



GIG
NHS

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Freedom of Information request to Public Health Wales

Date request received	25 th April 2016
Date information is due to be sent	22 nd May 2016

Information requested:

Dear Public Health Wales NHS Trust,

Please provide the evidence that Public Health Wales NHS Trust regards as conclusive in respect of the effectiveness (and value for money) of smoking control and smoking cessation expenditure

Information provided for the answer

In regards to your request for information under the Freedom of Information Act, detailed here:

Please provide the evidence that Public Health Wales NHS Trust regards as conclusive in respect of the effectiveness (and value for money) of smoking control and smoking cessation expenditure

Our reply is detailed below, most of the information being available in the annual reports, which can be found here

<http://www.wales.nhs.uk/sitesplus/888/page/43913>

Public Health Wales NHS Trust utilise the World Health Organization's Framework Convention to Tobacco Control. Their MPOWER framework^[1] specifically describes evidence based policy interventions to reduce the demand for tobacco.

In relation to helping smokers to quit Public Health Wales NHS Trust delivers a nationwide service in accordance with the English Russell Standard for NHS stop smoking services^[2]. Evidence shows that behavioural support is effective compared to minimal interventions^[3] and that telephone counselling support is also more effective than self-help materials^[4].

Smoking Toolkit Study data also shows that behavioural support combined with stop smoking medication is more effective than medication alone^[5].

The National Institute for Clinical and Health Excellence suggest that smoking cessation is one of *the* most cost-effective healthcare interventions.

Further information on the provision of cessation services can be found in Stop Smoking Wales Annual Reports, available at:

<http://www.wales.nhs.uk/sitesplus/888/page/43913>

Further references

^[1] http://www.who.int/tobacco/mpower/mpower_report_six_policies_2008.pdf

^[2] http://www.ncsct.co.uk/publication_The-Russell-Standard.php

^[3] Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. *Cochrane Database of Systematic Reviews* 2005, Issue 2. Available at: http://www.ncsct.co.uk/publication_group-behaviour-therapy-programmes-for-smoking-cessation.php

^[4] Stead LF, Perera R, Lancaster T. Telephone counselling for smoking cessation. *Cochrane Database of Systematic Reviews* 2006, Issue 3. Available at: http://www.ncsct.co.uk/publication_telephone-counselling-for-smoking-cessation-review.php

^[5] West, R. (2012) Estimates of 52-week continuous abstinence rates following selected smoking cessation interventions in England. Available on Smoking Toolkit Study webpage: <http://www.smokinginengland.info/sts-documents/>

¹http://www.who.int/tobacco/mpower/mpower_report_six_policies_2008.pdf

² http://www.ncsct.co.uk/publication_The-Russell-Standard.php

³ Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. *Cochrane Database of Systematic Reviews* 2005, Issue 2. Available at:
http://www.ncsct.co.uk/publication_group-behaviour-therapy-programmes-for-smoking-cessation.php

⁴ Stead LF, Perera R, Lancaster T. Telephone counselling for smoking cessation. *Cochrane Database of Systematic Reviews* 2006, Issue 3. Available at:
http://www.ncsct.co.uk/publication_telephone-counselling-for-smoking-cessation-review.php

⁵ West, R. (2012) Estimates of 52-week continuous abstinence rates following selected smoking cessation

interventions in England. Available on Smoking Toolkit Study webpage:
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