

Tobacco Harm Reduction Health & Wellbeing Board Update: Jan 2022

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The problem

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- 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

Better 95% Similar Worse 95% Not compared

Quintiles: Best    Worst

Indicator	Period	England	London region	Havering
Smoking Prevalence in adults (18+) - current smokers (APS) (2020 definition) 	2020	12.1	11.1	9.1
Odds of reporting current smoking status among adults aged 18-64 with a routine and manual occupation (APS) (2020 definition) 	2020	2.1	2.0	1.1
Smoking prevalence among adults aged 18-64 in routine and manual occupations (APS) (2020 definition) 	2020	21.4	19.3	9.2
Smoking status at time of delivery	2020/21	9.6	4.6	6.7

- 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

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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 its 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

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- 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