



Statistics on Smoking Cessation Services in Northern Ireland: 2014/15



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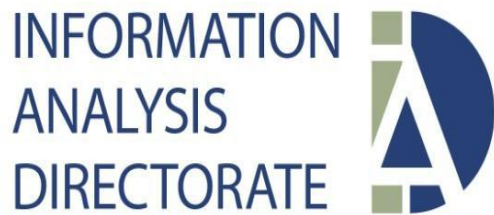
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In support of the public health survey function, PHIRB is involved in the commissioning, managing and publishing of results from departmental funded surveys, such as the Health Survey Northern Ireland, All Ireland Drug Prevalence Survey, Young Persons Behaviour & Attitudes Survey, and the Adult Drinking Patterns Survey.

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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 2014 to 31st March 2015.

This report also provides an analysis of data collected in 2014/15 in respect of clients who set a quit date during 2013/14 (52 week follow-up). Information contained within this report was downloaded from a web based recording system. Figures here are correct as of 1st September 2015.

Summary

Within Northern Ireland during 2014/15:

- A total of 21,779 people set a quit date through the smoking cessation services. This is a decrease of 5,091 (19%) 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 14% were aged 60 and over.
- Nicotine Replacement Therapy (NRT) was the most popular therapeutic intervention, with 74% of those who set a quit date having used this therapy.
- At the 4-week follow-up 12,742 reported that they had successfully quit, 59% of those setting a quit date.
- The 4-week success rate was 60% for males and 57% for females. Success at 4 weeks increased with age, from 47% for those aged 11 to 17, to 62% for those aged 60 and over.
- At the 4-week follow-up, 26% reported that they had not successfully quit. Of these, 58% had reduced their smoking intake and 37% indicated that they intend to rejoin the smoking cessation programme.
- Of the 383 young people (aged 11 to 17) who set a quit date, 47% reported to have successfully quit at the 4-week follow-up, 38% indicated that they were still smoking, and 15% were not able to be contacted for the follow-up.
- Of the 6,614 adults (aged 18 and above) in the 20% most deprived areas, 56% reported they had successfully quit at the 4-week follow-up.
- Of the 1,428 women who were recorded as being pregnant, 57% reported to have successfully quit at the 4-week follow-up, 28% had not quit, and 15% 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 its 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

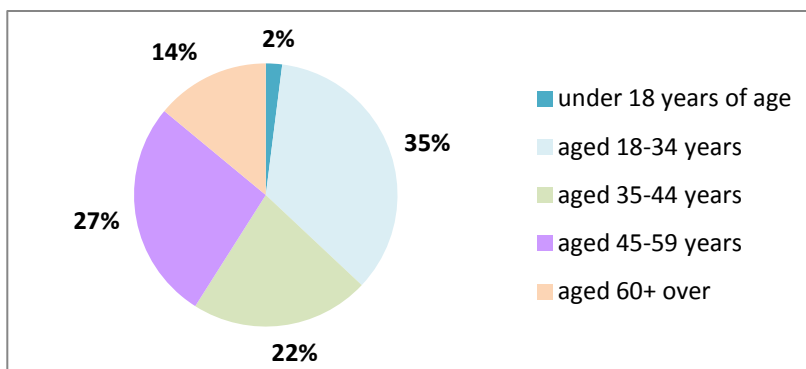
Smoking cessation services provide help to people to quit smoking. They include the provision of **brief opportunistic advice** by a range of health professionals and **specialist services** in appropriate settings. Only the latter are monitored centrally. Both services are defined in **Annex A**.

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 21,779 people set a quit date through smoking cessation services during the period 1st April 2014 to 31st March 2015 (Table 1). This was an 19% decrease on the number setting a quit date in 2013/14 (26,870) and a decrease of 44% on the highest annual number recorded on the smoking cessation system as having set a quit date in 2011/12 (39,204) (Table 2).

Figure 1: Age breakdown of clients using Smoking Cessation 2014/15

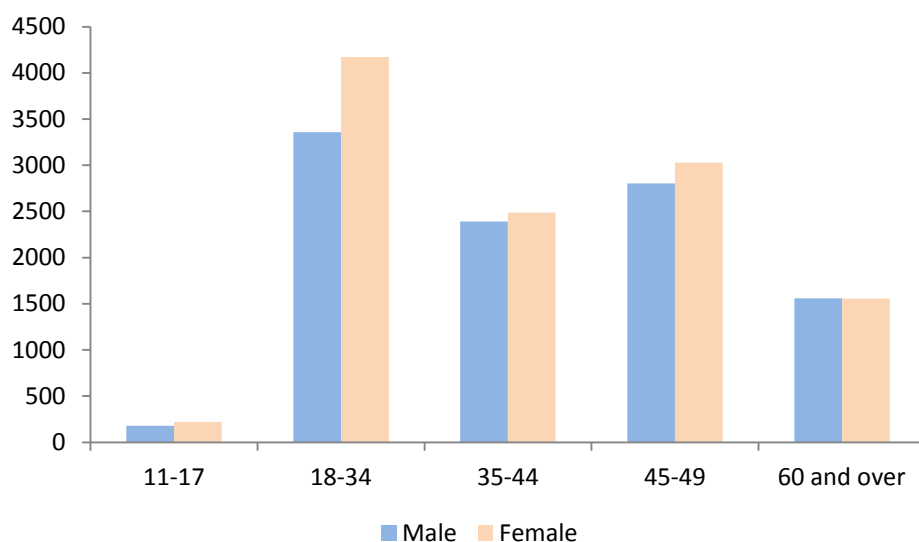


The gender profile of clients (male 47% and female 53%) was broadly similar to those seen in recent years.

Prior to joining the smoking cessation programme, around a third of clients (32%) smoked 20 to 29 cigarettes per day and almost a quarter (24%) 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 (13%) than during the week (8%).

The largest number of clients who set a quit date occurred among those aged 18 to 34 years (Figure 2). While the age profile of clients has generally remained broadly similar since 2010/11; the proportion of clients aged under 35 years did decrease from 41% in 2012/13 to 37% in 2014/15 (Figure 1). The age profile of male and female clients also remained similar (Table 1).

Figure 2: Numbers setting a quit date by age and gender (2014/15)



4. Therapeutic Interventions

Nearly four-fifths of clients (79%) who had set a quit date used therapeutic interventions in their attempt to quit smoking. The main intervention used was Nicotine Replacement Therapy (NRT) which was used by 74% of all clients. Smaller proportions of clients used Champix (5%) and Zyban (0.1%).

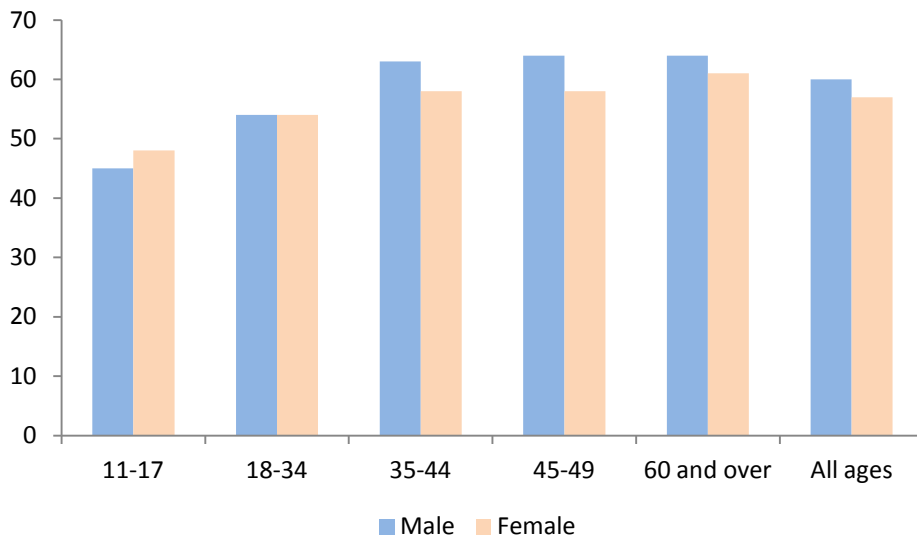
5. Follow-up at 4 weeks

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 2014/15, the same proportion as in 2013/14.

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). A total of 12,742 clients reported that they had quit successfully at the 4 week period in 2014/15, which represented 59%, the same proportion as in 2013/14 (Tables 2, 3a-c).

Figure 3: Percentage who had successfully quit at 4-week follow-up (self-report) by age and gender (2014/15)



Success in quitting at 4 weeks increased with age. Almost half of clients (47%) aged 11 to 17 years of age had stopped smoking compared with over three-fifths (62%) of those aged 60 and over (Table 3a).

After 4 weeks, 60% of males and 57% of females reported not smoking (Tables 3b-c; Figure 3). Male success was higher than for females across all age groups with the exception of 11-17 year olds.

Unsuccessful

At the 4-week follow-up stage, just over a quarter (26%) of clients reported that they had not successfully quit. This was the same proportion as in 2013/14.

Of those clients who had not quit at 4 weeks, almost three-fifths (58%) had reduced the number of cigarettes smoked and 37% indicated that they intend to rejoin the smoking cessation programme.

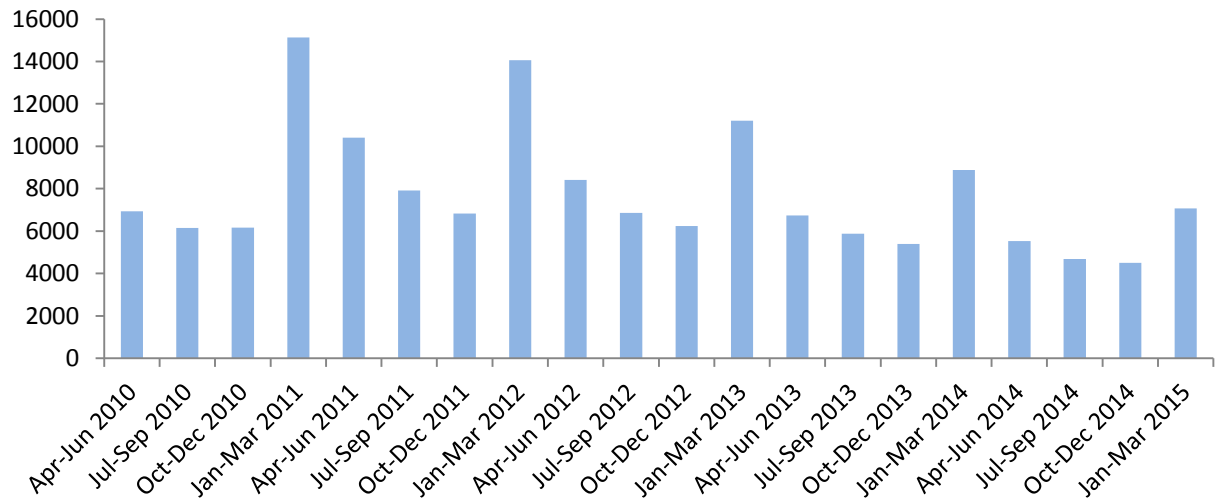
6. Quarterly Comparisons

Between April to June 2010 and January to March 2015, 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 2015 was the lowest for this particular quarter for the five year period, with a reduction of 53% from 2011/12.

The proportion of all clients setting a quit date in January to March also decreased annually from 44% in January to March 2011 to 32% in January to March 2015.

Figure 4: Numbers setting a quit date by quarter Apr-Jun 2010 to Jan-Mar 2015

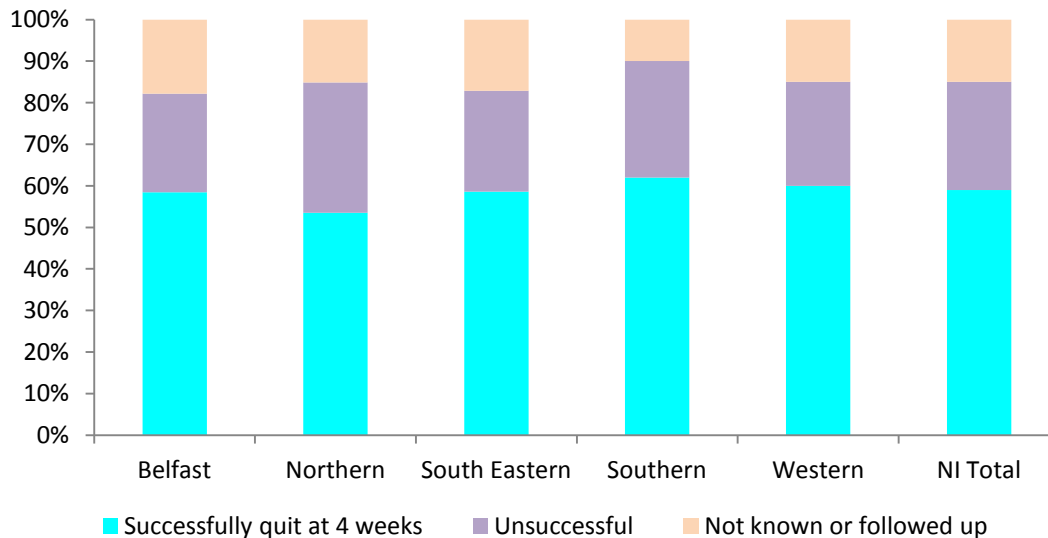


7. Health and Social Care Trust Comparisons

The data permits a breakdown by the five Health & Social Care Trusts (Belfast, Northern, South Eastern, Southern, and Western) (Table 8; Figure 5).

The Western Trust reported the largest number of people setting a quit date with 5,143 (24% of the total) whereas the lowest was found in the South-Eastern Trust (14%).

Figure 5: Smoking status at 4 week follow-up (self-report) by Health & Social Care Trust 2014/15



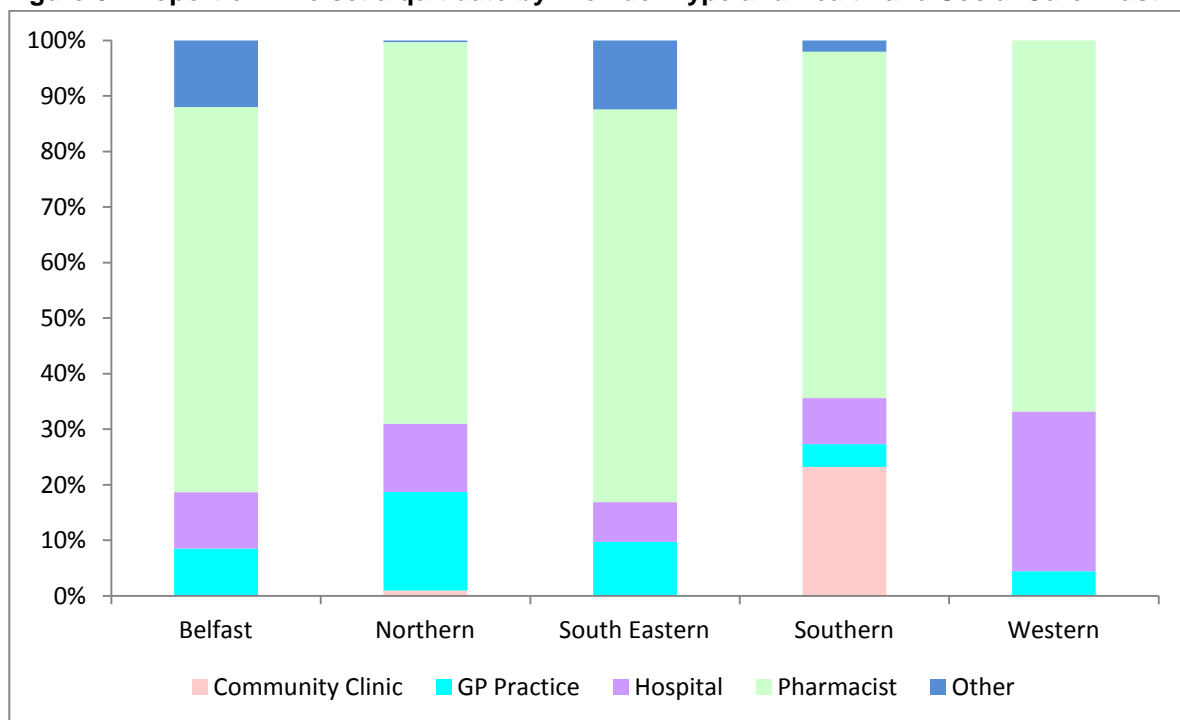
The number of clients that reported that they had successfully quit at 4 weeks varied from 53% in the Northern Trust to 62% in the Southern Trust. It should be noted that the higher success rates at 4 weeks achieved in the Southern Trust could be attributed to some degree by the noticeably better follow up rate obtained in this Trust. Only 10% of respondents' smoking status was not known or lost to follow-up in the Southern Trust in the 4 week period compared with 18% in the Belfast Trust.

8. Provider Type

Two-thirds of all clients (67%) that set a quit date used smoking cessation services provided by pharmacists (14,671 clients in total). Around three-fifths of these clients (58%) had successfully quit at 4 weeks. A higher proportion of clients that had quit successfully at the four week follow-up was found for community clinics (65%) and other provider types (67%). However, these providers only dealt with a small proportion of clients (both 5%). Over three-fifths of clients (62%) who used services provided by hospitals had successfully quit at 4 weeks. Those clients using GP practices (50%) were least likely to have quit at 4 weeks (Table 9).

There were differences across Trusts in the range of providers that were used by clients to access smoking cessation services although consistently approximately two-thirds of clients used pharmacies (Figure 6). For instance, there was a higher proportion of clients that used community clinics in the Southern Trust (23%), than in any other Trust area. The proportion of clients using hospital services in the Western Trust (29%) was over twice the Northern Ireland average (14%) and four times the South-Eastern Trust (7%).

Figure 6: Proportion who set a quit date by Provider Type and Health and Social Care Trust 2014/15



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, almost four-fifths (78%) of those in the Southern Trust quit successfully after 4 weeks compared with 49% in the Northern Trust. The proportion of clients who had quit at 4 weeks using GP services varied from 42% in the Western Trust to 52% in the Northern Trust.

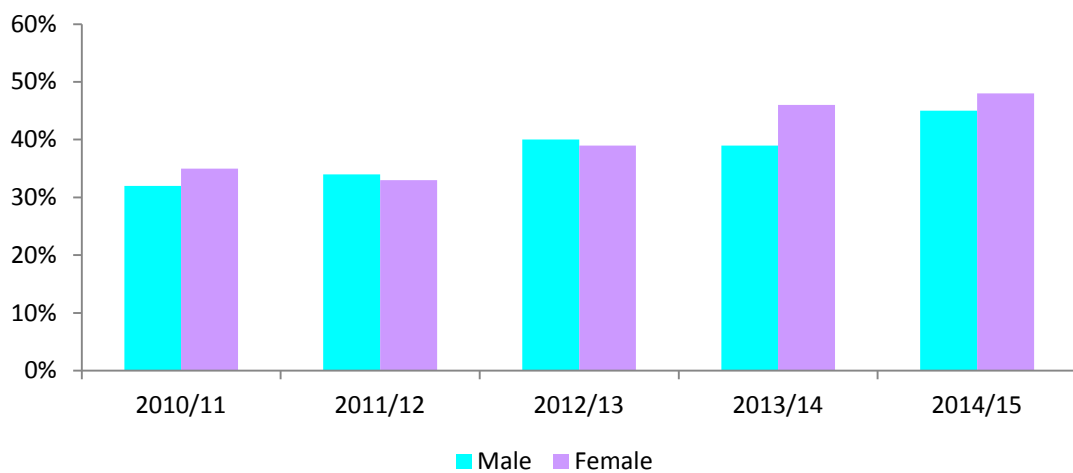
9. Priority Groups

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)

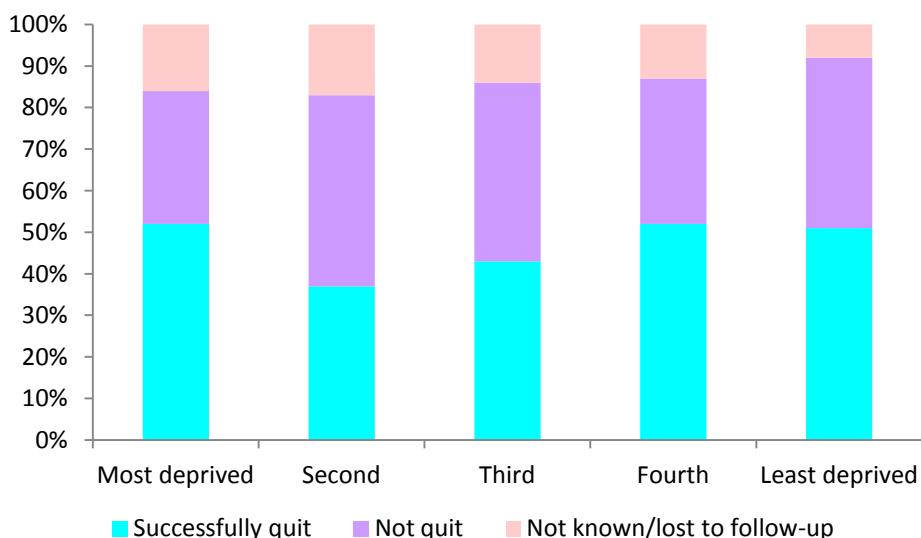
In aggregate, 383 clients aged between 11 and 17 set a quit date during 2014/15. Almost half of these clients (47%) self-reported that they had successfully quit at 4 weeks. This was an increase on the previous year (40%) and from 2010/11 (33%) (Figure 7). Despite success rates for smoking cessation services having increased over the five year period, they remain below the 59% quit rate achieved by clients aged 18 and over.

Figure 7: Proportion of males and females aged 11 to 17 who quit smoking 2010/11 to 2014/15



The quit rates for males and females were 45% and 48% respectively (Table 11). This was a notable improvement on the rates for males (39%) and females (46%) in 2013/14. Clients living in the most deprived quintile had joint highest quit rate (51%) along with those living in the fourth and least deprived quintiles (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 2014/15



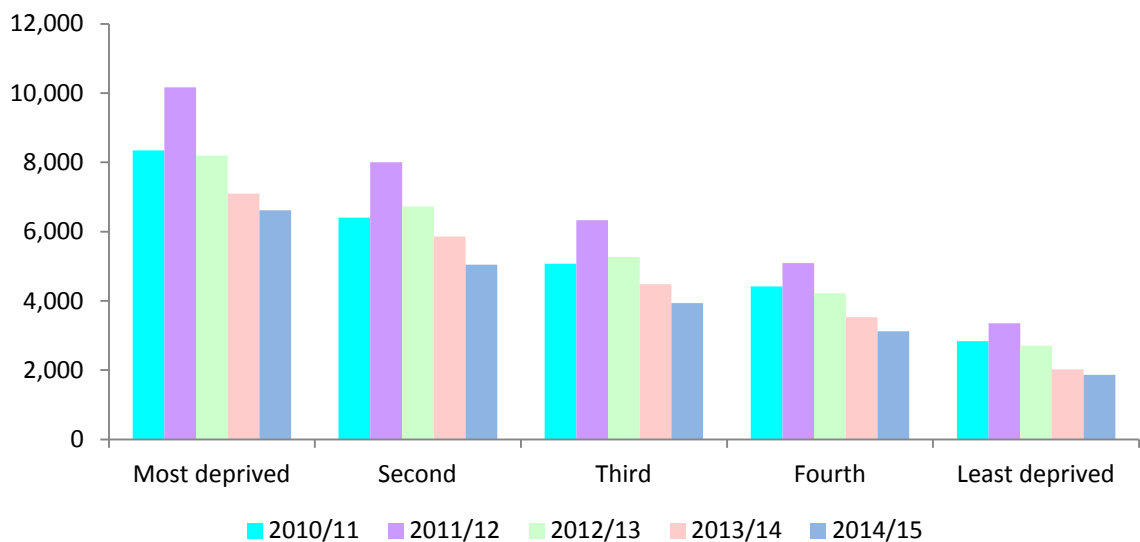
A smaller number of clients aged 11 to 17 set a quit date in 2013/14 than in previous years, falling by a third (35%) between 2013/14 and 2014/15 (Table 13).

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

Almost a third of clients (31%) who accessed smoking cessation services during 2014/15 lived in the most deprived quintile, while 9% lived in the least deprived quintile (Table 14). Quit rates in most deprived quintile were lower (56%) than in the remaining quintiles (varying between 59-62%).

The number of clients aged 18 and over that lived in the most deprived quintile decreased by more than a third from 10,165 in 2011/12 to 6,614 in 2014/15 (Table 15; Figure 9).

Figure 9: Number of people aged 18 and over who set a quit date by deprivation quintile of Super Output Areas 2010/11 to 2014/15

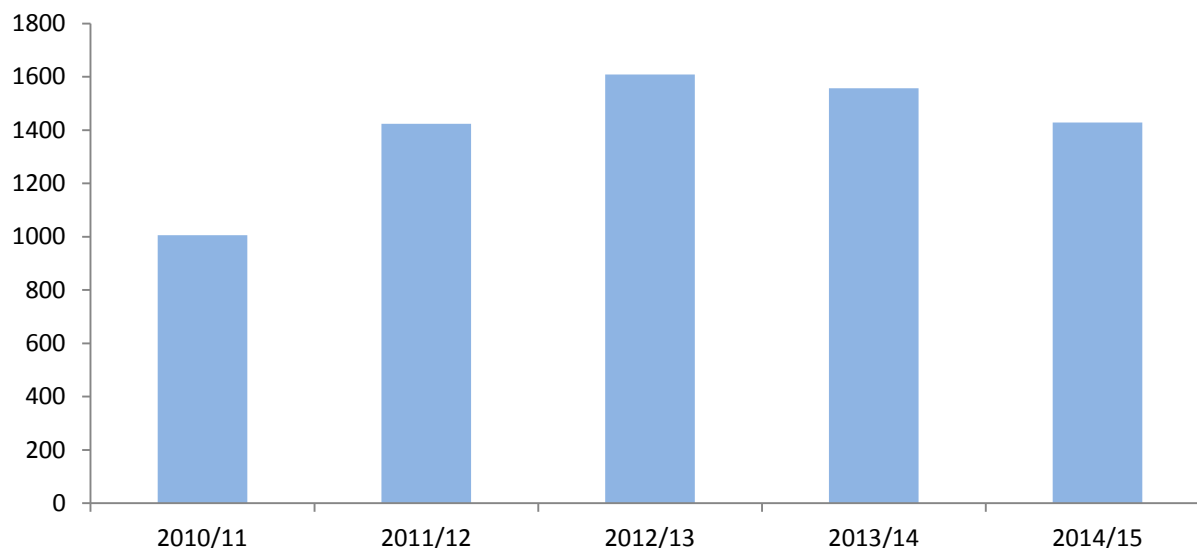


➤ **Pregnant women who smoke**

In 2014/15, 1,428 pregnant women set quit dates through smoking cessation services (Table 16). While this was lower than the number setting a quit date in the previous year (1,557) it was still an increase on the number that set a quit date in 2010/11 (1,005) (Table 17; Figure 10).

At the 4 week follow-up, 814 pregnant women (57%) self-reported not smoking. This was lower than the quit rate for all clients (59%), the first year since 2010/11. Those living in the most deprived quintile were less likely to have quit (50%) compared with those living in the least deprived quintile who were most likely to have stopped smoking (63%).

Figure 10: Number of pregnant women setting a quit date 2010/11 to 2014/15



10. Other background information

Almost a third of clients (30%) heard about smoking cessation from family or friends, while a further 24% heard about it from a pharmacist, 16% from GPs and 16% from nurses (Table 18).

Around two-thirds of those setting a quit date (62%) had not done so previously (Table 21). Over half of those setting a quit date (55%) had previously used Nicotine Replacement Therapy (NRT) while one-fifth had tried to quit 'cold turkey' (20%) (Table 22).

Over four-fifths (82%) attended one-to-one sessions to help them stop smoking (Table 23).

During 2014/15, just 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 2014 to March 2015' provides the latest results from the monitoring of services in England. It reported that of the 450,582 people who had set a quit date through smoking cessation services, 51% (229,688) at the 4 week follow-up reported that they had successfully quit (lower than the Northern Ireland quit rate).

12. Follow-up at 52 weeks (Review of 2013/14 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 11,068 clients were followed up at the 52 week stage, which represented 70% of those who had quit at the 4 week follow-up in 2013/14 (15,813). Of these, 6,605 reported still not smoking (based on self-report) which represented 25% of the total number that had set a quit date (26,870) and 42% of those who had quit at 4 weeks in 2012/13.

There were slight differences with regards to follow-up rates (the proportion of clients that could be contacted at 52 weeks) within Trusts. These ranged from 66% of those that had quit at 4 weeks in the Southern Trust to 62% in the Belfast Trust. The Southern Trust also had the highest proportion of clients

(30%) who had set a quit date the previous year and the highest proportion of those who quit at 4 weeks in 2012/13 (47%).

(see 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 2013/14 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 2013/14 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 2014/15 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 2014/15 and therefore do not feature in the tables. The figures include providers of smoking cessation services that offered the facility at some time during 2014/15, 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 2014/15 by age-group and gender

All Persons	Number	Percentage
11 – 17	383	2
18 – 34	7,532	35
35 – 44	4,880	22
45 – 59	5,838	27
60 and over	3,132	14
unknown	14	0.1
All ages	21,779	100
Males		
11 – 17	174	2
18 – 34	3,358	33
35 – 44	2,391	23
45 – 59	2,804	27
60 and over	1,577	15
unknown	4	0.0
All ages	10,308	100
Females		
11 – 17	209	2
18 – 34	4,173	36
35 – 44	2,488	22
45 – 59	3,030	26
60 and over	1,554	14
unknown	10	0.1
All ages	11,464	100

Notes:

1. Age-group is based on age at quit date.
2. There are 7 clients whose gender is not known.

Table 2: Comparison of Key Statistics (2010/11 - 2014/15)

Key statistics	2010/11	2011/12	2012/13	2013/14	2014/15
Number setting a quit date	34,386	39,204	32,714	26,870	21,779
Number quit at 4 week follow-up (based on self-report)	17,951	20,299	18,516	15,813	12,742
% quit at 4 week follow-up (based on self-report)	52	52	57	59	59
% not quit at 4 week follow-up	31	31	27	26	26
% not known/lost to follow-up	17	17	17	15	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 2014/15 by age-group

All persons		11-17	18-34	35-44	45-59	60 and over	All ages
Total number setting quit date		383	7,532	4,880	5,838	3,132	21,779
Successfully quit at 4 week follow-up (based on self-report)	Number	180	4,083	2,941	3,577	1,956	12,742
	%	47	54	60	61	62	59
Not quit at 4 week follow-up (based on self-report)	Number	144	2,077	1,205	1,509	830	5,770
	%	38	28	25	26	27	26
Not known / lost to follow-up	Number	59	1,372	734	752	346	3,267
	%	15	18	15	13	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 14 clients whose age is not known.

Table 3b: Outcome at 4 weeks of males setting a quit date during 2014/15 by age-group

Males		11-17	18-34	35-44	45-59	60 and over	All ages
Total number setting quit date		174	3,358	2,391	2,804	1,577	10,308
Successfully quit at 4 week follow-up (based on self-report)	Number	79	1,824	1,510	1,804	1,005	6,223
	%	45	54	63	64	64	60
Not quit at 4 week follow-up (based on self-report)	Number	70	888	531	669	404	2,564
	%	40	26	22	24	26	25
Not known / lost to follow-up	Number	25	646	350	331	168	1,521
	%	14	19	15	12	11	15

Table 3c: Outcome at 4 weeks of females setting a quit date during 2014/15 by age-group

Females		11-17	18-34	35-44	45-59	60 and over	All ages
Total number setting quit date		209	4,173	2,488	3,030	1,554	11,464
Successfully quit at 4 week follow-up (based on self-report)	Number	101	2,259	1,431	1,771	950	6,516
	%	48	54	58	58	61	57
Not quit at 4 week follow-up (based on self-report)	Number	74	1,189	673	840	950	6,516
	%	35	28	27	28	27	28
Not known / lost to follow-up	Number	34	725	384	419	178	1,743
	%	17	17	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 7 clients whose gender is not known.
3. There are 14 clients whose age is not known.

Table 4: People setting a quit date during 2014/15 by gender

	Number of people setting a quit date	% of total	% male	% female
Total, all Health & Social Care Trusts	21,779	100	47	53
Belfast	4,798	22	46	54
Northern	4,481	21	44	56
South Eastern	2,951	14	47	53
Southern	4,406	20	51	49
Western	5,143	24	48	51

Table 5: People setting a quit date during 2014/15 by age-group

	% 11 – 17	% 18 – 34	% 35 – 44	% 45 - 59	% 60+	Total number
Total, all Health & Social Care Trusts	2	35	22	27	14	21,779
Belfast	3	36	23	27	11	4,798
Northern	1	36	21	28	14	4,481
South Eastern	3	34	23	26	12	2,951
Southern	1	35	23	27	15	4,406
Western	1	32	22	26	19	5,143

Notes:

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

Table 6a: Comparison of age-group percentages of people setting a quit date (2010/11 - 2014/15)

Age-group	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)	2014/15
11 – 17	2	2	2	2	2
18 – 34	37	39	39	35	35
35 – 44	24	23	23	22	22
45 – 59	25	25	25	27	27
60 and over	11	11	11	13	14
Age unknown	0.2	0.1	<0.1	0	0.1
All ages	34,386	39,204	32,714	26,870	21,779

Notes:

1. Age-group is based on age at quit date.
2. There are 66 clients in 2010/11, 35 in 2011/12, 14 in 2012/13 and 14 in 2014/15 whose age is not known.

Table 6b: Comparison of age-group percentages of males setting a quit date (2010/11 - 2014/15)

Age-group	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)	2014/15
11 – 17	3	3	2	2	2
18 – 34	37	38	37	34	33
35 – 44	24	24	24	23	23
45 – 59	25	24	25	28	27
60 and over	11	11	11	13	15
Age unknown	0.2	0.1	0	0	0
All ages	16,345	18,415	15,511	12,785	10,308

Notes:

1. Age-group is based on age at quit date.
2. There are 66 clients in 2010/11, 35 in 2011/12, 14 in 2012/13 and 14 in 2014/15 whose age is not known.

Table 6c: Comparison of age-group percentages of females setting a quit date (2010/11 - 2014/15)

Age-group	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)	2014/15 (%)
11 – 17	2	2	2	2	2
18 – 34	37	39	40	37	37
35 – 44	24	23	22	22	22
45 – 59	25	26	25	27	26
60 and over	11	10	10	12	14
Age unknown	0.2	0.1	0	0	0.1
All ages	18,009	20,780	17,198	14,079	11,464

Notes:

1. Age-group is based on age at quit date.
2. There are 66 clients in 2010/11, 35 in 2011/12, 14 in 2012/13 and 14 in 2014/15 whose age is not known.

Table 7: Use of Therapeutic Interventions 2014/15

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	16,159	74	69
Champix	1,183	5	82
Zyban	28	0.1	77

Note:

1. A person can use more than one of the above interventions during the 4 week period. In 2014/15, there were 70 persons who did so.

Table 8: Outcome at 4 weeks of people setting a quit date (based on self-report) 2014/15

	Number of people setting a quit date	Smoking prevalence 2013/14 ¹	% who had successfully quit ³	% who had not quit	% not known/lost to follow-up
Total, all Health & Social Care Trusts	21,779	22	59	26	15
Belfast	4,798	25	59	24	18
Northern	4,481	21	53	31	15
South Eastern	2,951	20	58	24	17
Southern	4,406	20	62	28	10
Western	5,143	25	60	25	15

Note:

1. Source: Health Survey Northern Ireland 2013/14.
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 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 2014/15

	Community clinic	GP practice	Hospital	Pharmacist	Other	Total
NI total						
Number setting a quit date	1,068	1,900	3,091	14,671	1,049	21,779
% quit at 4 week follow-up	65	50	62	58	67	59
Belfast						
Number setting a quit date	0	410	485	3,326	577	4,798
% quit at 4 week follow-up	0	51	51	59	67	59
Northern						
Number setting a quit date	45	794	551	3,076	15	4,481
% quit at 4 week follow-up	42	52	49	55	60	53
South Eastern						
Number setting a quit date	0	287	211	2,086	367	2,951
% quit at 4 week follow-up	0	51	71	57	67	58
Southern						
Number setting a quit date	1,023	180	366	2,747	90	4,406
% quit at 4 week follow-up	66	48	78	59	66	62
Western						
Number setting a quit date	0	229	1,478	3,436	0	5,143
% quit at 4 week follow-up	0	42	65	59	0	60

Notes:

1. Certain Provider Types may offer the smoking cessation service but have not attended any clients during the 2014/15 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 (2010/11 – 2014/15)

Year	Community clinic	GP practice	Hospital	Pharmacist	Other	Total
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
2014/15	65	50	62	58	67	59

Table 11: Outcome at 4 weeks of children and young people (aged 11-17) setting a quit date during 2014/15 by gender

		Males	Females	Total
Total number setting a quit date		174	209	383
Successfully quit at 4 week follow-up (based on self-report)	Number	79	101	180
	%	45	48	47
Not quit at 4 week follow-up (based on self-report)	Number	70	74	144
	%	40	35	38
Not known / lost to follow-up	Number	25	34	59
	%	14	16	15

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 2014/15 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		159	66	54	61	37	6	383
Successfully quit at 4 week follow-up (based on self-report)	Number	81	25	22	31	19	2	180
	%	51	38	41	51	51	33	47
Not quit at 4 week follow-up (based on self-report)	Number	51	30	24	21	15	3	144
	%	32	45	44	34	41	50	38
Not known / lost to follow-up	Number	27	11	8	9	3	1	59
	%	17	17	15	15	8	17	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 13: Number of children and young people (aged 11-17) setting a quit date by quintiles of Super Output Areas ranked by deprivation (2010/11 – 2014/15)

Year	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
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
2014/15	159	66	54	61	37	6	383

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 2014/15 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		6,614	5,041	3,935	3,119	1,860	813	21,382
Successfully quit at 4 week follow-up (based on self-report)	Number	3,715	2,953	2,346	1,928	1,144	471	12,557
	%	56	59	60	62	62	58	59
Not quit at 4 week follow-up (based on self-report)	Number	1,786	1,388	1,060	760	414	213	5,621
	%	27	28	27	24	22	26	26
Not known / lost to follow-up	Number	1,113	700	529	431	302	129	3,204
	%	17	14	13	14	16	16	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 (2010/11 – 2014/15)

Year	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
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
2014/15	6,614	5,041	3,935	3,119	1,860	813	21,382

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 2014/15 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		545	345	217	178	104	39	1,428
Successfully quit at 4 week follow-up (based on self-report)	Number	274	207	134	110	65	24	814
	%	50	60	62	62	63	62	57
Not quit at 4 week follow-up (based on self-report)	Number	166	87	57	52	25	12	399
	%	30	25	26	29	24	31	28
Not known / lost to follow-up	Number	105	51	26	16	14	3	215
	%	19	15	12	9	13	8	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 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 (2010/11 – 2014/15)

	Quintile						Total
	Most deprived	Second	Third	Fourth	Least deprived	Not known	
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
2014/15	545	345	217	178	104	39	1,428

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 2014/15

	Number	%
Friends/family	6,511	30
Pharmacist	5,268	24
GP	3,555	16
Nurse	3,424	16
Leaflets/posters	1,196	5
Television	184	0.8
Community worker	122	0.6
Dentist	57	0.3
Newspaper/newsletter	32	0.1
Radio	19	0.1
Smokers helpline	18	0.1
Other	1,141	5
Unknown	252	1

Table 19: Average cigarettes smoked per weekday prior to quitting smoking 2014/15

Average number of cigarettes smoked	Number of persons	%
Under 10	3,394	16
10 to 14	3,153	14
15 to 19	5,231	24
20 to 29	7,057	32
30 to 39	1,746	8
40 or more	1,167	5
Unknown	31	0.1

Table 20: Average cigarettes smoked per weekend day prior to quitting smoking 2014/15

Average number of cigarettes smoked	Number of persons	%
Under 10	2,791	13
10 to 14	2,502	11
15 to 19	4,668	21
20 to 29	7,435	34
30 to 39	2,730	13
40 or more	1,611	7
Unknown	42	0.2

Table 21: Whether client had previously participated in programme 2014/15

	Number	%
Yes	7,657	35
No	13,486	62
Unknown	636	3

Table 22: Previous methods attempted 2014/15

	% of those setting a quit date
Nicotine Replacement Therapy (NRT)	55
Cold turkey	20
Reduction	6
Champix	5
Hypnosis	1
Zyban	1
Counselling	0.3
Acupuncture	0.2
Other	25

Table 23: Type of session client attended 2014/15

	Number	%
One-to-one	17,840	82
Group	464	2
Both	22	0.1
Unknown	3,267	16

Table 24: Employment Status of people setting a quit date during 2014/15

	Number	%
Employed	11,031	51
Unemployed	5,579	26
Retired	2,215	10
Full-time student	686	3
Homemaker	875	4
Self-employment	553	3
Economically inactive	391	2
Training	52	0.2
Unknown	397	2

Table 25: Follow-up at 52 weeks (Review of 2013/14 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 2013/14	% of clients who reported not smoking of those who had quit at 4 weeks in 2013/14
Northern Ireland	11,068	70	6,605	25	42
Belfast	1,937	62	1,165	22	37
Northern	2,418	73	1,349	22	41
South Eastern	1,423	66	862	24	40
Southern	2,347	80	1,394	30	47
Western	2,943	69	1,835	26	43

Annex C: Bibliography

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