### Freedom of Information request to Public Health Wales

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<tr>
<th>Date request received</th>
<th>25\textsuperscript{th} April 2016</th>
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<tr>
<td>Date information is due to be sent</td>
<td>22\textsuperscript{nd} May 2016</td>
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#### 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


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

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