

## **Press release information for UKNSCC 2008**

**NHS Stop Smoking Services are effective and equally so among lower as high social grade smokers.**

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Findings from a new national survey of 1724 adults show that treatment from NHS Stop Smoking Services triples smokers' chances of quitting successfully.

The sample were smokers a year ago, tried to stop in the past year and used medication to help them stop. Those smokers who also used behavioural support from the NHS Stop Smoking Services were three times more likely to still not be smoking than those who used medication (usually nicotine replacement therapy) alone.

The effect was the same in adults from social grade E (low paid manual and unemployed) as AB (high level professional and managerial).

The findings show that the NHS Stop Smoking Services are matching up to expectations from clinical trials and delivering high quality support to hundreds of thousands of smokers each year. The task now is to get the news out so that more smokers use these life-saving services.

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**Survey information:**

This ongoing monthly cohort survey (The Smoking Toolkit Study) is carried out by BMRB on behalf of Professor Robert West of the Cancer Research UK Health Behaviour Research Centre, University College London. For more information see: [www.smokinginengland.info](http://www.smokinginengland.info)