

October 2019



Did you know?

- This year's Stoptober theme is highlighting the benefits of "breaking up", re-evaluating smokers bad relationship with smoking and to "split up" this October
- Smokers are up to four times more likely to stop smoking for good if they receive help from a [Stop Smoking Service](#)
- If a smoker can make it to 28 days, they are 5 times more likely to quit for good
- Smokers who combine vaping (using an e-cigarette) with support from a local [Stop Smoking Service](#) have the highest quit rates
- 9% of pregnant women in West Sussex were known to be smokers at time of delivery (2018)
- Very few adults take up smoking for the first time and [two thirds](#) of smokers say they began before they were legally old enough to buy cigarettes
- The biggest influencing factor on children starting smoking is parental smoking
- While smoking rates are at an all-time low, smoking has become concentrated in disadvantaged communities and groups including workers in routine and manual jobs and those with mental health problems
- 5,600 households in West Sussex could be lifted out of poverty if smokers in these homes quit
- Secondhand smoke will still be present in a room after two and half hours even if a window is opened.

Key Messages:

- The best way to quit is with face-to-face help from the local [Stop Smoking Services](#) together with stop smoking aids
- e-cigarettes are 95% less harmful than smoking tobacco (Public Health England)
- Smokers agree that support from friends and partners is important in their quit attempt
- Stopping smoking during pregnancy has an immediate benefit for both mother and baby
- In pregnancy, nicotine replacement therapy such as patches and gum are recommended to help women quit. However, if e-cigarettes are helpful to stay smoke free then this is much safer than continuing to smoke
- Smoking during pregnancy or being exposed to secondhand smoke increases the risk of stillbirths, preterm and low birth weight babies
- Babies and children exposed to secondhand smoke have an increased risk of respiratory infections, ear infections and sudden infant death
- The health benefits of stopping smoking begin within hours of putting out the last cigarette.

Resources:

- [Action on Smoking and Health](#) - Information and resources
- [Family Assist](#) - Access to a wide range of resources, local and national information, including information about becoming smoke free and smoking cessation services
- [NHS Choices Smoke free](#) - Daily tips, support and motivation
- [Public Health England](#) - Digital and downloadable resources
- [Smokefree](#) - Free proven support by app, email, SMS and face to face guidance
- [Smoking in pregnancy challenge group](#) - Resources
- [West Sussex Wellbeing Stoptober](#) – Information and links.

References to support evidenced based practice:

- Action on Smoking and Health. (2018). [Smoking in Pregnancy, a review of the challenge](#)
- NICE. (2010). [Smoking: stopping in pregnancy and after childbirth](#)
- NICE. (2010). [Smoking: school based interventions to prevent smoking](#)
- NICE. (2014). [Smoking: preventing uptake in children and young people](#)
- NICE. (2018). [Stop smoking interventions and services](#)
- Public Health England. (2015). [Health matters: Smoking and quitting in England.](#)

Learning and development:

- [Very Brief Advice on Smoking](#) – National Centre for Smoking Cessation and Training. A short training module on how to deliver Very Brief Advice on Smoking
- [Second-hand Smoke Training Module](#) - National Centre for Smoking Cessation and Training. A short training module on how to raise the issue of second-hand smoke exposure and promote smoke free homes and cars.

