackle smoking.

The 2011/12 Health Survey Northern Ireland reported that 25% of adults currently smoke (27% of males and 23% of females).

## 2. Background

Smoking cessation services provide help to 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 whereby providers of smoking cessation services (e.g. GP, pharmacist, nurse) would report information via a web-based recording system. The Department does not obtain the names of people who use the smoking cessation services, rather they have access to details such as when the person decided to quit, what drug therapy they may have used, and whether they were successful in their quit attempt. This bulletin provides a summary analysis of this information.

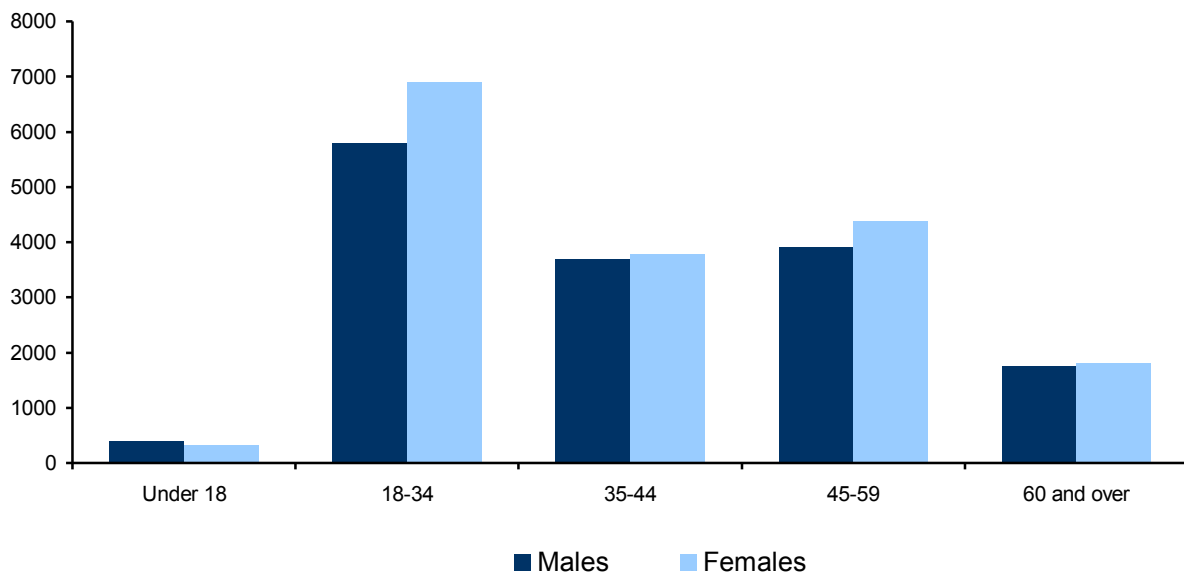
## 3. Setting a quit date

During the period 1<sup>st</sup> April 2012 to 31<sup>st</sup> March 2013, a total of 32,714 people set a quit date through smoking cessation services (Table 1). This was a 17% decrease on the number setting a quit date in 2011/12 (39,204) but a 54% increase on the number setting a quit date in 2008/09 (21,272) (Table 2).

Proportionately, 47% of clients were male and 53% were female, broadly similar to those seen in recent years.

With respect to the age profile of clients, 2% were under 18 years of age, 39% were aged 18-34, 23% were aged 35-44, 25% were aged 45-59, and 11% were aged 60 and over (Table 1; Figure 1). Over recent years, the proportion of clients aged less than 35 years old has increased from less than a third (32%) in 2008/09 to two-fifths (41%) in 2012/13. Similar trends were seen for both males and females.

**Figure 1: Numbers setting a quit date by age and gender (2012/13)**



#### **4. Therapeutic Interventions**

Four-fifths of the total client base that had set a quit date at four weeks (26,116 clients) used supportive drug therapy in their attempt to quit smoking.

Three-quarters of those who set a quit date chose Nicotine Replacement Therapy (NRT) while smaller proportions of clients used Champix (5%) and Zyban (0.1%). For each type of supportive drug therapy, similar proportions of clients had successfully quit at 4 weeks: Champix (69%); Zyban (69%) and NRT (68%) (Table 7).

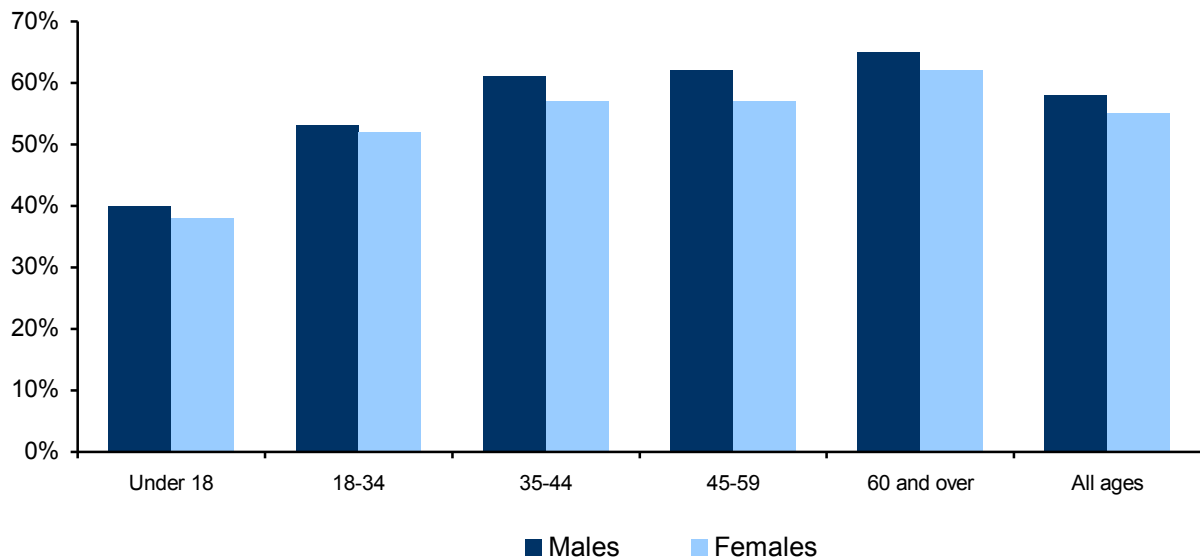
#### **5. Follow-up at 4 weeks**

##### **Self-report**

Cessation services are expected to follow up all clients 4 weeks after their quit date to determine their self-reported smoking status. In 2012/13, service providers were able to complete the 4 week follow-up for 83% of those clients who had set a quit date. This means that almost one-fifth of clients (17%) were unable to be contacted at the 4 week follow-up stage. Similar proportions of clients were unable to be followed up in other years (18% in 2008/09; 17% in 2011/12).

At 4 weeks a successful quitter is 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, 18,516 people reported that they had successfully quit, which represented almost three-fifths (57%) of all those setting a quit date. This was 5 percentage points higher than in 2011/12 (Tables 3a-c).

**Figure 2: Percentage who had successfully quit at 4-week follow-up (self-report) by age and gender (2012/13)**



In general, success in quitting at 4 weeks increased with age, from 39% for clients aged under 18 years of age to 63% for those aged 60 and over (Tables 3b-c; Figure 2).

The 4-week success rate was 58% for males and 55% for females.

### Unsuccessful

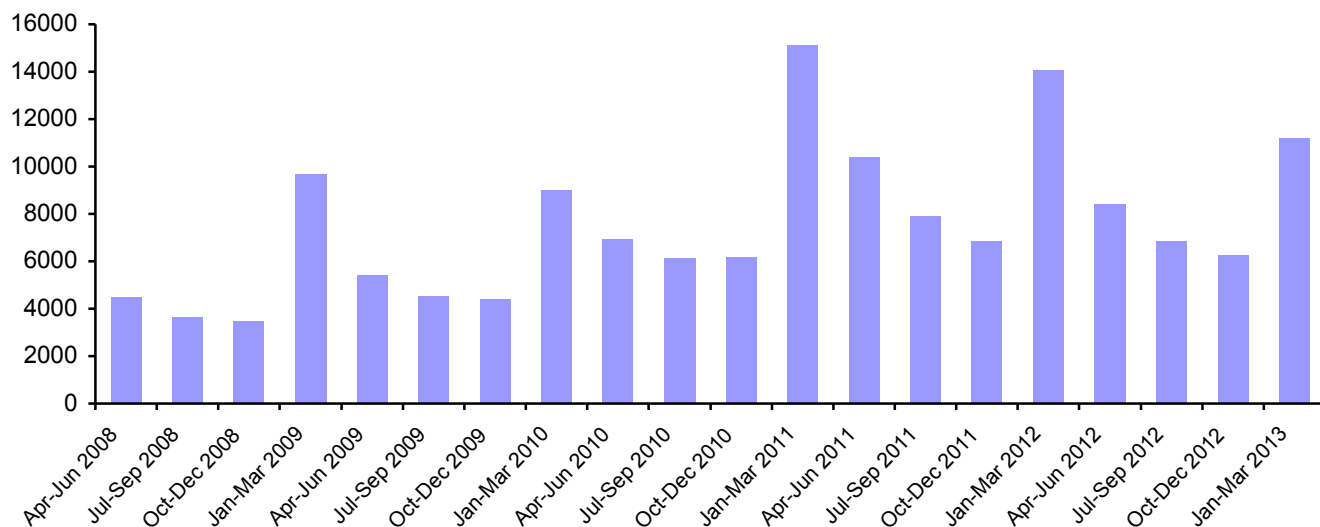
At the 4-week follow-up, more than a quarter (27%) of clients reported that they had not successfully quit. Of these clients, 60% had reduced their smoking intake and 38% indicated that they intend to rejoin the smoking cessation programme.

## 6. Quarterly Comparisons

During the period 1<sup>st</sup> April 2012 to 31<sup>st</sup> March 2013, a total of 32,714 people set a quit date through smoking cessation services. A third of clients (34%, 11,205 clients) had set a quit date during January to March 2013. In comparison, April to June 2012 saw 8,412 people (26%) setting a quit date, a further 6,865 people (21%) in July to September 2012 and 6,232 people (19%) in the period October to December 2012 (Figure 3).

Between April to June 2008 and January to March 2013, the most popular period for setting a quit date was between January and March, perhaps in line with people making New Years' resolutions. The number of people setting a quit date decreased in subsequent quarters, throughout the year (Figure 3).

**Figure 3: Numbers setting a quit date by quarter Apr-Jun 2008 to Jan-Mar 2013**

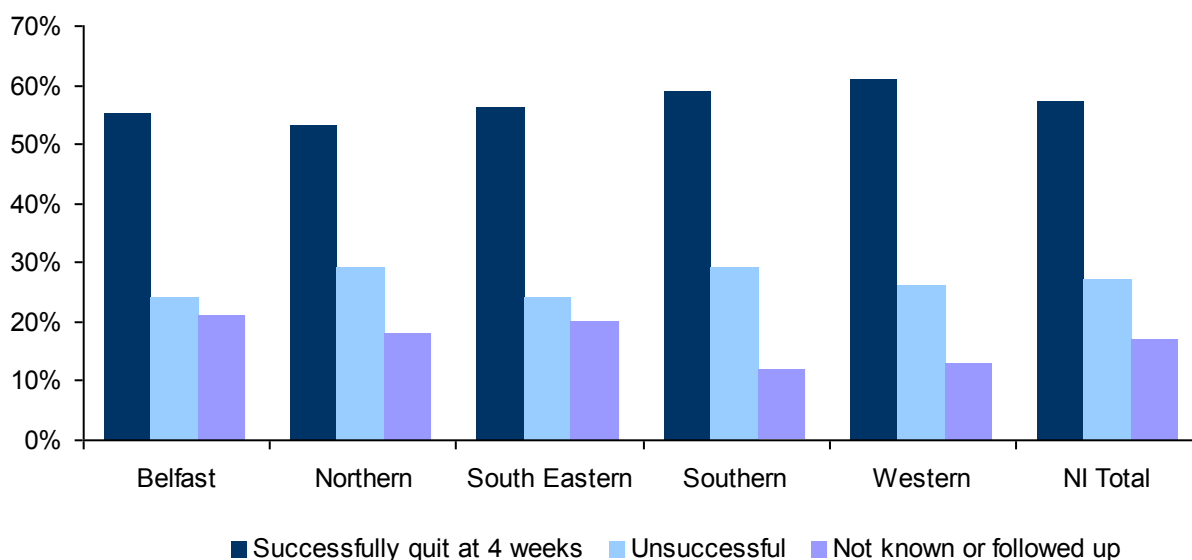


### 7. Health and Social Care Trust Comparisons

The data allows a breakdown by the five Health & Social Care Trusts (Belfast, Northern, South Eastern, Southern, and Western) (Figure 4).

The Northern Trust reported the largest number of people setting a quit date with 7,725 (24% of the total). The Belfast Trust (7,367 clients) and the Western Trust (7,449 clients) both accounted for 23% of the total, the Southern for 16% (5,396 people) and the South Eastern for 14% (4,777 people) (Table 8).

**Figure 4: Smoking status at 4 week follow-up (self-report) by Health & Social Care Trust 2012/13**



The proportion of clients that reported that they had successfully quit at 4 weeks ranged from 53% in the Northern Trust to 61% in the Western Trust. It should be noted that it might be that the higher success rates at 4 weeks achieved in the Southern and Western Trusts could be attributed to some degree to the noticeably better follow up rates obtained in these areas compared with the other Trusts.

## 8. Provider Type

Nearly three-quarters of all clients (72%) that set a quit date used smoking cessation services provided by pharmacists (23,490 clients in total). The highest proportion of clients that had successfully quit at the four week follow-up was seen for hospitals (68%), pharmacists (56%) and GP practices (48%) (Table 9). This was true for all years between 2008/09 and 2012/13 (Table 10).

Across Trusts, there were differences in the providers used by clients accessing smoking cessation services, for instance a fifth of all clients in the Northern Trust accessed services through their GP compared with the regional average of 12%. Four-fifths of clients in the South Eastern Trust used a pharmacist compared with the regional average of 72%. In the Western Trust almost a quarter of clients (23%) accessed cessation services through a hospital (compared with 11% regionally). The percentage of clients who had successfully quit at 4 weeks also varied across Health and Social Care Trusts. Over four-fifths of clients (85%) that used hospital cessation services in the South Eastern Trust had successfully quit at 4 weeks compared with 50% of clients using similar services in the Northern Trust. The percentage who had quit at 4 weeks using cessation services at GPs varied from 43% in the Northern Trust to 55% in the South Eastern Trust.

## 9. Priority Groups

While the smoking cessation services are aimed at the population as a whole, three target groups have been identified as requiring particular action. These are:

### ➤ Children and young people (aged 11-17)

Overall 713 clients aged between 11 and 17 set a quit date during 2012/13. Of these, 39% reported that they had successfully quit at 4 weeks. This is 18 percentage points lower than the Northern Ireland average. The quit rates for males and females in this age group were 40% and 38% respectively (Table 11). In terms of deprivation, the highest proportion of clients that had successfully quit at 4 weeks was in the least deprived quintile (44%). Conversely, those clients aged 11 to 17 years living in the most deprived quintile had the lowest proportion of success in quitting at 4 weeks (36%) (Table 12).

In 2012/13, the number of children and young people aged 11 to 17 years who had set a quit date was the lowest number recorded in the last five years (2008/09 to 2012/13) (Table 13). The proportion of 11 to 17 year olds setting a quit date that lived in the most deprived quintile (30%) in 2012/13 was the highest since 2008/09.

### ➤ Disadvantaged adults who smoke (aged 18 and over)

Over a quarter (8,196 clients) of those accessing smoking cessation services during 2012/13 lived in the most deprived quintile, while 8% (2,707 clients) came from the least deprived quintile (Table 14). Quit rates across the deprivation quintiles were broadly comparable ranging from 55% in the most deprived quintile to 58% in the third and fourth quintiles.

The number of adults aged 18 and over in the most deprived quintile decreased from 10,165 in 2011/12 to 8,196 in 2012/13 (Table 15). However, this is still a marked increase from the 5,335 clients from the most deprived areas in 2008/09.

### ➤ Pregnant women who smoke

There were 1,608 pregnant women identified as setting quit dates through the smoking cessation services (Table 16). At the 4 week follow-up, 954 pregnant women (59%) self-reported not smoking. Pregnant women in the least deprived quintile were less likely to have quit smoking after 4 weeks (44%) than those in any other quintile, although there were fewer women who had set a

quit date within this quintile. The number of pregnant women setting a quit has increased annually since 2008/09 both regionally and across all deprivation quintiles (Table 17).

## **10. Other background information**

Almost two-fifths of clients had heard about smoking cessation services from family or friends (38%), over a fifth (22%) had heard about it from their pharmacist and a further 17% had heard about it from their GP (Table 18).

Prior to quitting smoking, almost two-fifths of clients (37%) reported smoking on average between 20 and 29 cigarettes per weekday (Table 19). A similar proportion (36%) also reported having smoked between 20 and 29 cigarettes at the weekend (Table 20). A higher proportion of clients smoked 30 or more cigarettes at the weekend (23%) than during the week (15%).

More than two-thirds of those setting a quit date (68%) had not previously set a quit date (Table 21). Over half of those setting a quit date had previously used Nicotine Replacement Therapy (NRT) (54%) while over one-fifth had tried to quit 'cold turkey' (21%) (Table 22).

Almost four-fifths (79%) attended one-to-one sessions to help them stop smoking, while 4% attended group sessions (Table 23).

During 2012/13, more than half of clients (53%) setting a quit date were either employed or self-employed while 27% were unemployed (Table 24).

## **11. Comparison with England**

The Information Centre for Health and Social Care 'Statistics on NHS Stop Smoking Services: England, April 2011 to March 2012' provides the latest results from the monitoring of services in England. It reported that of the 816,444 people who had set a quit date through smoking cessation services, 49% (400,955 clients) at the 4 week follow-up reported that they had successfully quit.

## **12. Follow-up at 52 weeks (Review of 2011/12 Quitters)**

Cessation services also followed up clients who had quit at 4 weeks to find out their smoking status 52 weeks after the quit date (Table 25). A client would be regarded as a non-smoker at 52 weeks if they have not smoked at any time since two weeks after their original quit date.

Overall, 12,490 clients were followed up at the 52 week stage, which would represent 62% of the number who had quit at the 4 week follow-up in 2011/12 (20,299). Of these, 6,742 reported to be still not smoking (based on self-report) equating to 17% of the total number that had set a quit date (39,204) and 33% of those who had quit at 4 weeks in 2010/11.

Follow-up rates (the proportion of clients that could be contacted at 52 weeks) ranged from 53% of those that had quit at 4 weeks in the Belfast Trust to 72% in the Southern Trust. The Southern Trust also had the highest proportion of clients (39%) who reported still not smoking at the 52 weeks follow-up.

The Western Trust were also able to follow up a high proportion of clients at 52 weeks (64%), and had the highest percentage of clients (21%) who reported not smoking as a proportion of those who had initially set a quit date in 2011/12.

(Annex A for definitions/methodology)

### **13. Further Information**

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:

Public Health Information and Research Branch  
Information and Analysis Directorate  
Department of Health, Social Services and Public Safety  
Castle Buildings  
Stormont  
BT4 3SQ

Telephone: 028 9052 2607

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Internet address:

[http://www.dhsspsni.gov.uk/index/stats\\_research/stats-public-health/stats-smoking-cessation.htm](http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health/stats-smoking-cessation.htm)



## Annex A: Technical notes

### 1. Health and Social Care Trusts

This bulletin provides an analysis of smoking cessation services at an overall Northern Ireland level and for each Health & Social Care Trust.

### 2. Definitions

#### Services

- **Brief interventions** by General Practitioners (GPs) and other health professionals, will be provided in the normal course of the professional's duties rather than comprising a 'new' service. 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 5 to 6 weeks, including the use of Nicotine Replacement Therapy (NRT). 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 purposes.

On this basis, 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.

#### Four week follow-up

The four-week follow-up (and Carbon Monoxide (CO) validation, if appropriate) must be completed within six weeks of the quit date.

#### Fifty-two week follow-up

All clients of the specialist 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 if appropriate. Please note that the figures reported in this bulletin are extracted from a live web-based computer system and as a result the 52 week follow-up information may include a number of clients that were not included in the official 2011/12 smoking cessation publication. The 52 week results are calculated as a proportion of those clients who had set a quit date and quit at 4 week follow-up as reported in the official 2011/12 figures.

#### Health and Social Care Trust (HSCT)

Information regarding the number of smoking cessation services within each HSCT that have provided information on clients, the number of clients that have attended each HSCT and their self-reported 4 week quit rates during 2012/13 are available.

## **Provider Type**

It is important to note that certain Providers may have offered the smoking cessation service but did not return any information on their clients while other Providers had offered a smoking cessation service but had no clients during 2012/13 and therefore do not feature in the tables. The figures include Providers of smoking cessation services that offered the facility at some time during 2012/13, even if the service has since been stopped.

## **Northern Ireland Multiple Deprivation Measure 2010 (NIMDM)**

Based on their home address, clients are allocated to deprivation quintiles throughout this report according to the NISRA NIMDM 2010 which is the official measure of spatial deprivation in Northern Ireland. The NIMDM 2010 allows the 890 Super Output Areas in Northern Ireland to be ranked in relation to deprivation.

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**Table 1: People setting a quit date during 2012/13 by age-group and gender**

<b>All Persons</b>	<b>Numbers</b>	<b>Percentages</b>
Under 18	713	2
18 – 34	12,698	39
35 – 44	7,477	23
45 – 59	8,283	25
60 and over	3,529	11
Age unknown	14	0
<b>All ages</b>	<b>32,714</b>	<b>100</b>
<b>Males</b>		
Under 18	385	2
18 – 34	5,801	37
35 – 44	3,684	24
45 – 59	3,898	25
60 and over	1,735	11
Age unknown	8	0
<b>All ages</b>	<b>15,511</b>	<b>100</b>
<b>Females</b>		
Under 18	328	2
18 – 34	6,896	40
35 – 44	3,792	22
45 – 59	4,382	25
60 and over	1,794	10
Unknown	6	0
<b>All ages</b>	<b>17,198</b>	<b>100</b>

**Notes:**

1. Age-group is based on age at quit date.
2. There are 5 clients whose gender is not known.

**Table 2: Comparison of Key Statistics (2008/09 - 2012/13)**

Key statistics	2008/09	2009/10	2010/11	2011/12	2012/13
Number setting a quit date	21,272	23,383	34,386	39,204	32,714
Number quit at 4 week follow-up (based on self-report)	10,787	12,042	17,951	20,299	18,516
% quit at 4 week follow-up (based on self-report)	51	51	52	52	57
% not quit at 4 week follow-up	31	32	31	31	27
% not known/lost to follow-up	18	17	17	17	17

**Note:**

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.

**Table 3a: Outcome at 4 weeks of people setting a quit date during 2012/13 by age-group**

All persons		Under 18	18-34	35-44	45-59	60 and over	Age unknown	All ages
Total number setting quit date		713	12,698	7,477	8,283	3,529	14	32,714
Successfully quit at 4 week follow-up (based on self-report)	Number	277	6,667	4,437	4,898	2,229	8	18,516
	%	39	53	59	59	63	57	57
Not quit at 4 week follow-up (based on self-report)	Number	282	3,504	1,820	2,180	884	4	8,674
	%	40	28	24	26	25	29	27
Not known / lost to follow-up	Number	154	2,527	1,220	1,205	416	2	5,524
	%	22	20	16	15	12	14	17

**Notes:**

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.
2. There are 5 clients whose gender is not known.

**Table 3b: Outcome at 4 weeks of males setting a quit date during 2012/13 by age-group**

<b>Males</b>		<b>Under 18</b>	<b>18-34</b>	<b>35-44</b>	<b>45-59</b>	<b>60 and over</b>	<b>Age unknown</b>	<b>All ages</b>
Total number setting quit date		385	5,801	3,684	3,898	1,735	8	15,511
Successfully quit at 4 week follow-up (based on self-report)	Number	153	3,078	2,264	2,411	1,123	6	9,035
	%	40	53	61	62	65	75	58
Not quit at 4 week follow-up (based on self-report)	Number	155	1,547	851	944	423	2	3,922
	%	40	27	23	24	24	25	25
Not known / lost to follow-up	Number	77	1,176	569	543	189	0	2,554
	%	20	20	15	14	11	0	16

**Table 3c: Outcome at 4 weeks of females setting a quit date during 2012/13 by age-group**

<b>Females</b>		<b>Under 18</b>	<b>18-34</b>	<b>35-44</b>	<b>45-59</b>	<b>60 and over</b>	<b>Age unknown</b>	<b>All ages</b>
Total number setting quit date		328	6,896	3,792	4,382	1,794	6	17,198
Successfully quit at 4 week follow-up (based on self-report)	Number	124	3,588	2,173	2,487	1,106	2	9,480
	%	38	52	57	57	62	33	55
Not quit at 4 week follow-up (based on self-report)	Number	127	1,957	969	1,236	461	2	4,752
	%	39	28	26	28	26	33	28
Not known / lost to follow-up	Number	77	1,351	650	659	227	2	2,966
	%	23	20	17	15	13	33	17

**Notes:**

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.
2. There are 5 clients whose gender is not known.

**Table 4: People setting a quit date during 2012/13 by gender**

	Number of people setting a quit date	% of total	% male	% female
<b>Total, all Health &amp; Social Care Trusts</b>	<b>32,714</b>	100	47	53
<b>Belfast</b>	<b>7,367</b>	23	48	52
<b>Northern</b>	<b>7,725</b>	24	46	54
<b>South Eastern</b>	<b>4,777</b>	14	47	53
<b>Southern</b>	<b>5,396</b>	16	49	50
<b>Western</b>	<b>7,449</b>	23	48	52

**Table 5: People setting a quit date during 2012/13 by age-group**

	% Under 18	% 18 – 34	% 35 – 44	% 45 - 59	% 60+	% Age Unknown	Total number
<b>Total, all Health &amp; Social Care Trusts</b>	2	39	23	25	11	<0.1	<b>32,714</b>
<b>Belfast</b>	2	41	22	26	9	< 0.1	<b>7,367</b>
<b>Northern</b>	2	38	23	25	12	<0.1	<b>7,725</b>
<b>South Eastern</b>	3	38	23	25	10	0.1	<b>4,777</b>
<b>Southern</b>	2	39	23	26	10	0.0	<b>5,396</b>
<b>Western</b>	3	38	23	24	12	<0.1	<b>7,449</b>

**Notes:**

1. Age-group is based on age at quit date.
2. There are 14 clients in 2011/12 whose age is not known.



**Table 6a: Comparison of age-group percentages of people setting a quit date (2008/09 - 2012/13)**

Age-group	2008/09 (%)	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)
Under 18	2	2	2	2	2
18 – 34	30	33	37	39	39
35 – 44	24	25	24	23	23
45 – 59	28	26	25	25	25
60 and over	16	14	11	11	11
Age unknown	0	0	0.2	0.1	<0.1
All ages	100	100	100	100	100

**Notes:**

1. Age-group is based on age at quit date.
2. There are 5 clients in 2008/09, 6 in 2009/10 66 in 2010/11, 35 in 2011/12 and 14 in 2012/13, whose age is not known.

**Table 6b: Comparison of age-group percentages of males setting a quit date (2008/09 - 2012/13)**

Age-group	2008/09 (%)	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)
Under 18	3	3	3	3	2
18 – 34	31	34	37	38	37
35 – 44	25	24	24	24	24
45 – 59	26	25	25	24	25
60 and over	15	14	11	11	11
Age unknown	0	1	0.2	0.1	0
All ages	100	100	100	100	100

**Notes:**

1. Age-group is based on age at quit date.
2. There are 5 clients in 2008/09, 6 in 2009/10 66 in 2010/11, 35 in 2011/12 and 14 in 2012/13, whose age is not known.

**Table 6c: Comparison of age-group percentages of females setting a quit date (2008/09 - 2012/13)**

Age-group	2008/09 (%)	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)
Under 18	2	2	2	2	2
18 – 34	34	36	37	39	40
35 – 44	24	23	24	23	22
45 – 59	26	26	25	26	25
60 and over	13	13	11	10	10
Age unknown	0	1	0.2	0.1	0
All ages	100	100	100	100	100

**Notes:**

1. Age-group is based on age at quit date.
2. There are 5 clients in 2008/09, 6 in 2009/10 66 in 2010/11, 35 in 2011/12 and 14 in 2012/13, whose age is not known.

**Table 7: Use of Therapeutic Interventions 2012/13**

Use of:	Number of clients	% of those who had set a quit date	% of those who used this intervention who successfully quit at 4 weeks
Nicotine Replacement Therapy	24,557	75	68
Champix	1,729	5	69
Zyban	36	0.1	69

**Note:**

1. A person can use more than one intervention during the 4 week period. In 2011/12, there were 206 such individuals.

**Table 8: Outcome at 4 weeks of people setting a quit date (based on self-report) 2012/13**

	Number of people setting a quit date	% who had successfully quit	% who had not quit	% not known/lost to follow-up
<b>Total, all Health &amp; Social Care Trusts</b>	32,714	57	27	17
<b>Belfast</b>	7,367	55	24	21
<b>Northern</b>	7,725	53	29	18
<b>South Eastern</b>	4,777	56	24	20
<b>Southern</b>	5,396	59	29	12
<b>Western</b>	7,449	61	26	13

**Note:**

1. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.

**Table 9: Number who set a quit date and percentage who had successfully quit at 4 week follow-up (based on self-report) by Provider Type and Health and Social Care Trust 2012/13**

	Community clinic	GP practice	Hospital	Pharmacist	Other	Total
<b>NI total</b>						
Number setting a quit date	665	3,862	3,514	23,490	1,183	32,714
% quit at 4 week follow-up	65	48	68	56	65	57
<b>Belfast</b>						
Number setting a quit date	30	1,036	445	5,221	635	7,367
% quit at 4 week follow-up	70	50	54	54	66	54
<b>Northern</b>						
Number setting a quit date	91	1,529	726	5,294	85	7,725
% quit at 4 week follow-up	63	43	50	56	67	53
<b>South Eastern</b>						
Number setting a quit date	0	389	143	3,801	444	4,777
% quit at 4 week follow-up	0	55	85	54	64	56
<b>Southern</b>						
Number setting a quit date	529	458	514	3,876	19	5,396
% quit at 4 week follow-up	66	53	73	57	58	59
<b>Western</b>						
Number setting a quit date	15	450	1,686	5,298	0	7,449
% quit at 4 week follow-up	40	50	76	57	0	61

**Notes:**

1. Certain Provider Types may offer the smoking cessation service but have not attended any clients during the 2012/13 period and therefore do not feature in the table above.
2. A client is counted as having successfully quit smoking at the 4 week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.

**Table 10: Percentage who had successfully quit at 4 week follow-up (based on self-report) by Provider Type (2008/09 – 2012/13)**

	Community clinic	GP practice	Hospital	Pharmacist	Other	Total
2008/09	54	49	64	50	37	51
2009/10	66	48	69	49	56	51
2010/11	66	49	69	50	61	52
2011/12	67	48	69	50	64	52
2012/13	65	48	68	56	65	57

**Table 11: Outcome at 4 weeks of children and young people (aged 11-17) setting a quit date during 2012/13 by gender**

		Males	Females	Total
Total number setting a quit date		385	328	713
Successfully quit at 4 week follow-up (based on self-report)	Number	153	124	277
	%	40	38	39
Not quit at 4 week follow-up (based on self-report)	Number	155	127	282
	%	40	39	40
Not known / lost to follow-up	Number	77	77	154
	%	20	23	22

**Notes:**

1. Age is based on age at quit date.
2. A client is counted as having successfully quit smoking at the 4-week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.

**Table 12: Outcome at 4 weeks of children and young people (aged 11-17) setting a quit date during 2012/13 by quintiles of Super Output Areas ranked by deprivation**

		Quintile						Total
		Most deprived	Second	Third	Fourth	Least deprived	Not known	
Total number setting a quit date		215	116	98	85	55	144	713
Successfully quit at 4 week follow-up (based on self-report)	Number	78	47	34	35	24	59	277
	%	36	41	35	41	44	41	39
Not quit at 4 week follow-up (based on self-report)	Number	90	39	34	36	17	66	282
	%	42	34	35	42	31	46	40
Not known / lost to follow-up	Number	47	30	30	14	14	19	154
	%	22	26	31	16	25	13	22

**Notes:**

1. Figures in quintiles only include those people for whom a valid postcode is available which can be converted into a Super Output Area. There are 890 Super Output Areas in Northern Ireland. The 'not known' category documents those people who did not have a valid postcode.
2. A client is counted as having successfully quit smoking at the 4-week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.
3. There are 14 clients in 2012/13 whose age is not known.

**Table 13: Number of children and young people (aged 11-17) setting a quit date by quintiles of Super Output Areas ranked by deprivation (2008/09 – 2012/13)**

	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
2008/09	184	112	63	84	73	212	728
2009/10	228	170	109	110	56	173	846
2010/11	348	238	157	149	95	286	1,273
2011/12	259	190	130	113	55	174	921
2012/13	215	116	98	85	55	144	713

**Notes:**

1. Figures in quintiles only include those people for whom a valid postcode is available which can be converted into a Super Output Area. There are 890 Super Output Areas in Northern Ireland. The 'not known' category documents those people who did not have a valid postcode.
2. Data do not include those clients who age was not known.

**Table 14: Outcome at 4 weeks of people (aged 18 and over) setting a quit date during 2012/13 by quintiles of Super Output Areas ranked by deprivation**

		Quintile						Total
		Most deprived	Second	Third	Fourth	Least deprived	Not known	
Total number setting a quit date		8,196	6,722	5,265	4,223	2,707	4,874	31,987
Successfully quit at 4 week follow-up (based on self-report)	Number	4,476	3,780	3,057	2,461	1,546	2,911	18,231
	%	55	56	58	58	57	60	57
Not quit at 4 week follow-up (based on self-report)	Number	2,211	1,853	1,430	1,057	591	1,246	8,388
	%	27	28	27	25	22	26	26
Not known / lost to follow-up	Number	1,509	1,089	778	705	570	717	5,368
	%	18	16	15	17	21	15	17

**Notes:**

1. Figures in quintiles only include those people for whom a valid postcode is available which can be converted into a Super Output Area. There are 890 Super Output Areas in Northern Ireland. The 'not known' category documents those people who did not have a valid postcode.
2. A client is counted as having successfully quit smoking at the 4-week follow-up if he/she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.
3. There are 14 clients in 2012/13 whose age is not known.

**Table 15: Number of people (aged 18 and over) setting a quit date by quintiles of Super Output Areas ranked by deprivation (2008/09 – 2012/13)**

	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
2008/09	5,385	3,040	2,423	2,758	2,317	4,798	20,721
2009/10	5,259	4,200	3,356	2,751	1,698	5,135	22,399
2010/11	8,210	6,332	5,022	4,366	2,806	6,308	33,044
2011/12	10,165	8,000	6,326	5,089	3,352	5,316	38,248
2012/13	8,196	6,722	5,265	4,223	2,707	4,874	31,987

**Notes:**

1. Figures in quintiles only include those people for whom a valid postcode is available which can be converted into a Super Output Area. There are 890 Super Output Areas in Northern Ireland. The 'not known' category documents those people who did not have a valid postcode.
2. Data do not include those clients who age was not known.

**Table 16: Outcome at 4 weeks of pregnant women setting a quit date during 2012/13 by quintiles of Super Output Areas ranked by deprivation**

		Quintile						Total
		Most deprived	Second	Third	Fourth	Least deprived	Not known	
Total number setting a quit date		316	315	229	194	96	458	1,608
Successfully quit at 4 week follow-up (based on self-report)	Number	164	161	123	108	42	356	954
	%	52	51	54	56	44	78	59
Not quit at 4 week follow-up (based on self-report)	Number	100	102	70	52	31	88	443
	%	32	32	31	27	32	19	28
Not known / lost to follow-up	Number	52	52	36	34	23	14	211
	%	16	17	16	18	24	3	13

**Notes:**

1. Figures in quintiles only include those people for whom a valid postcode is available which can be converted into a Super Output Area. There are 890 Super Output Areas in Northern Ireland. The 'not known' category documents those people who did not have a valid postcode.
2. A client is counted as having successfully quit smoking at the 4-week follow-up if she has not smoked at all since two weeks after their quit date. The figures presented here are based on self-report of smoking status by the client at the 4 week follow-up.

**Table 17: Number of pregnant women setting a quit date by quintiles of Super Output Areas ranked by deprivation (2008/09 – 2012/13)**

	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
2008/09	90	49	39	47	28	94	347
2009/10	137	140	105	81	35	118	616
2010/11	200	200	161	116	66	262	1,005
2011/12	302	279	202	174	69	398	1,424
2012/13	316	315	229	194	96	458	1,608

**Notes:**

1. Figures in quintiles only include those people for whom a valid postcode is available which can be converted into a Super Output Area. There are 890 Super Output Areas in Northern Ireland. The 'not known' category documents those people who did not have a valid postcode.
2. Data do not include those clients who age was not known.



**Table 18: Where clients heard about smoking cessation services 2012/13**

	<b>Number</b>	<b>%</b>
Friends/family	12,561	38
Pharmacist	7,039	22
GP	5,416	17
Nurse	4,002	12
Leaflets/posters	1,389	4
Television	416	1
Community worker	177	0.5
Newspaper/newsletter	110	0.3
Radio	56	0.2
Dentist	44	0.1
Smokers helpline	33	0.1
Other	1,183	4
Unknown	288	0.9

**Table 19: Average cigarettes smoked per weekday prior to quitting smoking 2012/13**

<b>Average number of cigarettes smoked</b>	<b>Number of persons</b>	<b>%</b>
Under 10	3,503	11
10 to 14	4,516	14
15 to 19	7,941	24
20 to 29	11,896	37
30 to 39	3,004	9
40 or more	1,815	6
Unknown	39	0.1

**Table 20: Average cigarettes smoked per weekend prior to quitting smoking 2012/13**

Average number of cigarettes smoked	Number of persons	%
Under 10	2,681	8
10 to 14	3,348	10
15 to 19	6,748	21
20 to 29	12,219	36
30 to 39	4,849	15
40 or more	2,803	9
Unknown	66	0.2

**Table 21: Whether client had previously participated in programme 2012/13**

	Number	%
Yes	9,298	28
No	22,367	68
Unknown	1,049	3

**Table 22: Previous methods attempted**

	% of those setting a quit date
Nicotine Replacement Therapy (NRT)	54
Cold turkey	21
Champix	6
Reduction	3
Hypnosis	2
Zyban	1
Acupuncture	0.3
Counselling	0.3
Other	26

**Table 23: Type of session client attended 2012/13**

	Number	%
One-to-one	25,780	79
Group	1,156	4
Both	30	0.1
Unknown	5,748	18

**Table 24: Employment Status of people setting a quit date during 2012/13**

	Number	%
Employed	16,597	51
Unemployed	8,841	27
Retired	2,519	8
Full-time student	1,280	4
Homemaker	1,280	4
Self-employment	864	3
Economically inactive	456	1
Training	130	0.4
Unknown	747	2

**Table 25: Follow-up at 52 weeks (Review of 2011/12 Quitters)**

	Number of clients followed up at 52 weeks	% of clients followed up at 52 weeks who had quit at the 4 week follow-up period	Number of clients who reported not smoking	% of clients who reported not smoking of those who had set a quit date in 2011/12	% of clients who reported not smoking of those who had quit at 4 weeks in 2011/12
<b>Northern Ireland</b>	12,490	62	6,742	17	33
Belfast	2,399	53	1,373	15	30
Northern	2,851	63	1,413	15	31
South Eastern	1,556	56	812	14	29
Southern	2,541	72	1,385	20	39
Western	3,143	64	1,759	21	36

## Annex C: Equality Monitoring

Section 75 of the Northern Ireland Act 1998 requires public bodies, in carrying out their functions, to have due regard to the need to promote equality of opportunity and without prejudice to this, to also have regard to the desirability of promoting good relations. In order to address this obligation the Health and Social Care Trusts were requested to undertake equality monitoring with those individuals accessing the services.

Clients were offered a monitoring form to complete and to ensure confidentiality, were asked to return the form anonymously. Many clients did not return a monitoring form (3,297 forms were entered onto the system during 2012/13 compared with 32,716 people who set a quit date during the same time period). Consequently it is unclear if those who returned their forms accurately reflect all persons who accessed services.

### Percentage of respondents in each category by Health & Social Care Trust

	Belfast	Northern	South-Eastern	Southern	Western	Northern Ireland
<b>Gender</b>						
Male	51	48	52	48	46	49
Female	49	52	48	52	54	51
<b>Age</b>						
Under 18	2	2	0	2	2	2
18 – 34	35	29	30	24	40	34
35 – 44	19	20	26	20	21	20
45 – 59	21	24	30	21	24	22
60 and over	8	10	13	10	13	10
Not known	15	15	0	22	0	12
<b>Disability</b>						
Yes	11	12	13	12	10	11
No	89	88	87	88	90	89
<b>Dependents</b>						
Yes	30	28	35	26	32	29
No	70	72	65	74	68	71
<b>Community Background</b>						
Catholic	37	29	13	67	69	46
Protestant	52	57	48	25	25	44
Other	5	5	17	5	3	4
Not known	6	9	22	3	3	6
<b>Marital Status</b>						
Married	32	37	48	43	40	36
Single	48	41	35	34	47	45
Separated/Divorced	13	17	0	14	8	13
Widowed	4	3	17	6	2	4
Not Known	3	1	0	3	2	2

#### Notes:

1. In relation to ethnic group, 99% of respondents indicated that their ethnic group was White.

## Annex D: Bibliography

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Statistics on Smoking Cessation Services in Northern Ireland 2011/12	October 2012
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