

Joint Strategic Needs Assessment



People make healthy choices for healthy lifestyles – Smoking

Last updated September 2014

Summary

- Across all the age bands men smoke statistically significantly more than women.
- Smoking generally reduces with age.
- The estimated percentage of smokers in the 'Routine and Manual' groups has increased from 25% in 2010 to 31% in 2012 (an increase of 6 percentage points).
- Smokers recorded with a long term condition exceed those without by 48%.
- The rate of quitters per 100,000 for the Isle of Wight (2013/14) is 1,060 (better) than the England average of 688 per 100,000.
- Smoking-attributable hospital admission rates for the Isle of Wight from 2006/7 to 2010/11 have been statistically significantly lower (better) than the England average. In 2010/11 the rate of smoking-attributable hospital admissions per 100,000 for the Isle of Wight was 836 (better) than the England average of 1,420.
- Smoking prevalence for the Isle of Wight (19.7%) is in line with the England average of 19.5% for 2011/12.

Background

"Smoking is the main cause of preventable illness and premature death in England. It is the primary reason for the gap in healthy life expectancy between rich and poor" (NICE, 2013).

A wide range of diseases and conditions are caused by smoking, including cancers, respiratory diseases, coronary heart and other circulatory diseases, stomach and duodenal ulcers, erectile dysfunction, infertility, osteoporosis, cataracts, age-related macular degeneration and periodontitis. Smoking can cause complications in pregnancy and labour, including ectopic pregnancy, bleeding during pregnancy, premature detachment of the placenta and premature rupture of the membranes. The health risks for babies of mothers who smoke are substantial (NICE, 2013).

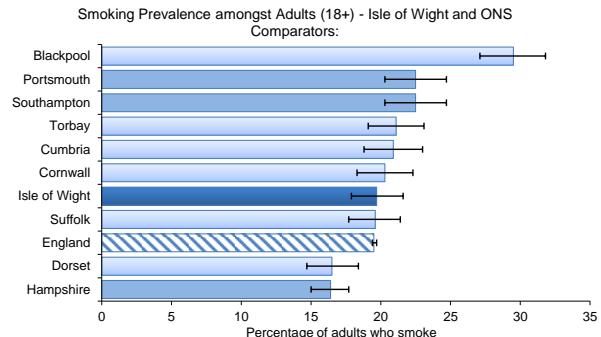
This factsheet links to the following factsheets:- cardiovascular disease, respiratory disease, disability and smoking in pregnancy.

The level of population need

On the Isle of Wight it is estimated 22,000 people aged 16 plus smoke. Of these each year on average 850 (3.8%) will be admitted to hospital and around 115 will die from a smoking-attributable condition.

Figure 1 shows the smoking prevalence for the Isle of Wight and its comparator areas for those aged 18 and over. The Isle of Wight has statistically significantly worse rates (19.7%) than Hampshire but is not statistically significantly different from the England average or most of our comparator groups.

Figure 1



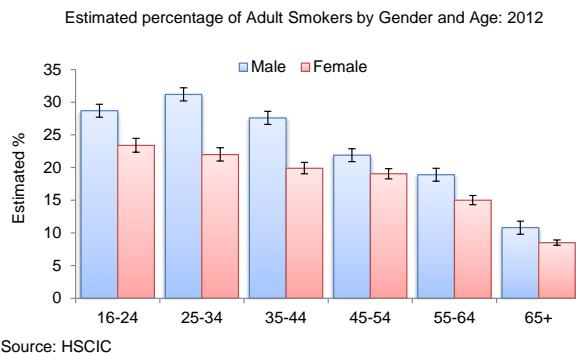
Sources: Integrated Household Survey supplied by London Health Observatory

Figure 2 shows the estimated percentage of adult smokers (those aged 16 and over) for the Isle of Wight. Across all age bands men smoke statistically significantly more than women. Smoking prevalence reduces with age, for men this reduction is statistically significant across all age bands, but for women the reduction is not significant in the 35 to 44 and 45 to 54 age bands.

People make healthy choices for healthy lifestyles – Smoking

Last updated September 2014

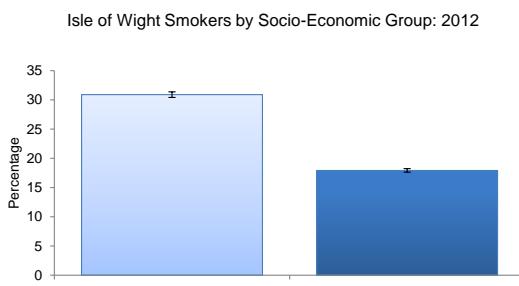
Figure 2



Smoking and Socio-Economic Group

Figure 3 shows that routine and manual workers smoke statistically significantly more (31%) than non-routine and manual groups where the percentage of those that smoke is just under 18%.

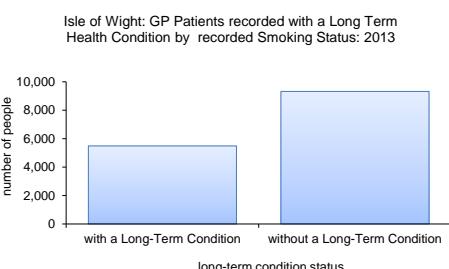
Figure 3



Smoking and Long Term Conditions

Figure 4 shows that the number of GP patients in 2013 who smoke and have a Long Term Condition (LTC) associated with smoking is 5,544 (25%) against 16,169 without a LTC. It is estimated each year that 15% (832) of those who smoke and have a LTC will be admitted to hospital with a smoking related condition and 2% (110) will die.

Figure 4



Data source: Isle of Wight NHS from GP Practice reporting

Stop Smoking Service

Smoking cessation services are time-limited interventions to support people who smoke to successfully and permanently stop smoking. The core elements of the service are the provision of

behavioural support and pharmacotherapy.

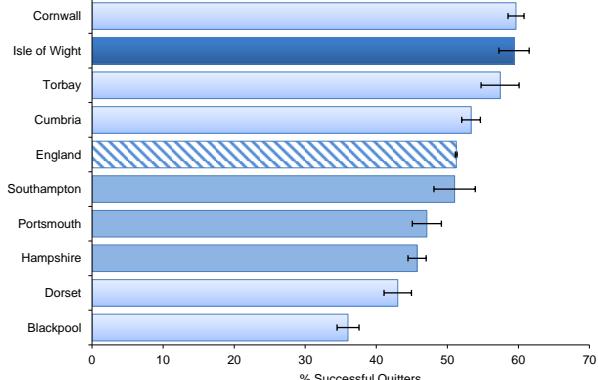
Success is assessed 12 weeks after the service user stops smoking with progress assessed after 4 weeks.

Figure 5 shows those that have set a quit date and go on to successfully quit at the 4 week follow up appointment for the Isle of Wight and its comparator groups. The Isle of Wight has a statistically significantly higher (better) success rate than the England average. It also has a better rate than that of Southampton, Portsmouth, Hampshire, and three of its comparator authorities.

Figure 5

Smoking Quitters 2013/2014 - Percentage of those setting a quit date that go on to successfully quit

isle of Wight & ONS Comparator Local Authorities: PERSONS

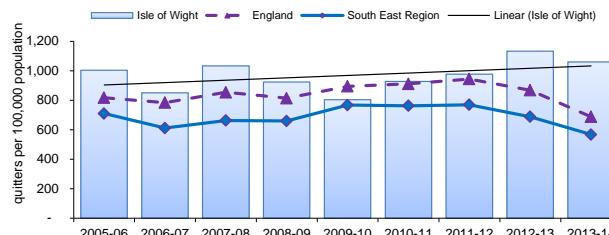


Sources: Lifestyle Statistics. NHS Information Centre

Figure 6 shows the trend for successful four week quitters from 2005/06 to 2013/14. The rate of quitters per 100,000 for the Isle of Wight has shown a consistently upward trend (better) compared to the England average which shows a downturn (worse) in the last two years.

Figure 6

4 Week Smoking Quit Rates: Rate of Quitters per 100,000 Population aged 16+



Data Source: Information Centre for Health & Social Care

Smoking and young People

The smoking prevalence for young people smoking regularly (at least one a day) aged from 12 years to 17 years on the Isle of Wight is estimated to be 7%. It is also estimated that 31% of young people have smoked at some point, 39% live in a home where one other person smokes and 19% live in a home where more than one person smokes (Schools Health Education Unit, 2013)

Electronic Cigarettes

A national survey commissioned by Action on Smoking and Health (ASH) and carried out by YouGov estimated 2.1 million adults in Great Britain currently use electronic cigarettes.

- About one third of users are ex-smokers and two-thirds are current smokers.
- The main reason given by current smokers for using the products is to reduce the amount they smoke while ex-smokers report using electronic cigarettes to help them stop smoking.
- Regular use of electronic cigarettes amongst children and young people is rare and is confined almost entirely to those who currently or have previously smoked (ASH, 2013).

When applying this data to the population of the Isle of Wight it is estimated that 5,635 people use electronic cigarettes of which 1,879 are ex-smokers and 3,756 are current smokers.

References

NICE. (2013, August). *Smoking cessation: supporting people to stop smoking*. Retrieved September 5 , 2014, from NICE:
<http://www.nice.org.uk/guidance/qs43/chapter/introduction>

Schools Health Education Unit. (2013). *Health Related Behaviour Survey*. Retrieved September 11, 2014, from SHEU:
<http://sheu.org.uk/content/page/sheu-and-authorities>

Useful websites

<http://www.nhsstopsmokingiow.co.uk/>

<http://www.ash.org.uk/>

<http://www.smokefreeaction.org.uk/>

<http://www.nhs.uk/smokefree>