# Tobacco Harm Reduction Health & Wellbeing Board Update: Jan 2022

Osama Mahmoud, Public Health Specialist





# The problem





## The problem

- Smoking remains the leading preventable cause of premature mortality and ill health
- Although smoking has been in decline since the 1950s, as of 2020, over 18K (9.1%) adults in Havering continue to smoke
- There are significant inequalities in smoking prevalence, with higher rates observed amongst routine and manual occupations and those suffering from serious mental illness
- It is estimated that each year smoking in Havering costs society £71m



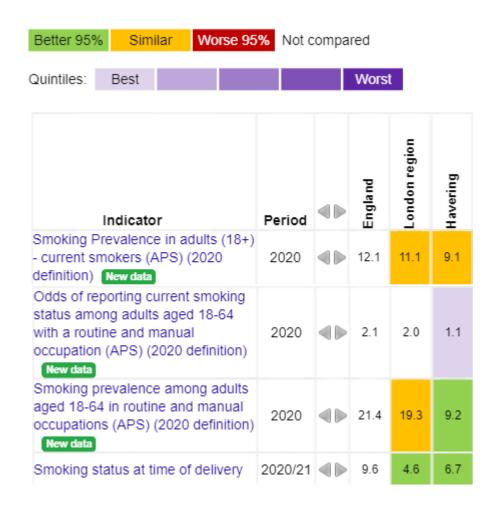


# **Smoking in Havering**





## Smoking in Havering



- Smoking prevalence amongst adults (9.1%) has continued to fall and is similar to the prevalence in London and England
- The gap in smoking prevalence between routine & manual workers and the rest of the population has closed and smoking prevalence in routine & manual workers (9.2%) is lower than the national average
- The proportion of pregnant women who smoke at time of delivery (6.7%) has continued to fall and the rate is lower than England however higher than London





# Tobacco Harm Reduction Strategy 2019-23





## Tobacco Harm Reduction Strategy 2019-23

#### **Strategy aims:**

- A smoke-free pregnancy for all, recognising every child deserves the best start in life
- Stop children from taking up smoking, as most smoking addictions form in childhood
- Reduce smoking prevalence in adults, particularly in groups where rates are highest
- Protect the health of non-smokers, by reducing exposure to second-hand smoke
- Ensure parity of esteem for those with mental health conditions

#### **Indicators of success:**

- Prevalence of smoking in adults
- Rates of smoking in pregnancy
- Difference in smoking prevalence between disadvantaged communities & borough average
- Prevalence of smoking among people with serious mental ill health





# Strategy implementation progress update





## Strategy implementation progress update

#### **Progress update:**

- Implementation of the strategy hindered by lack of capacity due to COVID-19
- Steering group not developed
- As a result, progress not made on several strategy work streams

#### **Next Steps:**

- Recommend refreshing the strategy in 2022 in light of changing landscape
- Internal LBH group may be more appropriate than forming a steering group due to the formation of several other groups with relevant external partners





# Current service provision





### Current service provision

#### **Stop Smoking London**

- Online and telephone stop smoking service available for free to all Havering residents who smoke
- Very few self-reported quits recorded through the helpline
- Despite low cost, proving worse value for money than a local stop smoking service in terms of cost per quitter

#### **Specialist stop smoking service**

- Specialist stop smoking service for pregnant women and their households
- Commissioned through London Borough of Barking & Dagenham
- Service meeting the majority of it's objectives, however areas for improvement identified in service review and an improvement plan is in place
- Contract has 1 year remaining decision needs to be made on the future of this service





# Gaps in local service provision





## Gaps in local service provision

- No Local Stop Smoking Service (LSSS) only borough in NEL without one
- Previous LSSS was decommissioned in 2016/17 as a cost-saving measure due to cuts to the public health grant and with the expectation that there would be a shift to digital stop smoking support, however this hasn't been the case
- Face to face behavioural support + pharmacotherapy remains best practice
- Without a LSSS there is no step-down community stop smoking support for future NHS Long Term Plan tobacco dependence treatment service users
- SSS for pregnant women does not offer post-natal support, despite being advised





# NHS Long Term Plan (LTP) Tobacco Dependence Treatment Services





## NHS LTP Tobacco Dependence Treatment Services

- NHS LTP has committed to tackling tobacco dependence for all inpatients, pregnant women and mental health & learning disability service users
- Funding will be delivered through the NEL ICS with implementation set to begin in 2022/23 and full coverage to be achieved by the end of 2023/24
- It is expected that these services will be delivered in conjunction with LSSS,
   with smooth pathways between NHS and community stop smoking services
- Without a LSSS, the full benefits of these tobacco dependence treatment services may not be achieved





# Exploring options for local community stop smoking service provision





## Exploring options for Local Stop Smoking Service provision

- Providing support to help smokers quit is highly cost-effective and local stop smoking services continue to offer smokers the best chance of quitting
- Exploring potential pilot in 2022/23 to provide step down community stop smoking support for those receiving support from NHS LTP tobacco dependence treatment services
- NHS Smoking Cessation Advanced Service
- Evaluation of a LSSS pilot will inform whether a LSSS is effective and proves value for money and whether a universal service should be explored in future



