



STOP SMOKING SUPPORT



HEALTH RISKS OF SMOKING

Smoking is the number one cause of premature death and preventable disease in the UK.

Smoking increases the risk of developing more than 50 serious health conditions, including heart disease and cancer.

Smoking during pregnancy increases the risk of complications such as miscarriage, premature birth and stillbirth.

Breathing in secondhand smoke, also known as passive smoking, increases the risk of getting the same health conditions as smokers.

A child who's exposed to passive smoke is at increased risk of developing chest infections, meningitis and a persistent cough. They're also at increased risk of sudden infant death syndrome (SIDS), sometimes called cot death.

Shisha is also a source of secondhand smoke. A World Health Organization study suggested that during 1 session on a water pipe, a person can inhale the same amount of smoke as a cigarette smoker consuming 100 or more cigarettes.

STATISTICS

Every year around **76,000** people in the UK die from smoking, with many more living with debilitating smoking-related illnesses.

In the UK, in 2022, **12.9%** of people aged 18 years and over smoked cigarettes, which equates to around 6.4 million people in the population; this is the lowest proportion of current smokers since records started in 2011 based on estimates from the Annual Population Survey (APS).

14.9% of Merton residents over the age of 18 smoked cigarettes in 2022 which has increased from 12.8% in 2021. (Office for National Statistics)

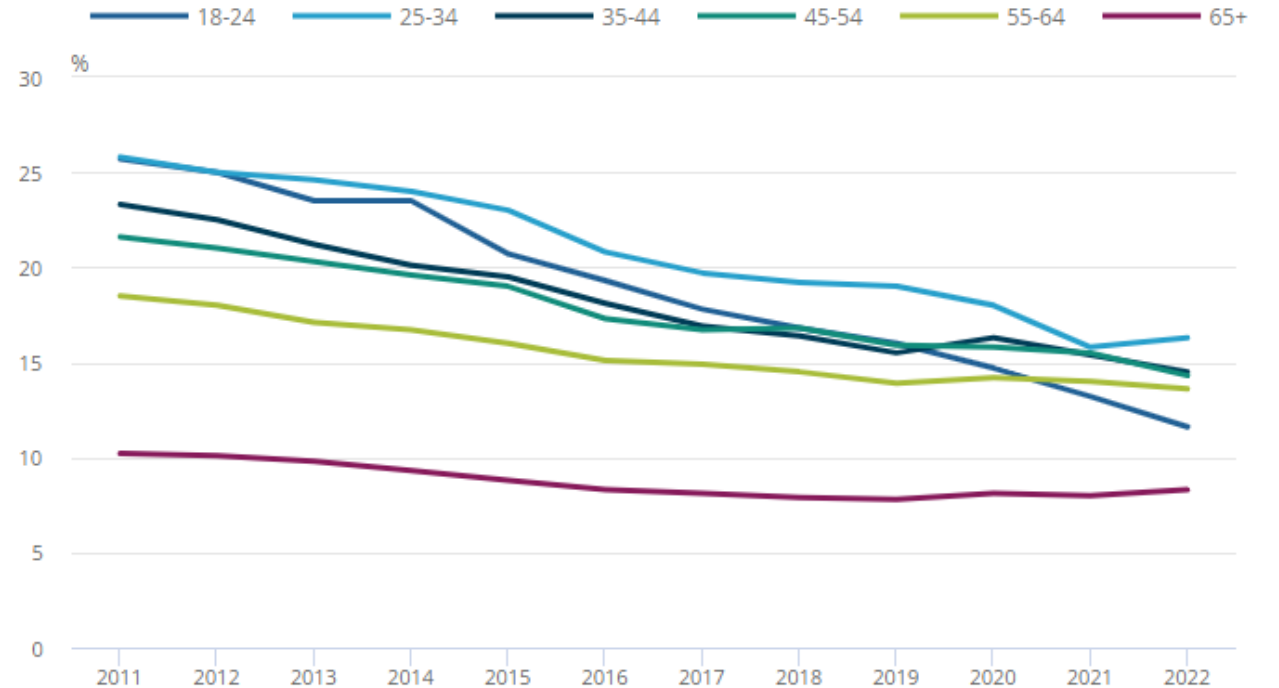
Between April and June 2023, **8.0%** of mothers in England were known to be smokers at the time of delivery. (Statistics on Women's Smoking Status at Time of Delivery)

STATISTICS

In the UK, those aged 25 to 34 years had the highest proportion of current smokers (16.3%), compared with those aged 65 years and over who had the lowest (8.3%) in 2022.

In 2022, the proportion of smokers in the UK, in age groups, 25-34, 55-64 and 65+ increased compared to 2021.

Proportion of current smokers in the UK, by age group, from 2011 to 2022



(Office for National Statistics)

BENEFITS OF QUITTING SMOKING

As well as reducing the risk of serious conditions such as lung cancer, people will enjoy multiple health benefits right away, have more money in their wallet and have better relationships with loved ones.

Within days of stopping smoking:

- The body has flushed out the carbon monoxide, with blood levels returning to normal and oxygen levels increasing.
- Blood circulation improves with reduced risk of heart disease.
- Any nicotine in the body will now be completely gone. People may experience Nicotine withdrawal symptoms.

Within months of stopping smoking:

- The lungs will have begun to heal.
- Cilia inside the lungs will have recovered from the effects of the cigarette smoke.
- Exercise will be easier with fewer coughing bouts and shortness of breath.
- Nearly £1000 could be saved

A year after stopping smoking:

- The risk of coronary heart disease will have decreased by 50% half

WAYS TO STOP SMOKING

There are many ways to stop smoking and finding the right combination of support, medicine and other products is key to becoming smokefree for good.

The [NHS Quit Plan Tool](#) helps people quit smoking with a free personal quit plan. People are more likely to stop smoking with the right support and this tool enables people to find out the right combination for them in 3 easy steps.

A quit plan will normally include:

- ❖ face to face support
- ❖ curbing cravings with a combination of E-cigarettes/Vapes or Nicotine replacement therapies (patches/spray/inhaler)
- ❖ Tracking process via the SmokeFree App
- ❖ Getting daily emails from SmokeFree with advice and tips
- ❖ Getting daily support from Facebook messenger via [NHS Smokefree | Facebook](#)



One You Merton is Merton's local stop smoking service and provides lots of useful information and advice on stop smoking and how this can help improve health and wellbeing, as well as energy levels and finances.

One You Merton provides a helpline where all residents can access free one-to-one support from a local health advisor 020 8973 3545 (Monday – Friday, 9am-5pm).

For young people under the age of 19 and residents who are either pregnant, have a mental health issue or a respiratory condition, they offer the NHS 6-12 week programme. This provides weekly sessions with a stop smoking adviser around behavioural support, medications and CO monitoring.

One You Merton also offers brief interventions or a shorter programme of support for all residents of Merton who want to stop smoking.

Self-referrals are accepted. 020 8973 3545 / oneyou.merton@nhs.net / **One You Merton**



SUPPORT SERVICES



[Stop Smoking
London](#)

The Stop Smoking London Website provides lots of useful information and advice on Stop Smoking and also provides a Stop Smoking London Helpline available Monday to Friday 9am-8pm, Saturday and Sunday 11am to 4pm. 0300 123 1044



[Quit smoking](#)

The NHS website provides lots of useful information and advice on Stop Smoking along with information about Stoptober. Stoptober is a monthly campaign that runs in October to encourage people to quit smoking.



[NHS Smokefree
Facebook](#)

The NHS website provides lots of useful information and advice on Stop Smoking along with information about Stoptober. Stoptober is a monthly campaign that runs in October to encourage people to quit smoking.



SUPPORT SERVICES



[NHS Quit Smoking app](#)

The NHS Quit Smoking app is a 4-week programme that provides practical support, encouragement and tailored advice. The app also enables people to track their progress and see how much money is being saved.

The app can be downloaded via the app store or Google play on smartphones.



[Smoke Free App](#)

The Smoke Free App offers 3 different programmes to support people in quitting smoking. The app also offers lots of useful information to support people's journeys in stopping smoking along with 24/7 access to expert stop smoking advisors.

The app can be downloaded via the app store or Google play on smartphones.



FURTHER SUPPORT FOR PRACTITIONERS

NCSCT

[Very Brief Advice on Smoking](#)

The National Centre for Smoking Cessation and Training (NCSCT) provides a training module for practitioners on Stop Smoking. This provides practitioners with the knowledge and skills needed so that they feel confident in delivering very brief advice to smokers.

NCSCT

[Very Brief Advice on smoking for pregnant women](#)

The National Centre for Smoking Cessation and Training (NCSCT) also provides a training module for practitioners on Stop Smoking for pregnant women. This provides practitioners with the knowledge and skills needed so that they feel confident in delivering very brief advice to pregnant smokers.



FURTHER SUPPORT

Families can receive further information on stop smoking through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm

Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm

