Your health challenge

- Nearly 1 in 5 adults smoke (nearly 8 million people)\(^1\)
- Smoking causes 17% of all deaths in people aged 35 and over\(^1\)
- In 2013/14 around 454,700 hospital admissions in England were estimated to be attributable to smoking (among adults and 35 and over)\(^2\)

How can community pharmacies help?

Stop smoking services are one of the most cost effective of all NHS health interventions and it is one of the most frequently commissioned local services from community pharmacies.\(^3\)

There is a strong evidence base for the effectiveness of pharmacy-led stop smoking programmes. Community pharmacy teams trained in behavioural change are effective at helping clients to stop smoking. Abstinence rates from one-to-one services provided by community pharmacists are similar to those of primary care nurses and community pharmacy-based stop smoking services are cost effective.\(^3\)

BMJ Open has published a systematic review for community pharmacy-delivered interventions for public health priorities including smoking. The review concluded that community pharmacy-delivered smoking cessation interventions are effective and cost effective, particularly when compared with usual care.\(^4\)

A survey of over 2,100 adults also showed that 67% are comfortable accessing stop smoking services from their local community pharmacy.\(^5\)

What the experts say

“As Stop Smoking Services are now available in community pharmacies the service has given clients lots more choice when they are thinking of quitting smoking. Pharmacies often have appointments available both weekends and evenings and can tailor their appointments to suit their client. If a client quits using support and medication they are four times more likely to stay stopped for good.”

Jan Spence, Yorkshire Smokefree Calderdale

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1. Health matters: smoking and quitting in England September 2015
3. NHS Employers Pharmacy-based stop smoking services: optimising commissioning 2009
4. BMJ Open, Todd A et al, Community pharmacy-delivered interventions for public health priorities: a systematic review of interventions for alcohol reduction, smoking cessation and weight management, including meta-analysis for smoking cessation
5. Royal Society of Public Health, Over three quarters of public comfortable with routine health checks in pharmacy, February 2015

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