



National Public Health  
Service for Wales

Gwasanaeth Iechyd Cyhoeddus  
Cenedlaethol Cymru

### All Wales Smoking Cessation Service

Following the publication of the Tobacco White Paper, *Smoking Kills*, in 1998 proposals were introduced to develop and implement a number of pilot smoking cessation services across Wales. An external evaluation of the pilot projects in 2002, commissioned by the Welsh Assembly Government, then put forward recommendations to develop and unify all the services across Wales to become the **All Wales Smoking Cessation Service**.

The All Wales Service is split into 3 regions South East Wales, North Wales, West and Mid Wales. Although an All Wales Service, it will still respond to local demands. The service has now one free phone number **0800 085 2219**.

Clients are initially invited to an information session, where they can find out what the Service can provide; clients are also given advice and current information on smoking cessation treatments. The Service offers a course of 1 hour weekly sessions, over six weeks. These sessions are very informal and cover related topics such as preparing to stop, dealing with cravings, withdrawal symptoms, weight control, dealing with difficult situations and staying stopped. The 6-week courses take place in various community venues. The courses are held at various times of day, morning, afternoon and evening.

The benefits of the sessions are that they provide mutual moral support from other people giving up smoking and advice and support from a Smoking Cessation Specialist. The course helps to keep people motivated and determined to succeed. Research has proven that group support in conjunction with smoking cessation treatments can double the chances of successfully stopping smoking.

Smokers in Wales who are ready to quit may self refer themselves to the Smoking Cessation Service via the **Free phone number:**

**0800 085 2219.**

### The health benefits of stopping smoking:

After:

20 minutes Blood pressure & pulse return to normal

1 hour the body starts to get rid of tobacco toxins

8 hours the level of carbon monoxide and nicotine in the blood will halve

24 hours carbon monoxide is eliminated from the body, the lungs start to clear and the chance of heart attack starts to decrease

48 hours there is no nicotine left in the body, taste & smell start to improve, nerve endings start to regrow and walking becomes easier

72 hours breathing becomes easier and energy levels increase

2-12 weeks circulation improves, lung function increases and running becomes easier

3-9 months decrease in coughing, sinus congestion, tiredness, shortness of breath & chest infection

1 year the risk of coronary heart disease is half that of a smoker

2 years risk of heart attack is halved

10 years the risk of lung cancer is halved- the longer you stop, the lower the risk

15 years the risk of stroke is reduced to that of a non-smoker.

**Cost-** What a 20 a day smoker spends on cigarettes: what they can save when they quit (based on £4.75 per pack)

	1 day	1 week	1 month	1 year	5 years	10 years
20 cigs	£4.75	£33.25	£142.50	£1,733.75	£8668.75	£17337.50

**UK Smoking Statistics** (as from No Smoking Day organisation)

Every year, 120,000 smokers in the UK die as a result of their habit.

Smoking causes 30% of all cancer deaths (including at least 80% of lung cancer deaths), 17% of all heart disease deaths and at least 80% of deaths from bronchitis and emphysema.

Smoking kills around six times more people in the UK than road traffic accidents (3,391) other accidents (8,933), poisoning & overdose (3157), murder & manslaughter (495), suicide (4,485), and HIV infection (180) all put together (20,641 in total - 1999 figures).