

Somerset Smokefree Pathways

*My Quit Route app free and available to everyone in Somerset until March 2024 standalone or in conjunction with other support

All programmes are free incl NRT (Vapes in Smokefree not included yet **)

Somerset Multi-Partnership Tobacco Alliance

Hospital Treating Tobacco dependency programme (Jan 2023 started)

- *Hospital Based Treating tobacco advisors
- *All inpatients incl mental health & peri-op
- *Refer to smokefree or enhanced pharmacy offer on discharge or support for mental health inpatients
- *Vapes and NRT offered
- *Hospital policy, governance, training & staff support

Smokefree Families (previously Mums2be)

- *All smoking pregnant people & significant others offered quit/harm reduction support
- *Home visits and telephone support
- *Offered at all stages before, during and after pregnancy
- *Remote CO monitoring
- * Voucher incentives for person and other smoking loves ones – reduce influence

Smokefree Somerset

- *All smoking people offered quit/harm reduction support
- *12 week programme 1:1 or group, telephone & f2f, weekly contact and free medications
- *Readiness to quit pathway – 4 weeks of support to build confidence and motivation
- *Clinics in community venues ie (libraries, leisure, hubs) workplaces, hostels,

CYP – In development

- *12 week support programme
- *1:1 phone or video support
- *Weekly contact and NRT for 12 yrs +
- *Readiness to quit support
- *Pilot with College trained staff
- *Support for young people who vape/smoke in partnership with school nurses

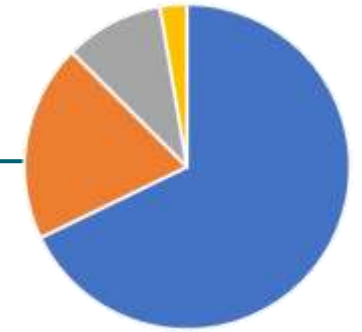
Self Quit**

- *Buy your own NRT
- *Buy your own Vapes/Vape shops
- *Cold Turkey
- *Various Apps – Free to £100+

Local Picture

Somerset smoking prevalence

Smoking costs Somerset Annually



■ Productivity ■ Healthcare ■ Social Care ■ Fire Costs

65,000 adults still smoke in Somerset



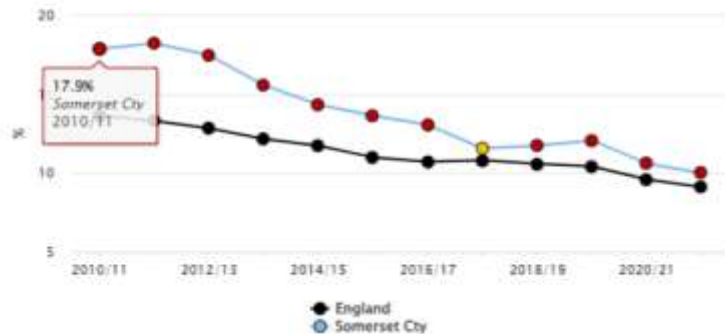
Average 500 women a year still smoke during pregnancy



Smoking costs Somerset £150 million a year

Smoking status at time of delivery

[Show confidence intervals](#) [Show 99.8% CI values](#)



19/20 data	Adult %
Mendip	10.6%
Sedgemoor	18.3%
SWAT	8.6%
South Somerset	6.7%

Smoking Prevalence in adults (18+) - current smokers (APS) [New data](#)

[Show confidence intervals](#) [Show 99.8% CI values](#)

