

**The  
2004/  
2005  
Report  
of the  
Director  
of Public  
Health**

## Smoking Cessation and Prevention



*Madeline Heaney, NHSSB Tobacco Control Group Chair (front centre), with fellow members of the group*

### INTRODUCTION

This chapter looks at current tobacco control issues in relation to second hand smoke and the development of smoke-free workplaces, the work carried out by the Tobacco Control Group in 2004/05 and monitoring and data analysis on Northern Health Social Services Board (NHSSB) Smoking Cessation Services.

### ‘SECOND HAND’ SMOKE AND SMOKE-FREE WORKPLACES

Tobacco smoke contains around 60 chemicals that are known or are suspected to cause cancer.

Many of these toxic chemicals are more concentrated in sidestream smoke (from the burning tip of a cigarette) than the smoke inhaled by the smoker through the filter. Around 85% of the smoke in a room which smokers and non-smokers are exposed to, is the more toxic sidestream smoke.

The health risks of regular exposure to second hand smoke increases your risk of:

- Lung cancer by 20-30%
- Heart disease by 25-35%
- Asthma by 40-60%
- Stroke by 80%

It is the duty of the employer to protect your health. Having a smoke-free workplace protects everyone's health, including smokers.

The NHSSB has established a smoke-free work environment throughout all Board premises and facilities. The Board is also working to encourage and support partner organisations to introduce smoke-free policies. From December 2004

to March 2005, the NHSSB urged local people to have their say on the issue of smoke-free workplaces during the DHSSPS consultation, as outlined by the then Minister for Health, Angela Smith, under "A Healthier Future – A Twenty Year Strategy for Northern Ireland"<sup>1</sup>.

Public reaction to the consultation saw 71,000 responses with 91% in favour of a total smoking ban. In October 2005, the Minister for



**Figure 6.1**

**Supporting a smoke-free environment**

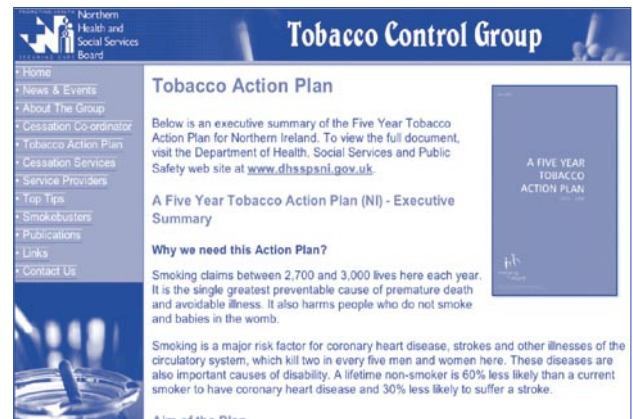
*Madeline Heaney (Health Promotion Commissioner), Elaine O'Doherty Advocate for Health and Wellbeing) and Dr John Watson (Director of Public Health, NHSSB) post their replies to the Smoke-free Consultation*

Health, Social Services and Public Safety, Mr Shaun Woodward, announced that legislation would be introduced to control smoking in all workplaces and enclosed public places. This announcement was welcomed by Dr John Watson, Director of Public Health, NHSSB.

## TOBACCO CONTROL GROUP INITIATIVES 2004/05

The Northern Tobacco Control Group (TCG) developed an Action Plan for 2004/05 (<http://www.nhssbtcg.co.uk/publications.php>). This sets out strategic objectives for the Group on a wide range of tobacco related issues. These included:

- The launch of the Northern TCG website for services providers, which coincided with No Smoking Day 2005.
- Specialist cessation training for Service Providers and Brief Intervention Awareness sessions across a wide range of services
- Development of Local Services Implementation Groups



**Figure 6.2**  
Webpage stills from the Northern TCG website

In 2004/05 the DHSSPS allocated the Northern TCG £143,000 for funding smoking cessation and prevention initiatives in the Northern Board area. The following organisations were successful in receiving funding from the Northern TCG:

- Causeway Health and Social Services Trust
- Causeway Locality Pharmacy Group
- Dalriada Sure Start

- Glebeside Community Association
- Northern Neighbourhood Health Action Zone
- Homefirst Community Trust
- Mid Ulster Implementation Group
- Mid Ulster Locality Pharmacy Group
- Mid Ulster Women’s Network
- NEELB Schools
- Newtownabbey Sure Start
- NHSSB Family Practitioner Unit
- NHSSB Pharmacy
- South East Antrim Locality Pharmacy Group
- The NI Association for Mental Health
- Ulster Cancer Foundation
- United Hospitals H&SS Trust

## **MONITORING AND DATA ANALYSIS**

The information presented in Table 6.1 relates to monitoring returns on individuals who enrolled with specialist cessation services in the Northern Board area between 1 April 2003 and 31 March 2004, and between 1 April 2004 and 31 March 2005.

## **FOUR WEEK MONITORING REVIEW**

The data collected for four-week review was taken from the new monitoring forms which are now

**Table 6.1**  
**Comparison of key statistics for individuals registered with specialist smoking cessation service providers**

Key Statistics	1 April 2003 – 31 March 2004	1 April 2004 – 31 March 2005
Number enrolled	1,625	2,001
Number setting a quit date	1,598	2,001
Number quit at four weeks	1,214	1,205
Number followed up at 52 weeks*	395	516
Number quit at 52 weeks	145	179

\*Number relates to same group quit at four weeks in 2003/04

used regionally. A total of 2001 four-week forms (1132 females, 869 males) had been submitted by service providers up until 4 July 2005. This shows a 23% increase in enrolment when compared to 2003/2004 figures.

The majority of people setting a quit date were aged between 18 and 34 years. The highest percentage of females setting a quit date was in the 18-34 age group with males in the 45-59 age group. These figures are in keeping with those from 2002/03 and 2003/04 monitoring returns. Male success at four weeks was 66% and female success was 60%, with the average quit rate at four weeks being 63%.

The majority expressed medical and health concerns as their reasons for quitting. This highlights the need for specialists delivering services to promote health benefits as a motivational tool for those attempting to stop smoking. Nicotine Replacement Therapy continues to be the main choice of aid used by participants.

## **FIFTY-TWO WEEK MONITORING REVIEW**

From 1<sup>st</sup> April 2004 to 31<sup>st</sup> March 2005, 516 52-week monitoring forms were submitted. This represented 42% of those who had successfully quit at four weeks. From these returns, a total of 179 remained quit. This represents a quit rate of 15% of those who had successfully quit at four weeks, an increase of 3% over the previous year. (refer to Table 6.1)

## **CONCLUSION**

During 2004/05 the Northern Tobacco Control Group (TCG) developed and delivered on a local strategic Action Plan. This plan targeted smoke-free workplace initiatives, smoke-free Northern Ireland, and specific groups (pregnant smokers, children and young people, and disadvantaged adults).

The delivery of specialist cessation services remains one of the key objectives of the Northern TCG. However, the remit of the Northern TCG also encompasses the need to tackle all tobacco related issues in the NHSSB area and also share best practice at a regional level.

## **REFERENCE**

1. Department of Health, Social Services and Public Safety (DHSSPS). A Healthier Future – A 20 year vision for health and well-being in Northern Ireland 2005-2025. DHSSPS; December 2004.