NHS Smoking Cessation Services, 2018/19

A National Statistics publication for Scotland

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About this release

This release by Information Services Division provides an annual update on statistics from NHS smoking cessation services in Scotland for the period April 2018 to March 2019, including trend data from 2009/10. It is supplemented by a dashboard and Excel workbook.

Main Points

Quit attempts in 2018/19

- In 2018/19, the number of attempts to stop smoking made with the help of NHS smoking cessation services fell for the seventh consecutive year to 51,078. This is an 8% reduction from 2017/18 and a 58% reduction from when the number of quit attempts were at their peak in 2011/12. There are a number of factors which can influence the use of NHS smoking cessation services these could include the use of electronic cigarettes and a reduction in smoking prevalence.

Success of quit attempts in 2018/19

- In 2018/19, of those making a quit attempt 39% (19,753) self-reported that they were still not smoking at four weeks. This figure fell to 24% (12,047) at twelve weeks.
- Of the 19,753 self-reported four-week quits, 12,248 (62%) were validated as not smoking through carbon monoxide testing, 396 (2%) were confirmed as smoking, while for 7,109 (36%) had no carbon monoxide reading taken or the result was unknown.
Background

In July 2005 ISD Scotland set up a national smoking cessation database to capture data on people presenting to NHS services in Scotland for help to stop smoking. The database is designed to collect the national minimum dataset for smoking cessation services. The national database is used by all 14 NHS Boards in Scotland.

From July 2014 information about service activity and outcomes from pharmacy services was recorded through the smoking cessation support tool available within the Pharmacy Care Record. This forms part of the national data that are collected by smoking cessation services for each patient undertaking a quit attempt. The smoking cessation minimum data set are electronically submitted from Pharmacy Care Record to the national smoking cessation database.

Figures are based on total quit dates set (quit attempts) during the year, rather than total number of clients with a quit attempt, so could include repeat quit attempts for the same client.

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Further Information

Find out more in the annual report and annual dashboard.

For information on the 2018/19 Local Delivery Plan (LDP) Standard statistics view the LDP Dashboard and publication summary.

Background to the national minimum dataset for smoking cessation services is available on the smoking cessation page on the ISD web site.

ISD has published an annual smoking cessation services monitoring report each year since 2007. These can be located at the reports and papers section of the ScotPHO website.

The next release of this publication will be in October 2020.

ISD and Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. Further information about our statistics.