



THEME 3

Smoking

Theme introduction

Background

Smoking remains the single largest cause of preventable deaths¹ in England. Despite a continuing decline in smoking rates, there are still 7.3 million adult smokers² (around 15.5% of the adult population³) and more than 200 people a day die from smoking related illness which could have been prevented. In 2014, it was estimated that smoking caused 17% of all deaths in people aged 35 and over.

Smoking and the harm it causes aren't evenly distributed. People in more deprived areas are more likely to smoke and are less likely to quit. Smoking is increasingly concentrated in more disadvantaged groups and is the main contributor to health inequalities in England. Men and women from the most deprived groups have more than double the death rate from lung cancer compared with those from the least deprived. Smoking is twice as common in people with longstanding mental health problems.

It is estimated that around 70% of smokers want to quit. The Skilled for Health programme provides an ideal opportunity to encourage and support participants who smoke to contact their local Stop Smoking service. Smokers who use these services are up to four times as likely to quit successfully as those who choose to quit without help or with over the counter nicotine replacement therapy products⁴. The Skilled for Health programme is also ideally placed to signpost participants to a range of NHS and Public Health resources and campaigns designed to help people quit. Local Stop Smoking Services may be interested in visiting Skilled for Health groups of smokers who wish to quit.

National targets/policies

Public Health England wants to see a tobacco-free generation by 2025. Helping smokers to quit is one strand of the government's tobacco control plan for England. The other elements are:

- making tobacco less affordable
- preventing the promotion of tobacco
- effective regulation of tobacco products
- improving awareness of the harm
- reducing exposure to second hand smoke

1. NHS Digital. 'Health Survey for England 2014 Trend Tables Commentary'. 2015. Page 20 (viewed June 2017).

2. Department of Health analysis on Annual Population Survey 2015 data.

3. Office for National Statistics. 'Annual Population Survey 2016'. Available at Public Health England Tobacco Control Profiles: <https://fingertips.phe.org.uk/profile/tobacco-control>

4. West R. 'Stop smoking services: increased chances of quitting'. NCSCT Briefing #8. National Centre for Smoking Cessation and Training. 2012 (viewed June 2017)

This theme

This theme supports participants to find out more about giving up smoking. The topics in this theme are:

- Stopping smoking
- Stop smoking for life
- The cost of smoking

Further information and suggestions

Local Stop Smoking Services (can be found through NHS website)

Local Fire and Rescue services (Home Fire Safety Checks)

NHS website www.nhs.uk (including Stoptober Campaign)

One You Smokefree App www.nhs.uk/oneyou/smoking

Mapping to Functional Skills/Core Curriculum

Topic	Functional Skills		Core Curriculum	
	English	Maths	Literacy/Language (L)	Numeracy (N)
1 Stopping Smoking	E3.3 E3.7 L1.23		SLc/E3.3 SLlr/E3.5 Wt/L1.5	
2 Stopping smoking for life	E3.9 E3.12 L1.12 L1.14 E3.8		Rt/E3.7 Rt/E3.9 Rt/L1.2 Rt/L1.5 Rw/E3.1	
3 The cost of smoking		E3.10 E3.4 L1.3		MSS1/E3.2 N1/E3.4 N1/L1.3