Tobacco Presentation

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Smoking at the National Intelligence Network

January 2014

Smoking and substance misuse

Gay Sutherland, tobacco research unit at the Institute of Psychiatry, and Dr Luke Mitcheson, head of addictions psychology and lead psychologist for Lambeth Addictions, presented on 'Smoking and substance misuse'.

July 2015

Substance Misuse Smoking Cessation Pilot: Implementation and Interim Findings

Dr Gordon Morse, Medical Director, and Neesha Chand, Special Projects Manager, from Turning Point
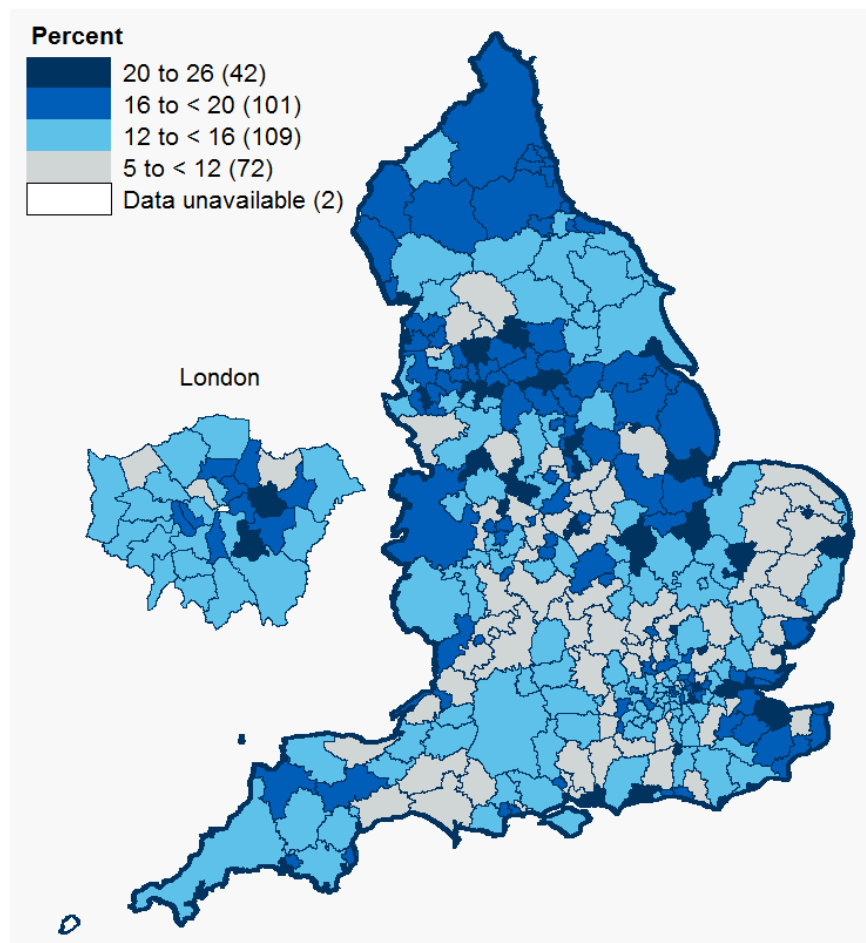
June 2016

Lung health in addiction services Dr Caroline Jolley, Senior Lecturer in Human Physiology at King's College London

October 2016

E-cigarettes: Are they safe and can PHE recommend them?

Martin Dockrell, Tobacco Control Lead, Alcohol, Drugs and Tobacco, PHE
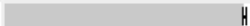
Key facts

Percent
- 20 to 26 (42)
- 16 to < 20 (101)
- 12 to < 16 (109)
- 5 to < 12 (72)
- Data unavailable (2)

London

- 16.8% of adults (957,991 people) in the North West smoke, significantly higher than the England average of 15.5%

- Adult smoking prevalence has fallen between 2012 and 2016 in both the

  North West (-20.4%)

  England (-19.7%)

Adults Smoking Habits in Great Britian 2016

Smoking Prevalence by Local Authority

Smoking Prevalence in adults - current smokers (APS) 2016   Proportion - %

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	–	-	15.5		15.3	15.7
North West region	–	-	16.8		16.4	17.3
Blackpool	–	-	22.5		20.2	24.8
Tameside	–	-	22.1		19.8	24.4
Manchester	–	-	21.7		19.5	23.9
Knowsley	–	-	20.5		18.0	22.9
Salford	–	-	20.3		18.0	22.7
Blackburn with Darwen	–	-	19.5		17.3	21.7
Rochdale	–	-	19.4		17.2	21.5
Bury	–	-	19.1		16.7	21.4
Liverpool	–	-	18.9		16.7	21.0
Oldham	–	-	18.8		16.5	21.1
Bolton	–	-	17.9		15.6	20.2
Wigan	–	-	17.7		15.4	19.9
St. Helens	–	-	17.6		15.3	19.8
Halton	–	-	16.6		14.4	18.7
Lancashire	–	-	16.0		14.4	17.6
Wirral	–	-	15.7		13.5	17.9
Cumbria	–	-	15.5		13.5	17.5
Cheshire East	–	-	13.3		10.6	15.9
Sefton	–	-	12.8		10.9	14.7
Warrington	–	-	12.6		10.6	14.7
Trafford	–	-	12.6		10.7	14.5
Stockport	–	-	12.2		10.3	14.0
Cheshire West and Chester	–	-	11.7		9.1	14.3

Source: Annual Population Survey (APS)

Smoking is the greatest cause of preventable death

Public Health England

- Smoking is the primary cause of preventable disease

- 1 in 2 smokers will be killed by their addiction and lose an average of 10 years of life

- For every death approximately 20 smokers are suffering from a smoking related disease

preventable death

- smoking
- obesity
- alcohol
- drug misuse
- traffic accidents
- HIV

ASH making the case 2018
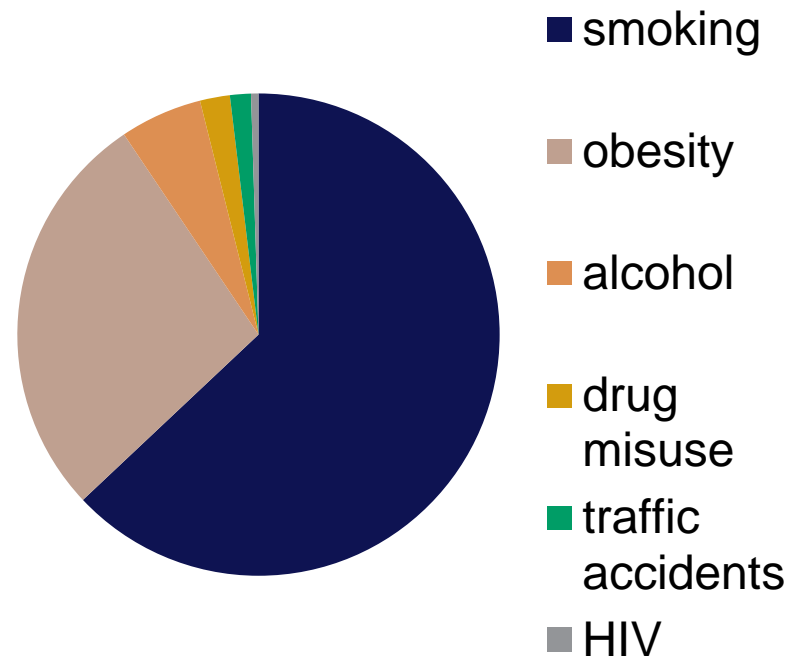
Costs of smoking

Each year we estimate that smoking in North West costs society a total of approx **£1.69bn**

This cost is accrued across a range of social domains:

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Influence of smoking on poverty

- 729,000 households in the North West live with at least one smoker

- 224,470 (31% of households) with a smoker fall below the poverty line due to net income and smoking expenditure

- If these smokers quit, 82,277 households would be elevated out of poverty.

- The residents of these households include:

  - ➢ 85,799 adults below pension age

  - ➢ 22,495 pensioners

  - ➢ 47,265 dependent children

http://ash.org.uk/information-and-resources/health-inequalities/health-inequalities-resources/smoking-and-poverty-calculator/
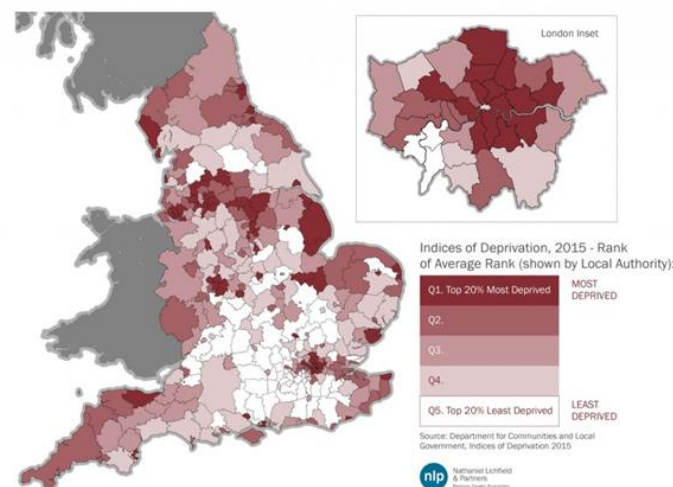
Backing evidence based interventions

- Two thirds of smokers say they want to give up however long term success rates are low.

- Majority of smokers choose to go "cold turkey" proving least effective method.

- Smokers who use combination of medication and behavioural support 4 x more likely to quit.

- In 2016 it is estimated 2million consumers had used e-cigarettes and completely stopped smoking and 470,000 were using as SS aid.

Call to action

Most smokers want to give up and now is the time for concerted and collaborative action

Pharmacists
Pharmacists can advise on how to stop smoking and provide information on the range of available medication

Primary care
GPs should, as a matter of routine, make every contact count and identify smokers and offer smoking cessation interventions

Local authorities
Local authorities should commission interventions including stop smoking services to meet the identified needs of their populations

Secondary care
Hospitals, mental health services and maternity units should become completely smokefree and all patients who smoke should be helped to stop for good

Adult smoking rates in England

Source: Local Tobacco Control Profiles https://fingertips.phe.org.uk/profile/tobacco-control
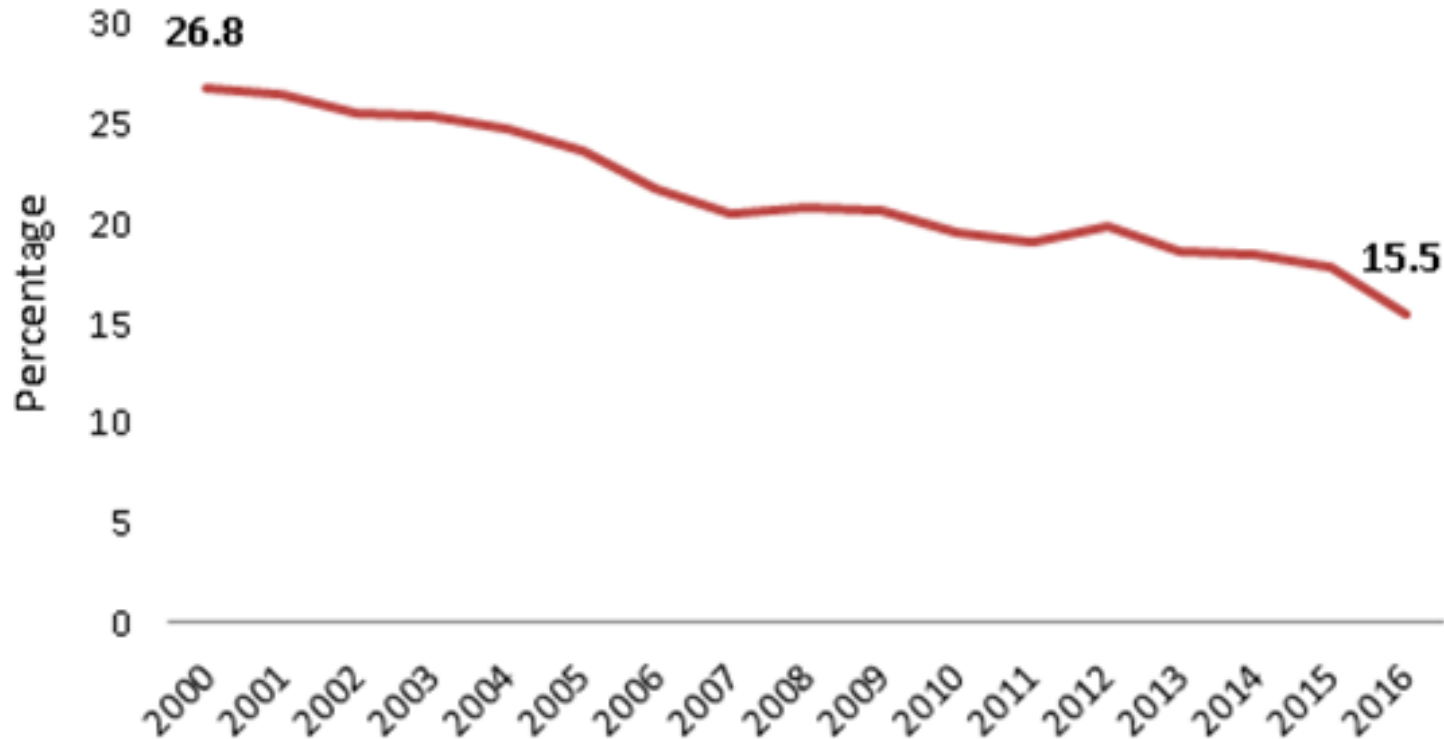
The second lowest smoking rates in Europe

QB1 Regarding smoking cigarettes, cigars, cigarillos or a pipe, which of the following applies to you? In this question and the following questions in this section, smoking cigarettes does not include use of electronic cigarettes.

(% - YOU CURRENTLY SMOKE)

EL	37
BG	36
FR	36
HR	35
LV	32
PL	30
CZ	29
LT	29
CY	28
AT	28
RO	28
SI	28
ES	28
HU	27
PT	26
EU28	26
SK	26
DE	25
MT	24
IT	24
EE	23
LU	21
FI	20
BE	19
DK	19
IE	19
NL	19
UK	17
SE	7

Map Legend

- 30 - 100
- 27 - 29
- 21 - 26
- 0 - 20

Smoking prevalence in adults with Serious Mental Illness (SMI)

Even in areas with relatively low adult prevalence, smoking in those with SMI remains high

Source: Local Tobacco Control Profiles https://fingertips.phe.org.uk/profile/tobacco-control
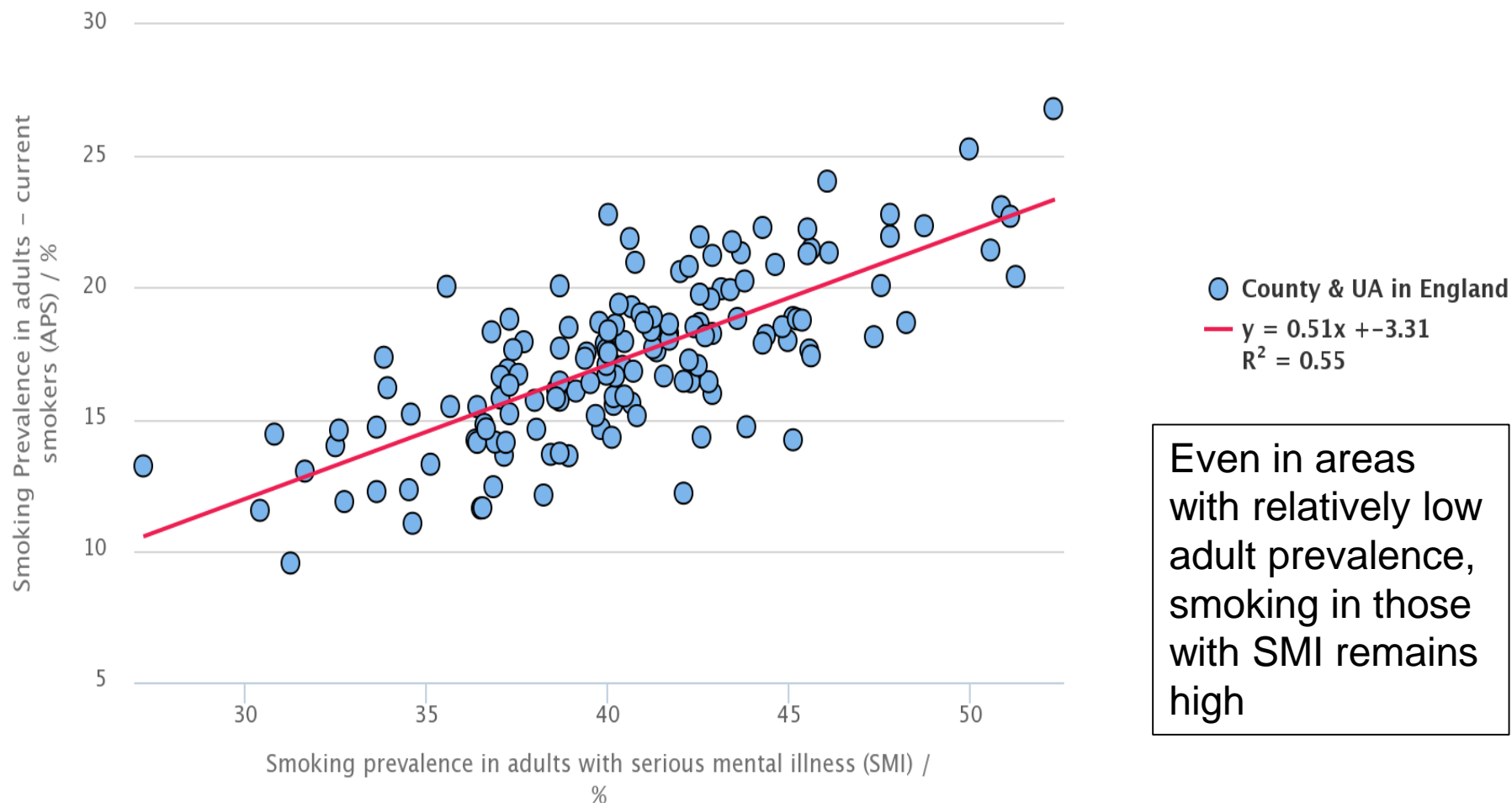
Smoking rates and average reduced life expectancy by mental health problem

SMOKING RATES	biggest contributor to		women	men
65%[1]		schizophrenia	9.8 yrs	14.6yrs
37%[2]		bipolar	11.2yrs	10.1yrs
32%[3]		depression and anxiety	7.2yrs	10.6yrs
18.5%[4]		general population	-	-

SMOKING RATES → biggest contributor to → AVERAGE REDUCED LIFE EXPECTANCY[5]
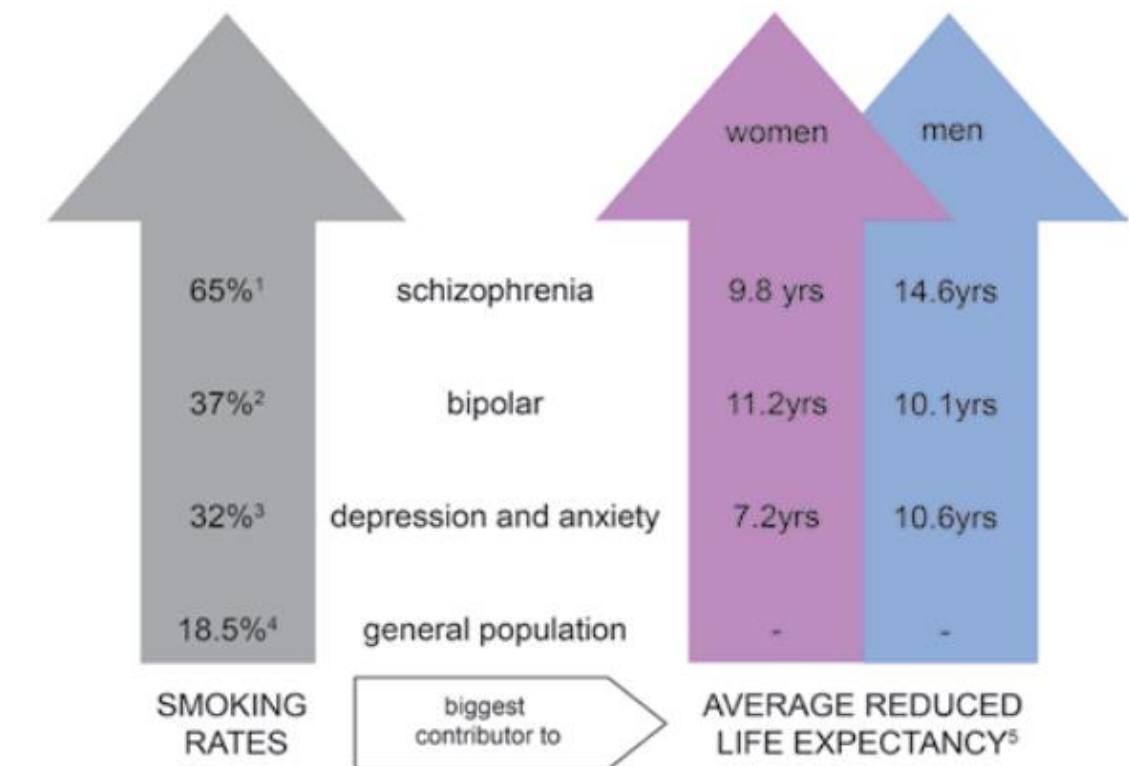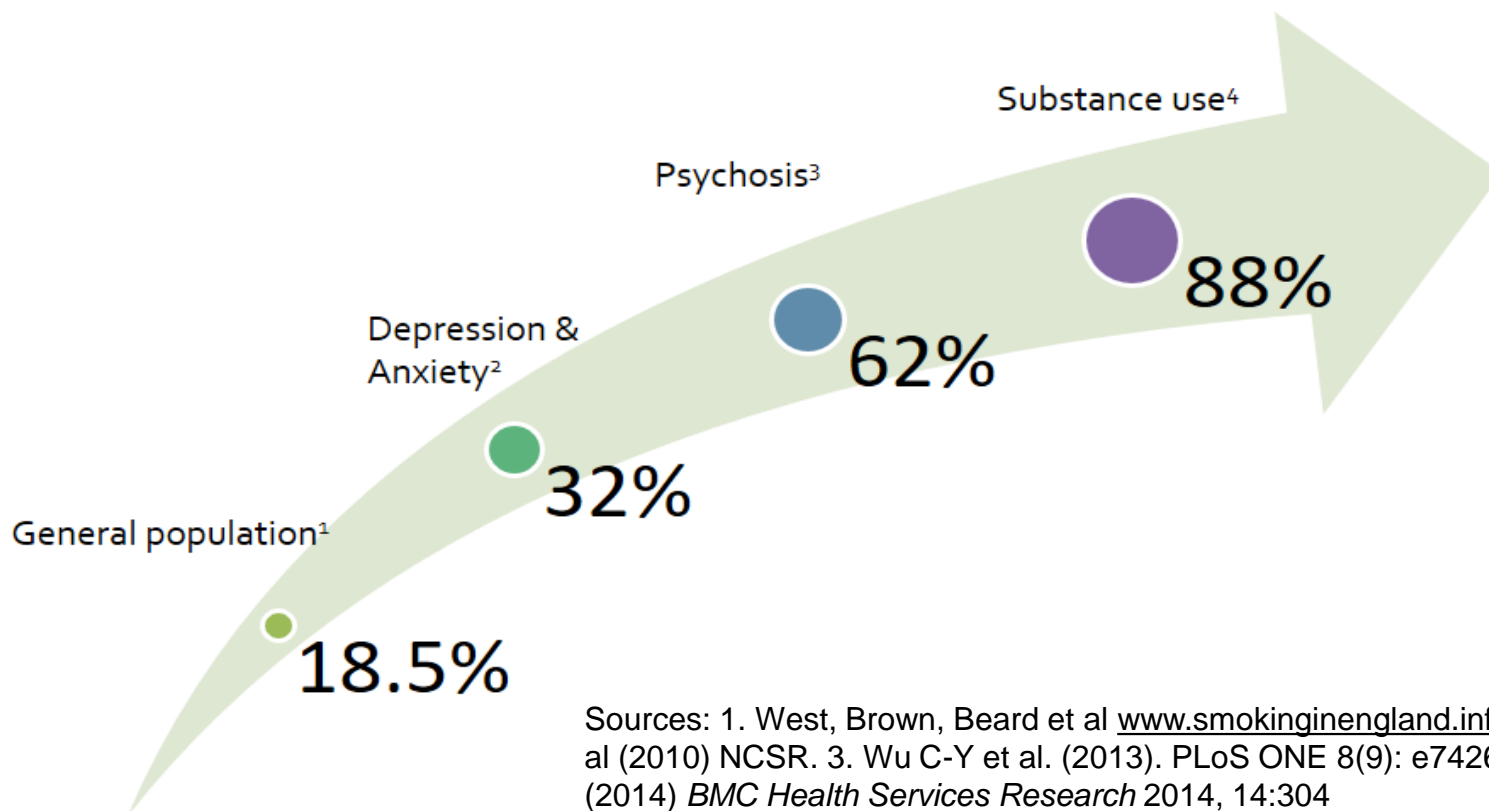
Refs: 1: Wu C-Y et al. (2013). PLoS ONE 8(9): e74262.   2: THIN data   3:McManus et al (2010) NCSR.
4: www.smokinginengland.info   5:Chang et al, Life Expectancy at Birth for People with Serious Mental Illness and Other Major Disorders from a Secondary Mental Health Care Case Register in London, PLoS ONE, 2011.

Source: Action on Smoking and Health, The Stolen Years
http://ash.org.uk/information-and-resources/reports-submissions/reports/the-stolen-years/

Around 1 in 3 cigarettes in Britain is smoked by someone with a mental health problem

Substance use[4]

Psychosis[3]

Depression & Anxiety[2]

General population[1]

88%

62%

32%

18.5%

Sources: 1. West, Brown, Beard et al www.smokinginengland.info (2015) 2. McManus et al (2010) NCSR. 3. Wu C-Y et al. (2013). PLoS ONE 8(9): e74262. 4. Cookson C, et al (2014) *BMC Health Services Research* 2014, 14:304

Source: Mental Health & Smoking Partnership response to the House of Commons Committee on Science and Technology Inquiry into e-cigarettes http://smokefreeaction.org.uk/smokefree-nhs/smoking-and-mental-health/

Adult substance misuse statistics from the National Drug Treatment Monitoring System (NDTMS)

Figure 6.2.1 Smoking prevalence at start of treatment by the four substance groups 2016-17
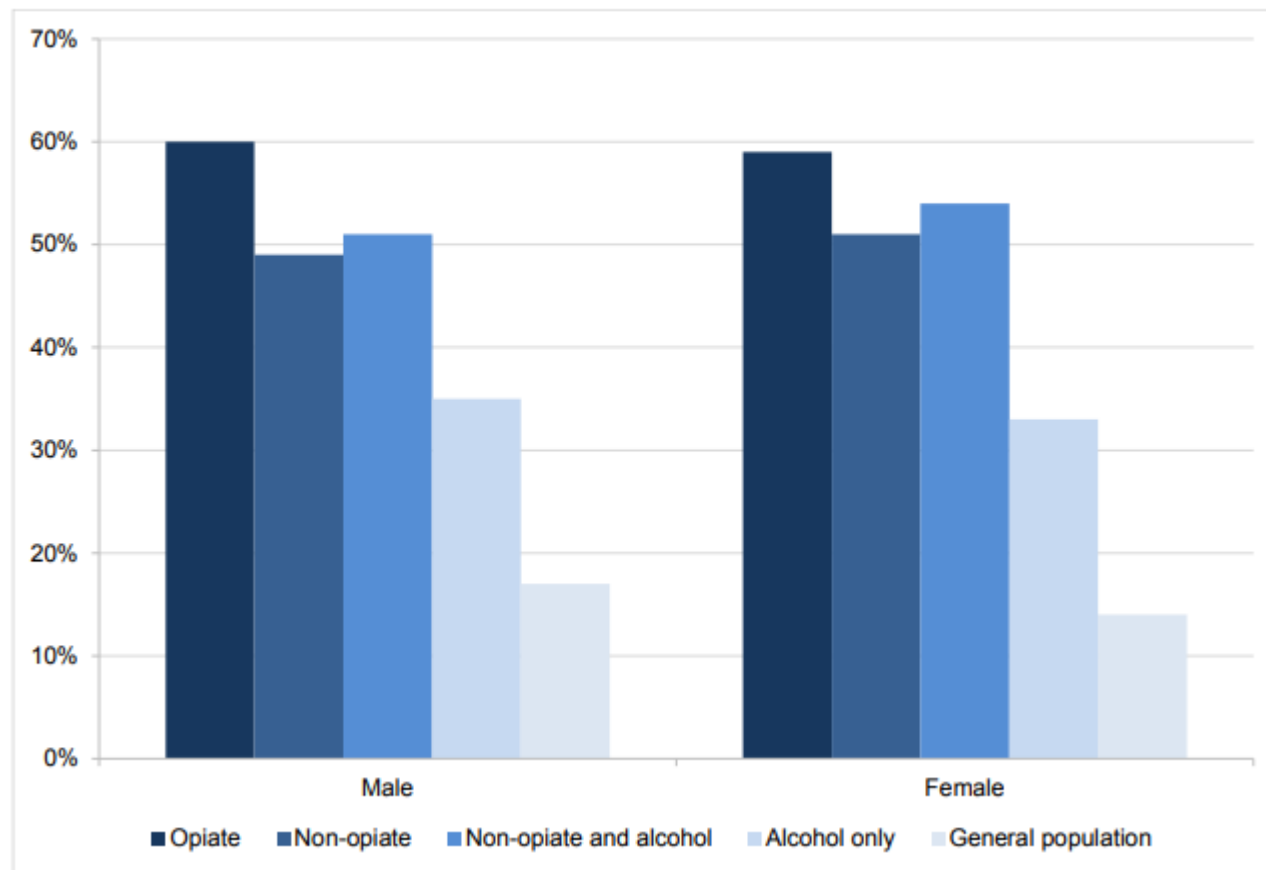
Supporting the healthcare system

Public Health England and NHS England are working together to support the healthcare system implement evidence based interventions for smoking and in secondary and primary care.

Three national programmes, <u>Leading Change Adding Value</u>, <u>CQUIN</u> and <u>RightCare</u> provide intelligence and tools for evidence based support to inform local planning of services for smoking and mental health.

This largely draws from NICE Guidance PH48 Smoking: acute, maternity and mental health services
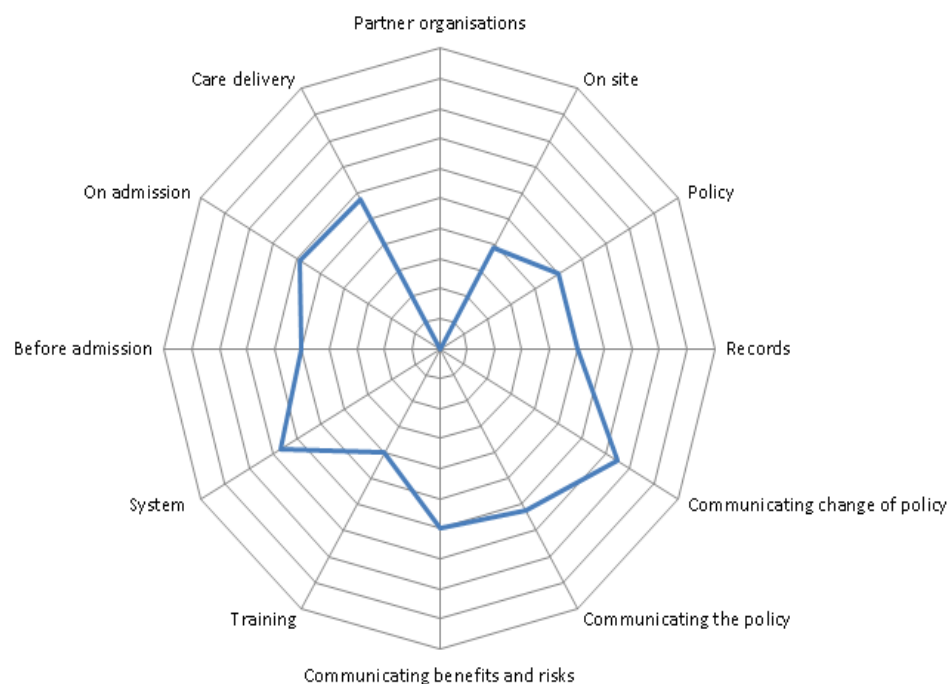
<u>https://www.nice.org.uk/guidance/ph48</u>

Leading Change, Adding Value,
Clear self-assessments (mental health, SIP, Ac)

Your scores as a percentage of total available
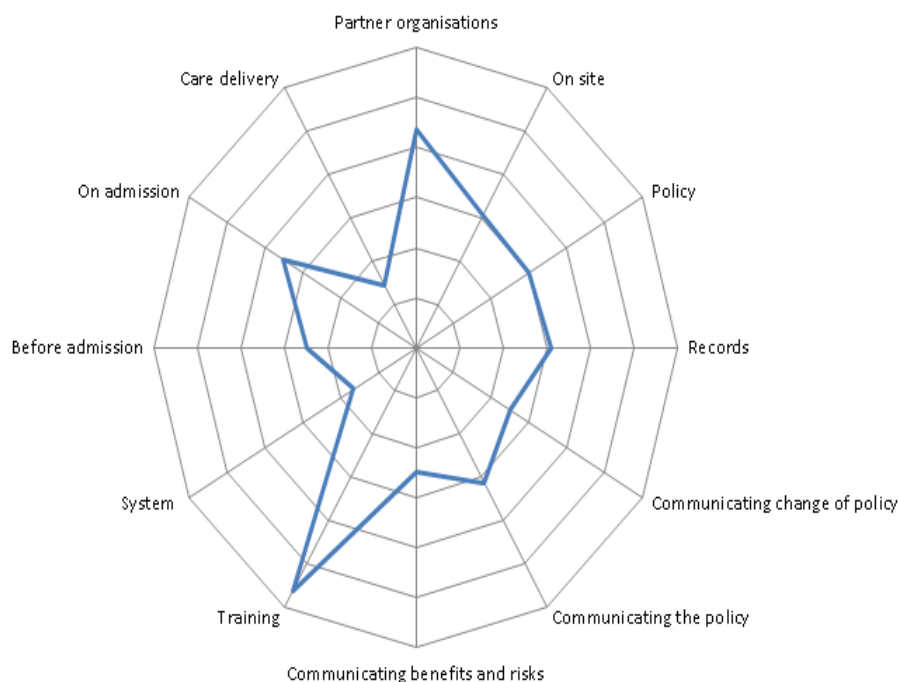
Your scores as a percentage of total available

Supporting tool: Mental health deep dive self-assessment tool
https://www.gov.uk/government/publications/clear-local-tobacco-control-assessment

CQUIN : Preventing ill health by risky behaviours

Indicator

	Value

Preventing ill health by risky behaviours – alcohol and tobacco

Goal: To support people to change their behaviour to reduce the risk to their health from alcohol and tobacco.

0.25%

Action
(Smoking)

Very Brief Advice on Smoking

ASK

AND RECORD SMOKING STATUS
Is the patient a smoker, ex-smoker or a non-smoker?

ADVISE

ON THE BEST WAY TO STOP SMOKING
The best way of stopping smoking is with a combination of medication and specialist support.

ACT

REFER THE PATIENT TO A SPECIALIST STOP SMOKING SERVICE AND OFFER STOP SMOKING MEDICATION
Build confidence, give information, refer, prescribe. They are up to four times more likely to quit successfully with support.

Timescale

|	2017/2018	2018/2019
Community Trusts	✓	✓
Mental Health Trusts	✓	✓
Acute Trusts		✓

Q3 Mental Health Trust CQUIN

Public Health England

Mental health
Prevalence of smoking among inpatients

In Q3, mental health providers reported that 46% of inpatients that were screened for smoking were identified as current smokers.

Figure 5. Percentage of adult inpatients identified as current smokers in participating mental health providers
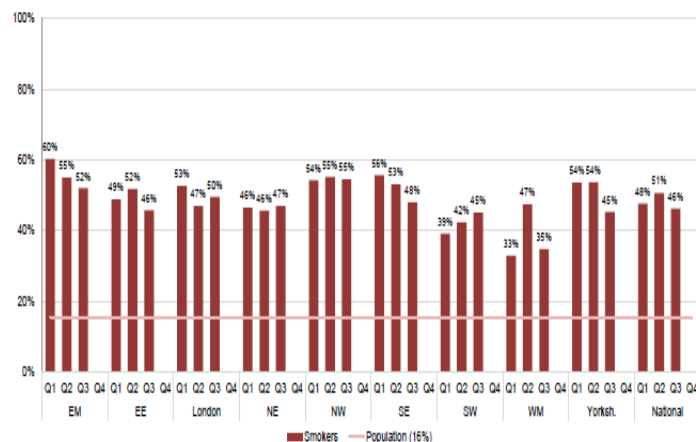
- All NW mental health trusts

- Nationally below 90% eligibility criteria to receive brief advice, referral, medication

- 75% of patients given brief advice (NW)

- 33% referred or medicated (NW on target)

- 55% of NW inpatients identified as smokers (46% nationally)

- Work needed to improve uptake, training and data particularly with community services

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Implementing CQUIN 9 with NHS acute Trusts

Smokefree NHS

Every front-line professional discusses smoking with their patients

Everyone understands there is no smoking anywhere on NHS property

Every smoker is offered stop smoking support on site or referral to local services

Public Health England
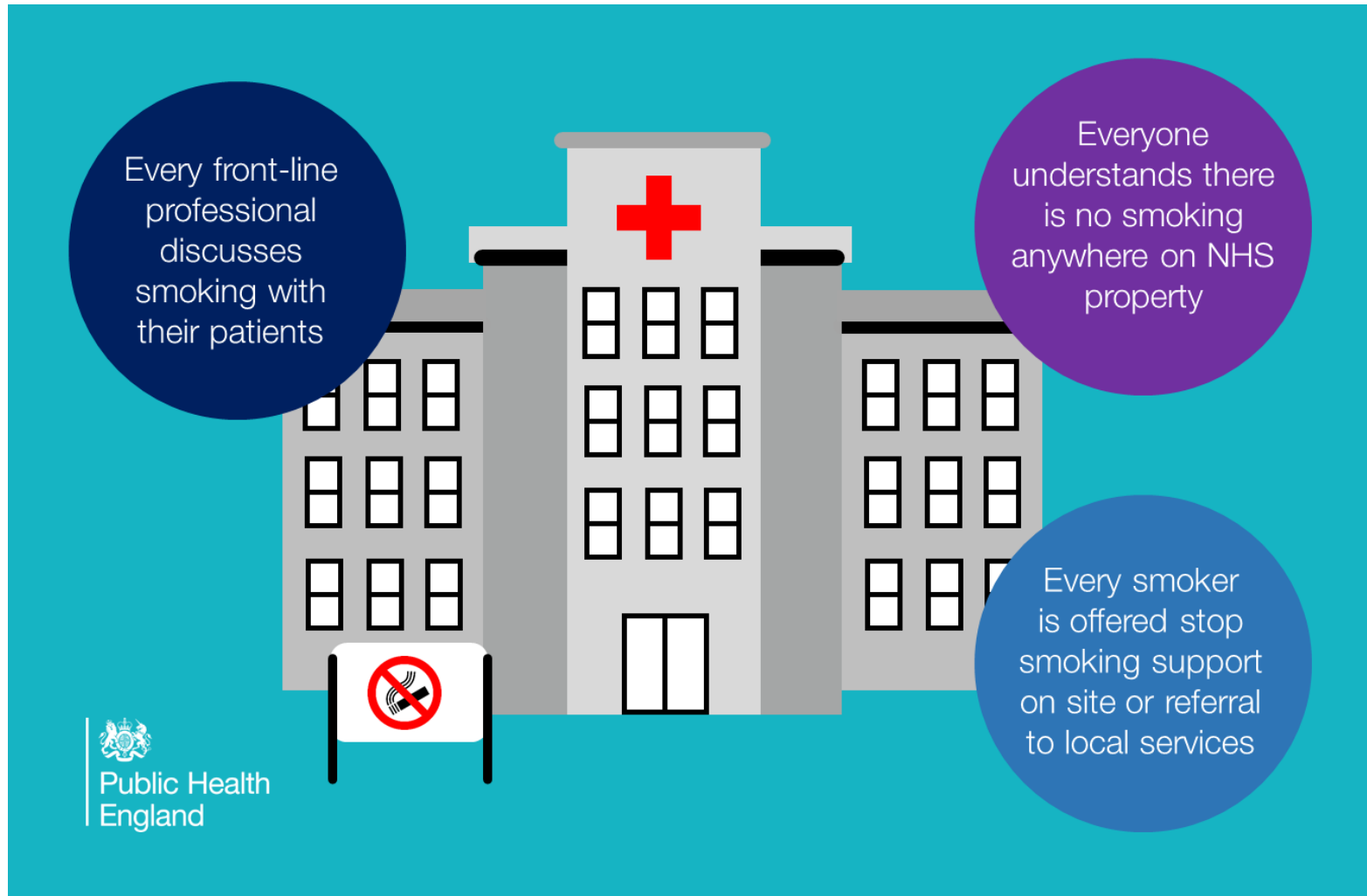
Smoke free prisons

- All 15 North West prisons are now smoke free by 31 October 2017

- Great public health success

- E-cigarettes have played a major role accessible from canteen with specific vaping policies

- SSS have been instrumental

- Needs of prisoners will remain so staff must continue to be trained especially with high turnover prison

- Health Harms and Stoptober (Styal case study)

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Training

Smoking and substance misuse

Do tobacco cessation interventions provided during substance abuse treatment or recovery help tobacco users to quit?

'People who are being treated for alcohol or other drug addictions have not usually been offered treatment to help them stop smoking at the same time. There has been concern that trying to stop smoking might make people in treatment less likely to recover from other addictions.'

'the results suggest that tobacco cessation interventions incorporating pharmacotherapy should be incorporated into clinical practice to reduce tobacco addiction among people in treatment for or recovery from alcohol and other drug dependence.'

A consensus for urgent action

DH - <u>Towards a smoke-free generation: tobacco control plan for England</u>

<u>ASH - The Stolen Years</u>

Care Quality Commission - <u>Brief guide: Smokefree policies in mental health inpatient services</u>

<u>The Mental Health and Smoking Partnership</u>

National Centre for Smoking Cessation and Training - <u>Smoking Cessation and Mental Health: A briefing for front-line staff</u>

NHS RightCare - Smoking cessation decision

DH - <u>Improving the physical health of people with mental health problems: Actions for mental health nurses</u>

PHE - <u>Smoking cessation in secondary care: mental health settings</u>

NICE - <u>Innovative ways to support smokers requiring nicotine management in a mental health organisation</u>

PHE - Tobacco-free NHS – <u>the journey for one London trust</u>

PHE - <u>How one mental health Trust in Leicestershire is using e-cigarettes as a tool to go smokefree</u>

PHE - <u>Health Matters: preventing ill health from alcohol and tobacco use</u>

Conclusion

Smoking is highly prevalent among people who misuse alcohol and other drugs.

Smokers who misuse alcohol and/or other drugs are concerned about their smoking, and willing to address it.

Interventions to address smoking concurrently with alcohol and/or drug misuse are effective and can also support alcohol and drug abstinence.

The development of effective treatment programmes, through systematic integration into care pathways, are urgently required

Thank you

Smoking and substance misuse