



Statistics on Smoking Cessation Services in Northern Ireland: 2013/14



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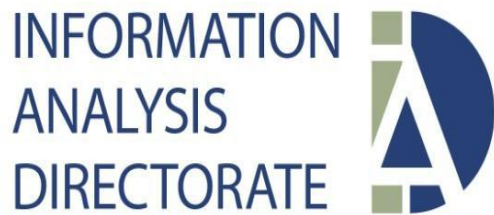
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This information release, produced by the Department of Health, Social Services and Public Safety's Information and Analysis Directorate, provides information on smoking cessation services. Data are included on the monitoring of smoking cessation services in Northern Ireland during the period 1st April 2013 to 31st March 2014.

This report also provides an analysis of data collected in 2013/14 in respect of clients who set a quit date during 2012/13 (52 week follow-up). Information contained within this report was downloaded from a web based recording system. Figures here are correct as of 1st October 2014.

Summary

Within Northern Ireland during 2013/14:

- A total of 26,870 people set a quit date through the smoking cessation services. This is a decrease of 5,844 (18%) on the same period last year.
- Of those setting a quit date, 2% were under 18 years of age, 35% were aged 18-34, 22% were aged 35-44, 27% were aged 45-59, and 13% were aged 60 and over.
- Nicotine Replacement Therapy (NRT) was the most popular therapeutic intervention, with 75% of those who set a quit date having used this therapy.
- At the 4-week follow-up 15,813 reported that they had successfully quit, 59% of those setting a quit date.
- The 4-week success rate was 60% for males and 58% for females. Success at 4 weeks increased with age, from 43% for the under 18s to 64% for those aged 60 and over.
- At the 4-week follow-up, 26% reported that they had not successfully quit. Of these, 55% had reduced their smoking intake and 32% indicated that they intend to rejoin the smoking cessation programme.
- Of the 589 young people (aged 11 to 17) who set a quit date, 42% reported to have successfully quit at the 4-week follow-up, 41% indicated that they were still smoking, and 17% were not able to be contacted for the follow-up.
- Of the 4,085 adults (aged 18 and above) in the 20% most deprived areas, 58% reported they had successfully quit at the 4-week follow-up.
- Of the 1,557 women who were recorded as being pregnant, 60% reported to have successfully quit at the 4-week follow-up, 27% 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 2013/14 Health Survey Northern Ireland reported that 22% of adults currently smoke (23% of males and 21% of females). In addition, in 2013, the Young Persons' Behaviour and Attitude Survey (YPBAS) found that 6% of pupils aged between and 11 and 16 smoked (7% of males and 5% of females).

2. Background

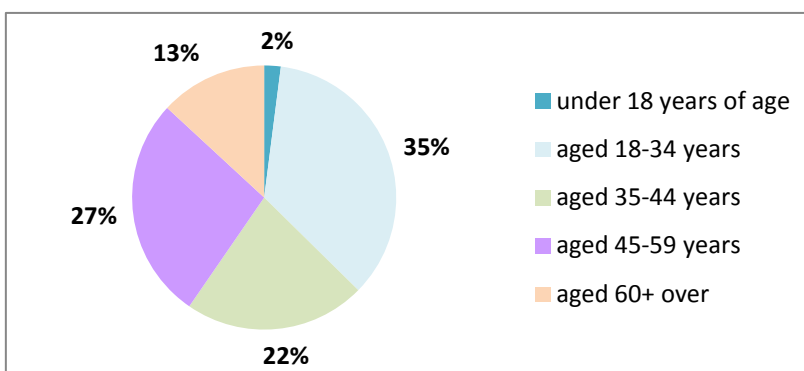
Smoking cessation services provide help to people to quit smoking. They include the provision of **brief opportunistic advice** by a range of health professionals and **specialist services** in appropriate settings. Only the latter are monitored centrally. Both services are defined in **Annex A**.

The Department of Health, Social Services and Public Safety (DHSSPS) developed monitoring arrangements whereby providers of smoking cessation services (e.g. GP, pharmacist, nurse) 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

A total of 26,870 people set a quit date through smoking cessation services during the period 1st April 2013 to 31st March 2014 (Table 1). This was an 18% decrease on the number setting a quit date in 2012/13 (32,714) but a 15% increase on the number setting a quit date in 2009/10 (23,383) (Table 2).

Figure 1: Age breakdown of clients using Smoking Cessation 2013/14

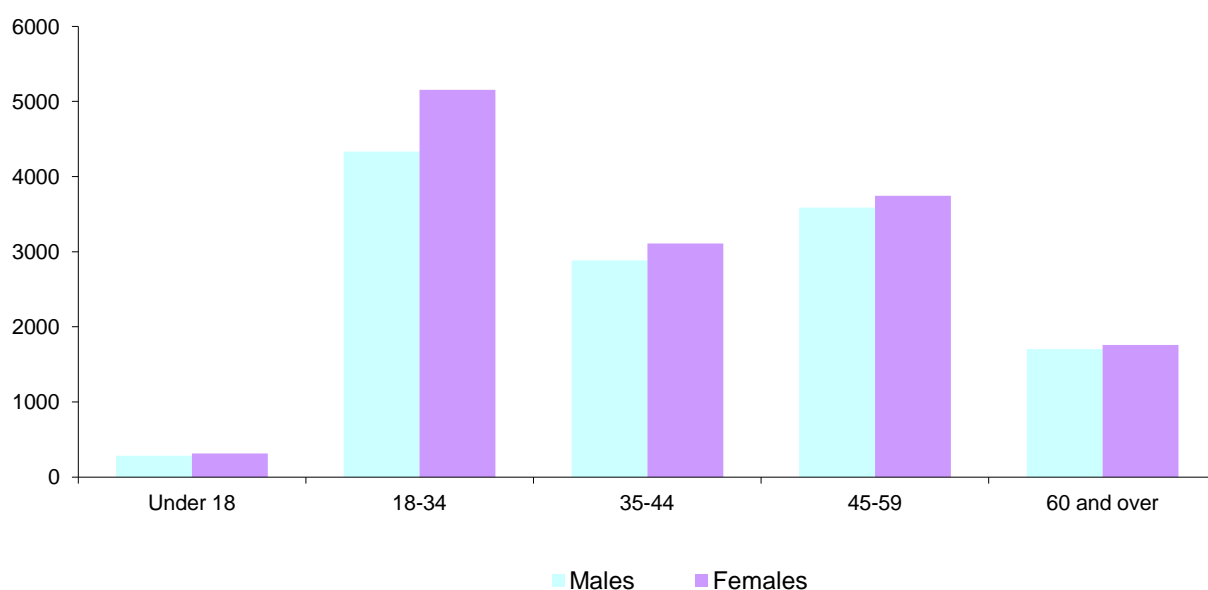


The proportion of clients that were male (48%) and female (52%) was broadly similar to those seen in recent years.

Prior to joining the smoking cessation programme, a third of clients (33%) smoked 20 to 29 cigarettes per day and a further quarter (26%) smoked 15 to 19 cigarettes per day (Table 19). A similar proportion (34%) reported having smoked between 20 and 29 cigarettes per weekend day (Table 20). A higher proportion of clients smoked 30 or more cigarettes at the weekend (21%) than during the week (14%).

While the age profile of clients has remained similar since 2009/10, the proportion of clients aged under 35 years decreased from 41% in 2012/13 to 38% in 2013/14 (Figure 1). The age profile of male and female clients also remained similar (Table 1; Figure 2).

Figure 2: Numbers setting a quit date by age and gender (2013/14)



4. Therapeutic Interventions

In aggregate, 21,538 clients who had set a quit date used supplementary drug therapy in their attempt to quit smoking. This represented 80% of those who had set a quit date.

The main intervention used was Nicotine Replacement Therapy (NRT) which was used by 75% of all clients. Smaller proportions of clients used Champix (5%) and Zyban (0.1%).

5. Follow-up at 4 weeks

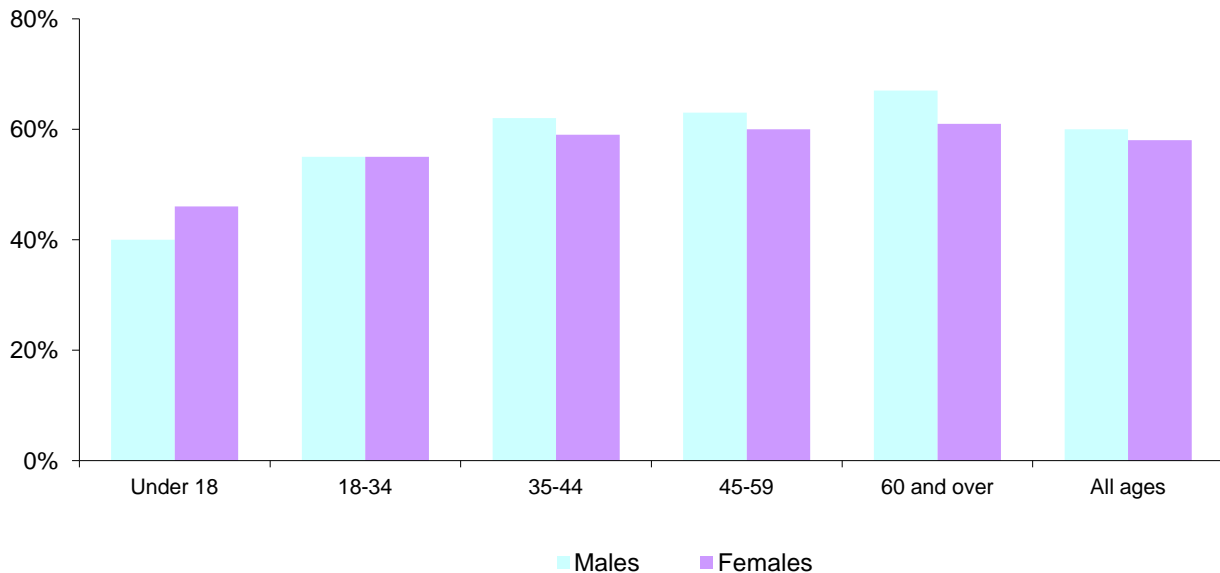
Self-report

Cessation services are expected to follow up all clients 4 weeks after their quit date to determine their self-reported smoking status. Over four-fifths of clients (85%) who set a quit date were followed-up in 2013/14. There was a small decline in the proportion of clients (15%) that were unable to be contacted at the 4 week follow-up stage from 2012/13 (17%).

A successful quitter at 4 weeks is defined as someone who has not smoked over the previous two week period (the first two weeks are ignored to allow for initial lapses). Around three-fifths of clients (59%) or

15,813 clients reported that they had successfully quit at the 4 week period. This represented an increase from 2012/13 (57%) (Tables 2, 3a-c).

Figure 3: Percentage who had successfully quit at 4-week follow-up (self-report) by age and gender (2013/14)



Success in quitting at 4 weeks increased with age. Two-fifths of clients (43%) aged under 18 years of age had stopped smoking compared with 64% of those aged 60 and over (Table 3a).

At the 4 week stage, 60% of males and 58% of females had successfully quit smoking (Tables 3b-c; Figure 3).

Unsuccessful

At the 4-week follow-up stage, approximately a quarter (26%) of clients reported that they had not successfully quit. This is similar to 2012/13 (27%).

Of those clients who had not quit at 4 weeks, 55% had reduced their smoking intake and 32% indicated that they intend to rejoin the smoking cessation programme.

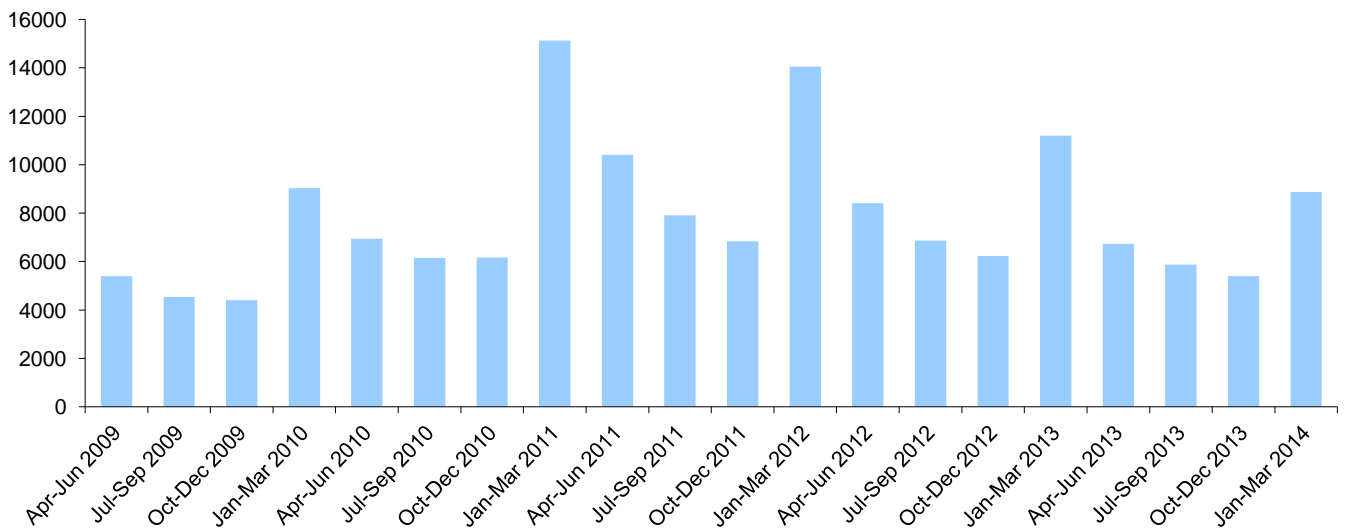
6. Quarterly Comparisons

Between April to June 2009 and January to March 2014, 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 4).

The number setting a quit date in January to March 2014 was the lowest for this particular quarter for the five year period, with a reduction of 21% from 2012/13 setting a quit date.

During 2013/14, a third of clients (33%, 8,878 clients) had set a quit date during January to March 2014. This proportion was less than the 39% in January to March 2010 and the 44% in January to March 2011.

Figure 4: Numbers setting a quit date by quarter Apr-Jun 2008 to Jan-Mar 2013



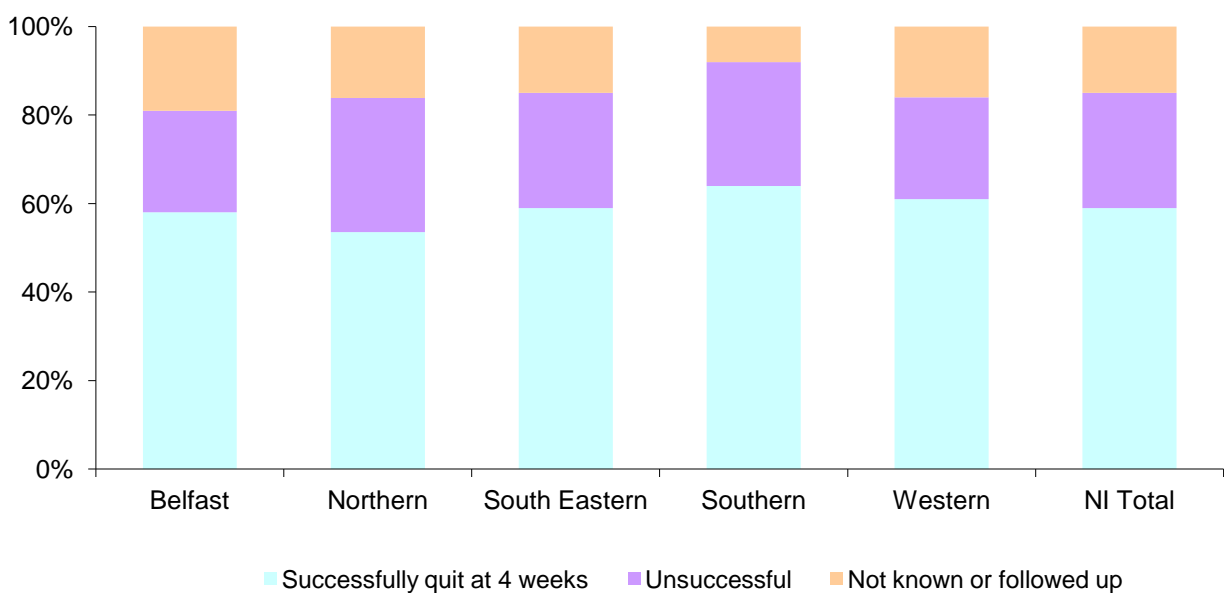
7. Health and Social Care Trust Comparisons

The data permits a breakdown by the five Health & Social Care Trusts (Belfast, Northern, South Eastern, Southern, and Western) (Figure 5).

The Western Trust reported the largest number of people setting a quit date with 7,038 (26% of the total). Based on the Health Survey Northern Ireland 2013/14, this Trust and the Belfast Trust both had prevalence rates of 25% (Table 8).

The lowest uptake was found in the South-Eastern Trust, with 14% of all smoking cessation clients living in this Trust area. The corresponding figure for smoking prevalence was 20% for this Trust, the same proportion found in the Southern Trust.

Figure 5: Smoking status at 4 week follow-up (self-report) by Health & Social Care Trust 2013/14



Proportionately, the number of clients that reported that they had successfully quit at 4 weeks varied from 53% in the Northern Trust to 64% in the Southern Trust. It should be noted that the higher success rates at

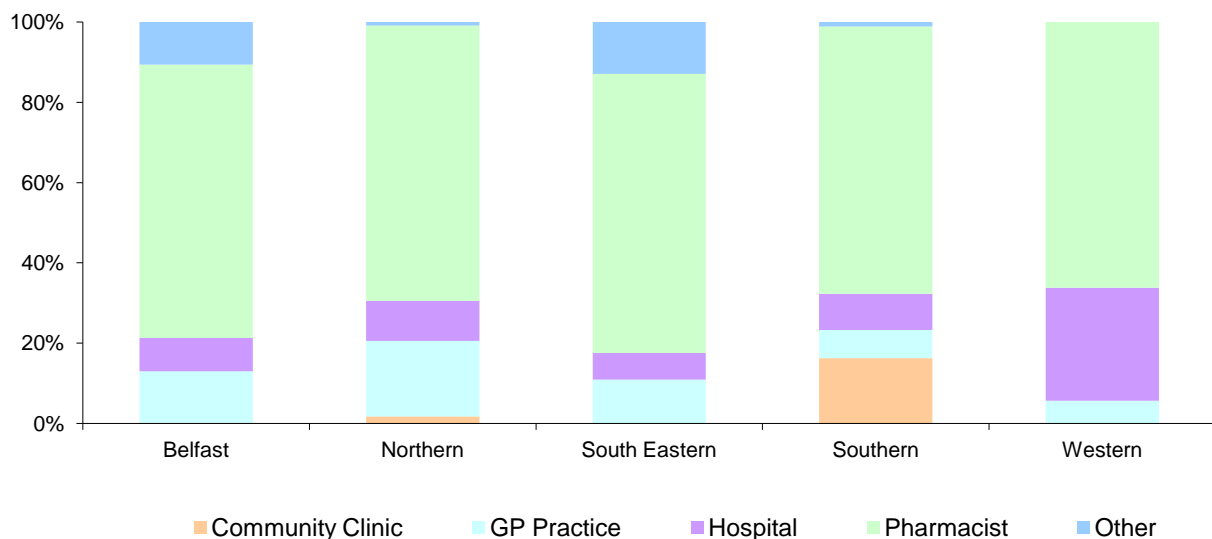
4 weeks achieved in the Southern Trust could be attributed to some degree by the noticeably better follow up rate obtained in this Trust. Only 8% of respondents' smoking status was not known or lost to follow-up in the Southern Trust in the 4 week period compared with 19% in the Belfast Trust.

8. Provider Type

Over two-thirds of all clients (68%) that set a quit date used smoking cessation services provided by pharmacists (18,181 clients in total). Around three fifths had successfully quit at 4 weeks. A higher proportion of clients (69%), that had used community clinics had successfully quit at the four week follow-up period, than those using other provider types, although this only accounted for 3% of clients. Two-thirds of clients (67%) who used services provided by hospitals had successfully quit at 4 weeks. Those clients using GP practices (49%) were least likely to have quit at 4 weeks (Table 9).

There were differences across Trusts in the type of providers used by clients accessing smoking cessation services although consistently around two-thirds of clients used pharmacies (Figure 6). For instance, the highest proportion of clients that used GP practices was in the Northern Trust (19%) whereas the lowest proportion was found in the Western Trust at 6%. The proportion of clients using hospital services in the Western Trust (28%) was double the Northern Ireland average (14%) and four times that of the South Eastern Trust (7%).

Figure 6: Number who set a quit date by Provider Type and Health and Social Care Trust 2013/14



The percentage of clients who had successfully quit at 4 weeks also varied across Health and Social Care Trusts and by provider type. In relation to hospitals, three-quarters of those in the Southern Trust quit successfully after 4 weeks compared with 53% in the Belfast Trust. The percentage of clients who had quit at 4 weeks using GP services varied from 44% in the Northern Trust to 54% 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)

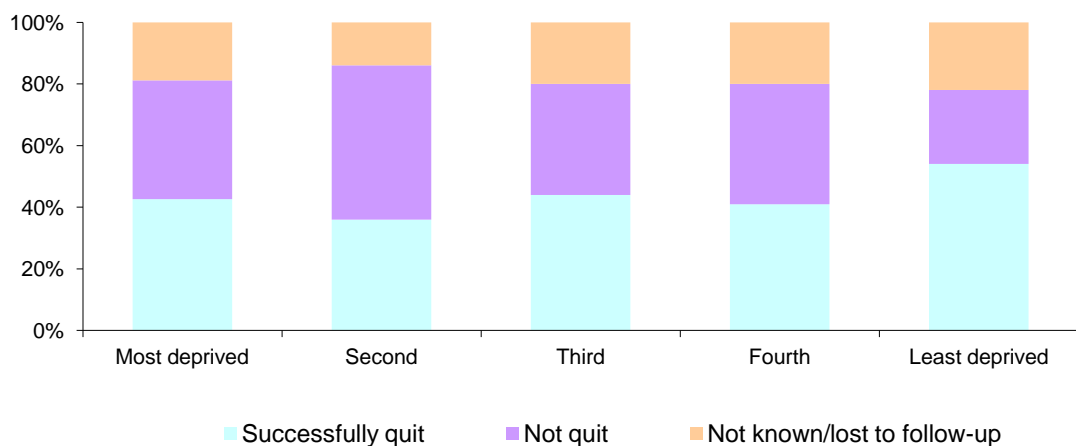
In aggregate, 589 clients aged between 11 and 17 set a quit date during 2013/14. Over two-fifths of these (42%) self-reported that they had successfully quit at 4 weeks. This was an increase of three percentage points on the previous year and seven percentage points from 2009/10 (Figure 7). While success rates for smoking cessation services have increased over the five year period, they remain below the 64% quit rate achieved by clients aged 60 and over.

Figure 7: Proportion of males and females aged 11 to 17 who quit smoking 2009/10 to 2013/14



The quit rates for males and females were 39% and 46% respectively (Table 11). In relation to deprivation quintiles, those living in the second most-deprived quintile had the lowest quit rate (36%) while those living in the least deprived quintile had the highest rate (54%) (Table 12; Figure 8).

Figure 8: Outcome at 4 weeks of persons aged 11 to 17 who had set a quit date by Super Output Areas ranked by deprivation 2013/14



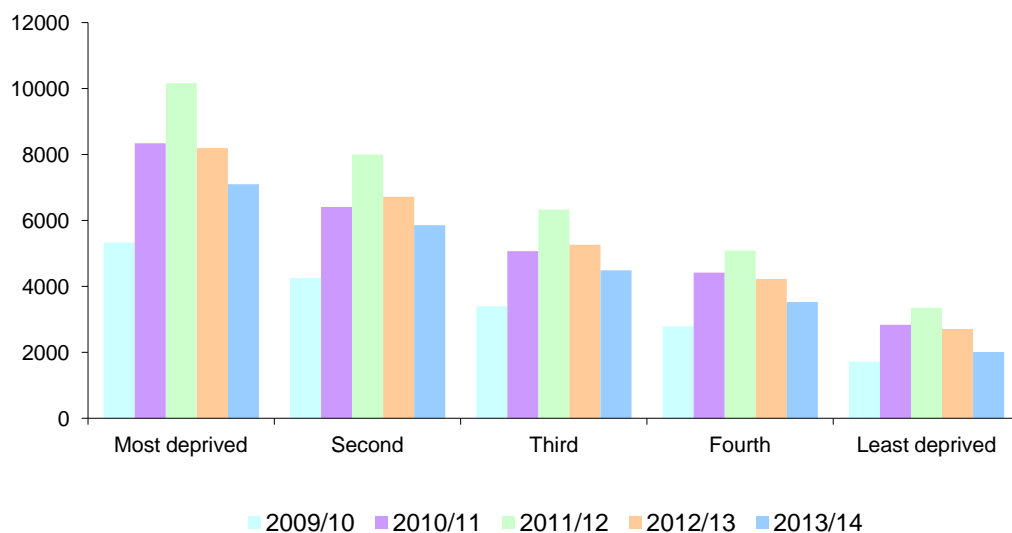
A smaller proportion of clients aged 11 to 17 set a quit date in 2013/14 than in previous years, falling by 17% between 2012/13 and 2013/14 (Table 13).

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

Over a quarter of clients (27%) who accessed smoking cessation services during 2013/14 lived in the most deprived quintile, while 8% lived in the least deprived quintile (Table 14). Quit rates in each of the quintiles were similar, varying between 58-62%.

The number of clients aged 18 and over that lived in the most deprived quintile decreased from 8,196 in 2012/13 to 7,099 in 2013/14, a decrease of 13% (Table 15). However, this is still a marked increase (33%) from the 5,328 clients who lived in the most deprived areas in 2009/10 (Figure 9).

Figure 9: Number of people aged 18 and over who set a quit date by deprivation quintile of Super Output Areas 2009/10 to 2013/14

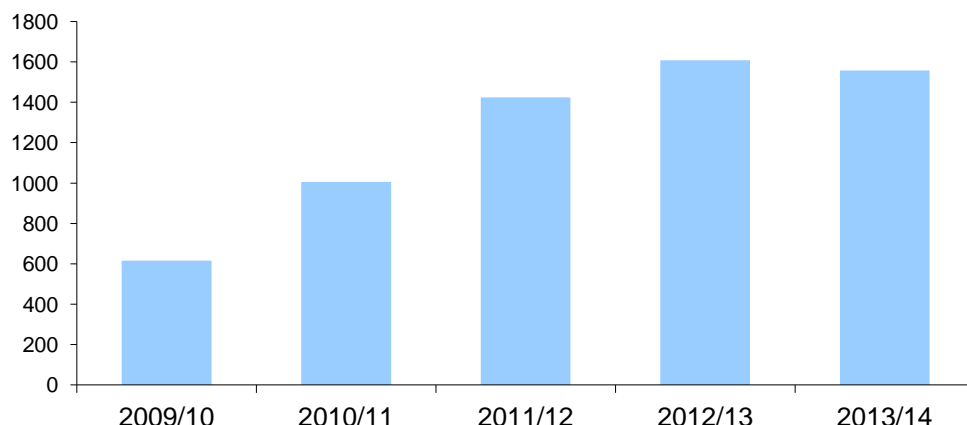


➤ **Pregnant women who smoke**

In 2013/14, 1,577 pregnant women identified as setting quit dates through the smoking cessation services (Table 16). This was broadly similar to the number setting a quit date in the previous year (1,603) but markedly higher than the 616 in 2009/10, an increase of 153% (Figure 10, Table 17).

At the 4 week follow-up, 932 pregnant women (60%) self-reported not smoking. Those living in the second most deprived quintile were more likely to have quit (62%) while those living in the most deprived and least deprived quintiles were least likely (both 56%).

Figure 10: Number of pregnant women setting a quit date 2009/10 to 2013/14



10. Other background information

One-third of clients (34%) heard about smoking cessation from family or friends, a further 22% heard about it from a pharmacist, 16% from a GP and 15% from a nurse (Table 18).

Around two-thirds of those setting a quit date (64%) 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 one-fifth had tried to quit 'cold turkey' (20%) (Table 22).

Over four-fifths (81%) attended one-to-one sessions to help them stop smoking, while 3% attended group sessions (Table 23).

During 2013/14, over half of clients setting a quit date were either employed or self-employed (53%) while a quarter were unemployed (26%) (Table 24).

11. Comparison with England

The Information Centre for Health and Social Care 'Statistics on NHS Stop Smoking Services: England, April 2013 to March 2014' provides the latest results from the monitoring of services in England. It reported that of the 586,337 people who had set a quit date through smoking cessation services, 51% (300,539 clients) at the 4 week follow-up reported that they had successfully quit. When compared with Northern Ireland, there was a significant difference between both countries.

12. Follow-up at 52 weeks (Review of 2012/13 Quitters)

Clients who quit at 4 weeks were followed up by cessation services at 52 weeks to find out their smoking status (Table 25). A client is regarded as a non-smoker at 52 weeks if they have not smoked at any time since two weeks after their original quit date.

A total of 12,038 clients were followed up at the 52 week stage, which represented 65% of those who had quit at the 4 week follow-up in 2012/13 (18,516). Of these, 6,857 reported still not smoking (based on self-report) which represented 21% of the total number that had set a quit date (32,714) and 37% of those who had quit at 4 weeks in 2012/13.

There were differences with regards to follow-up rates (the proportion of clients that could be contacted at 52 weeks) within Trusts. These ranged from 53% of those that had quit at 4 weeks in the Belfast Trust to

83% in the Southern Trust. The Southern Trust also had the highest proportion of clients (28%) who had set a quit date the previous year and the highest proportion of those who quit at 4 weeks in 2012/13 (48%).

(Annex A for definitions/methodology)

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 2012/13 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 2012/13 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 2013/14 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 2013/14 and therefore do not feature in the tables. The figures include providers of smoking cessation services that offered the facility at some time during 2013/14, 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 2013/14 by age-group and gender

All Persons	Number	Percentage
Under 18	597	2
18 – 34	9,487	35
35 – 44	5,991	22
45 – 59	7,333	27
60 and over	3,462	13
All ages	26,870	100
Males		
Under 18	283	2
18 – 34	4,331	34
35 – 44	2,883	23
45 – 59	3,586	28
60 and over	1,702	13
All ages	12,785	100
Females		
Under 18	314	2
18 – 34	5,153	37
35 – 44	3,107	22
45 – 59	3,746	27
60 and over	1,759	12
All ages	14,079	100

Notes:

1. Age-group is based on age at quit date.
2. There are 6 clients whose gender is not known.

Table 2: Comparison of Key Statistics (2009/10 - 2013/14)

Key statistics	2009/10	2010/11	2011/12	2012/13	2013/14
Number setting a quit date	23,383	34,386	39,204	32,714	26,870
Number quit at 4 week follow-up (based on self-report)	12,042	17,951	20,299	18,516	15,813
% quit at 4 week follow-up (based on self-report)	51	52	52	57	59
% not quit at 4 week follow-up	32	31	31	27	26
% not known/lost to follow-up	17	17	17	17	15

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 2013/14 by age-group

All persons		Under 18	18-34	35-44	45-59	60 and over	All ages
Total number setting quit date		597	9,487	5,991	7,333	3,462	26,870
Successfully quit at 4 week follow-up (based on self-report)	Number	255	5,211	3,628	4,514	2,205	15,813
	%	43	55	61	62	64	59
Not quit at 4 week follow-up (based on self-report)	Number	239	2,513	1,467	1,860	903	6,982
	%	40	26	24	25	26	26
Not known / lost to follow-up	Number	103	1,763	896	959	354	4,075
	%	17	19	15	13	10	15

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 2013/14 by age-group

Males		Under 18	18-34	35-44	45-59	60 and over	All ages
Total number setting quit date		283	4,331	2,883	3,586	1,702	12,785
Successfully quit at 4 week follow-up (based on self-report)	Number	112	2,398	1,791	2,269	1,132	7,702
	%	40	55	62	63	67	60
Not quit at 4 week follow-up (based on self-report)	Number	121	1,109	651	875	402	3,158
	%	43	26	23	24	24	25
Not known / lost to follow-up	Number	50	824	441	442	168	1,925
	%	18	19	15	12	10	15

Table 3c: Outcome at 4 weeks of females setting a quit date during 2013/14 by age-group

Females		Under 18	18-34	35-44	45-59	60 and over	All ages
Total number setting quit date		314	5,153	3,107	3,746	1,759	14,079
Successfully quit at 4 week follow-up (based on self-report)	Number	143	2,812	1,837	2,244	1,073	8,109
	%	46	55	59	60	61	58
Not quit at 4 week follow-up (based on self-report)	Number	118	1,403	815	985	500	3,821
	%	38	27	26	26	28	27
Not known / lost to follow-up	Number	53	938	455	517	186	2,149
	%	17	18	15	14	11	15

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 2013/14 by gender

	Number of people setting a quit date	% of total	% male	% female
Total, all Health & Social Care Trusts	26,870	100	48	52
Belfast	5,357	20	49	51
Northern	6,167	23	44	56
South Eastern	3,667	14	46	54
Southern	4,641	17	51	49
Western	7,038	26	48	52

Table 5: People setting a quit date during 2013/14 by age-group

	% Under 18	% 18 – 34	% 35 – 44	% 45 - 59	% 60+	Total number
Total, all Health & Social Care Trusts	2	35	22	27	13	26,870
Belfast	2	37	22	29	10	5,357
Northern	1	37	22	27	13	6,167
South Eastern	4	36	22	26	12	3,667
Southern	2	33	23	28	14	4,641
Western	2	34	23	26	15	7,038

Notes:

1. Age-group is based on age at quit date.

Table 6a: Comparison of age-group percentages of people setting a quit date (2009/10 - 2013/14)

Age-group	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)
Under 18	2	2	2	2	2
18 – 34	33	37	39	39	35
35 – 44	25	24	23	23	22
45 – 59	26	25	25	25	27
60 and over	14	11	11	11	13
Age unknown	0	0.2	0.1	<0.1	0
All ages	23,383	34,386	39,204	32,714	26,870

Notes:

1. Age-group is based on age at quit date.
2. There are 6 clients 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 (2009/10 - 2013/14)

Age-group	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)
Under 18	3	3	3	2	2
18 – 34	34	37	38	37	34
35 – 44	24	24	24	24	23
45 – 59	25	25	24	25	28
60 and over	14	11	11	11	13
Age unknown	1	0.2	0.1	0	0
All ages	11,058	16,345	18,415	15,511	12,785

Notes:

1. Age-group is based on age at quit date.
2. There are 6 clients 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 (2009/10 - 2013/14)

Age-group	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)
Under 18	2	2	2	2	2
18 – 34	36	37	39	40	37
35 – 44	23	24	23	22	22
45 – 59	26	25	26	25	27
60 and over	13	11	10	10	12
Age unknown	1	0.2	0.1	0	0
All ages	12,306	18,009	20,780	17,198	14,079

Notes:

1. Age-group is based on age at quit date.
2. There are 6 clients 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 2013/14

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	20,256	75	69
Champix	1,370	5	78
Zyban	22	0.1	82

Note:

1. A person can use more than one of the above interventions during the 4 week period. In 2013/14, there were 10 persons who did so.

Table 8: Outcome at 4 weeks of people setting a quit date (based on self-report) 2013/14

	Number of people setting a quit date	Smoking prevalence 2013/14 ²	% who had successfully quit ³	% who had not quit	% not known/lost to follow-up
Total, all Health & Social Care Trusts	26,870	22	59	26	15
Belfast	5,357	25	58	23	19
Northern	6,167	21	53	30	16
South Eastern	3,667	20	59	26	15
Southern	4,641	20	64	28	8
Western	7,038	25	61	23	16

Note:

1. Based on Northern Ireland Statistics and Research Agency mid-year population estimates 2014.
2. Source: Health Survey Northern Ireland 2013/14.
3. 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 2013/14

	Community clinic	GP practice	Hospital	Pharmacist	Other	Total
NI total						
Number setting a quit date	871	2,971	3,702	18,181	1,145	26,870
% quit at 4 week follow-up	69	49	67	58	64	59
Belfast						
Number setting a quit date	7	691	445	3,646	568	5,357
% quit at 4 week follow-up	71	53	53	59	65	58
Northern						
Number setting a quit date	108	1,161	612	4,233	53	6,167
% quit at 4 week follow-up	48	44	50	57	66	53
South Eastern						
Number setting a quit date	0	400	243	2,551	473	3,667
% quit at 4 week follow-up	0	54	72	57	63	59
Southern						
Number setting a quit date	756	323	420	3,091	51	4,641
% quit at 4 week follow-up	72	50	75	61	63	64
Western						
Number setting a quit date	0	396	1,982	4,660	0	7,038
% quit at 4 week follow-up	0	48	73	57	0	61

Notes:

1. Certain Provider Types may offer the smoking cessation service but have not attended any clients during the 2013/14 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 (2009/10 – 2013/14)

Year	Community clinic	GP practice	Hospital	Pharmacist	Other	Total
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
2013/14	69	49	67	58	64	59

Table 11: Outcome at 4 weeks of children and young people (aged 11-17) setting a quit date during 2013/14 by gender

		Males	Females	Total
Total number setting a quit date		278	311	589
Successfully quit at 4 week follow-up (based on self-report)	Number	108	142	250
	%	39	46	42
Not quit at 4 week follow-up (based on self-report)	Number	121	118	239
	%	44	38	41
Not known / lost to follow-up	Number	49	51	100
	%	18	16	17

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 2013/14 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		166	148	85	71	37	82	589
Successfully quit at 4 week follow-up (based on self-report)	Number	71	54	37	29	20	39	250
	%	43	36	44	41	54	48	42
Not quit at 4 week follow-up (based on self-report)	Number	64	74	31	28	9	33	239
	%	39	50	36	39	24	40	41
Not known / lost to follow-up	Number	31	20	17	14	8	10	100
	%	19	14	20	20	22	12	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.

Table 13: Number of children and young people (aged 11-17) setting a quit date by quintiles of Super Output Areas ranked by deprivation (2009/10 – 2013/14)

Year	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
2009/10	159	116	68	76	35	115	569
2010/11	217	164	106	100	66	202	855
2011/12	259	190	130	113	55	174	921
2012/13	215	116	98	85	55	144	713
2013/14	166	148	85	71	37	82	589

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 2013/14 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		7,099	5,856	4,483	3,528	2,016	3,291	26,273
Successfully quit at 4 week follow-up (based on self-report)	Number	4,085	3,450	2,622	2,198	1,193	2,010	15,558
	%	58	59	58	62	59	61	59
Not quit at 4 week follow-up (based on self-report)	Number	1,816	1,598	1,259	831	451	788	6,743
	%	26	27	28	24	22	24	26
Not known / lost to follow-up	Number	1,198	808	602	499	372	493	3,972
	%	17	14	13	14	18	15	15

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.

Table 15: Number of people (aged 18 and over) setting a quit date by quintiles of Super Output Areas ranked by deprivation (2009/10 – 2013/14)

Year	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
2009/10	5,328	4,254	3,397	2,785	1,719	5,193	22,676
2010/11	8,341	6,406	5,073	4,415	2,835	6,392	33,462
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
2013/14	7,099	5,856	4,483	3,528	2,016	3,291	26,273

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 2013/14 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		453	344	292	192	93	183	1,557
Successfully quit at 4 week follow-up (based on self-report)	Number	252	213	173	118	52	124	932
	%	56	62	59	61	56	68	60
Not quit at 4 week follow-up (based on self-report)	Number	127	97	82	55	24	38	423
	%	28	28	28	29	26	21	27
Not known / lost to follow-up	Number	74	34	37	19	17	21	202
	%	16	10	13	10	18	11	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 (2009/10 – 2013/14)

	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
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
2013/14	453	344	292	192	93	183	1,557

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 2013/14

	Number	%
Friends/family	9,169	34
Pharmacist	5,969	22
GP	4,264	16
Nurse	3,913	15
Leaflets/posters	1,318	5
Television	259	1
Community worker	159	0.6
Dentist	48	0.2
Newspaper/newsletter	42	0.2
Radio	42	0.2
Smokers helpline	26	0.1
Other	1,363	5
Unknown	298	1

Table 19: Average cigarettes smoked per weekday prior to quitting smoking 2013/14

Average number of cigarettes smoked	Number of persons	%
Under 10	3,380	13
10 to 14	3,788	14
15 to 19	7,104	26
20 to 29	8,830	33
30 to 39	2,248	8
40 or more	1,483	6
Unknown	37	0.1

Table 20: Average cigarettes smoked per weekend day prior to quitting smoking 2013/14

Average number of cigarettes smoked	Number of persons	%
Under 10	2,696	10
10 to 14	2,951	11
15 to 19	6,309	23
20 to 29	9,268	34
30 to 39	3,481	13
40 or more	2,110	8
Unknown	55	0.2

Table 21: Whether client had previously participated in programme 2013/14

	Number	%
Yes	8,904	33
No	17,117	64
Unknown	849	3

Table 22: Previous methods attempted 2013/14

	% of those setting a quit date
Nicotine Replacement Therapy (NRT)	54
Cold turkey	20
Champix	5
Reduction	5
Hypnosis	2
Zyban	1
Acupuncture	0.3
Counselling	0.3
Other	28

Table 23: Type of session client attended 2013/14

	Number	%
One-to-one	21,681	81
Group	832	3
Both	39	0.1
Unknown	4,075	15

Table 24: Employment Status of people setting a quit date during 2013/14

	Number	%
Employed	13,556	50
Unemployed	6,998	26
Retired	2,469	9
Full-time student	1,051	4
Homemaker	1,034	4
Self-employment	670	2
Economically inactive	389	1
Training	88	0.3
Unknown	615	2

Table 25: Follow-up at 52 weeks (Review of 2012/13 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 2012/13	% of clients who reported not smoking of those who had quit at 4 weeks in 2012/13
Northern Ireland	12,038	65	6,857	21	37
Belfast	2,151	53	1,227	17	31
Northern	2,588	63	1,366	18	33
South Eastern	1,617	61	957	20	36
Southern	2,647	83	1,536	28	48
Western	3,035	67	1,771	24	39

Annex C: Bibliography

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