



### **Smokefree Barnsley Tobacco Alliance Action Plan 2016-2018**

# VISION: To see the next generation of children in Barnsley born and raised in a place free from tobacco, where smoking is unusual

- Smoking prevalence in Barnsley is reducing but we still have one of the highest smoking rates in the country.
- The latest data illustrates that 22.3% of the adult population In Barnsley are smokers significantly higher than the England average of 18.0% (2014).
- There is a wide variation between wards where the proportion of adult smokers ranges from 12% to 29%. The prevalence amongst routine and manual workers within Barnsley is much higher than the overall prevalence at 29.2% compared to 22.3% (2014).
- The smoking prevalence at age 15 of 10.7% is significantly worse than the England average of 8.2% (2014/15).
- Although recently smoking in pregnancy has reduced to 20.4%, this is still significantly higher than the England average of 11.4%.
- Smoking attributable mortality and admissions are significantly higher in Barnsley when compared with the regional average.
- Roughly £62million per year is spent on tobacco by the smokers of Barnsley. This is on average around £1323 per smoker per year.
- Each year in Barnsley smoking costs society around £75.6 million, this includes factors such as lost productivity, the cost of social care and smoking-related house fires (ASH Ready Reckoner, The local cost of tobacco, December 2015).
- When net income and smoking expenditure is taken into account, 8326 (32%) households with a smoker fall below the poverty line. If these smokers were to quit, 2140 households would be elevated out of poverty, these households include around 1707 dependent children (ASH Estimates of poverty in England adjusted for expenditure on tobacco, October 2015).

### Target = to reduce smoking prevalence by 1% per year.

By 2018, based on a smoking prevalence of 19%, it is estimated that there could potentially be:

- 6210 less smokers in Barnsley<sup>1</sup>
- £4.6million annual saving to business's in Barnsley due to less smoking breaks<sup>2</sup>
- £700,000 saved annually in smoking related sick days<sup>2</sup>

- £1.9million saved to the NHS in Barnsley annually<sup>2</sup>
- 4.3 tonnes less cigarette waste annually in Barnsley<sup>2</sup>
- 69 less smoking related deaths each year
   (Please note that these are estimates)

<sup>&</sup>lt;sup>1</sup> Latest estimated smoking population in Barnsley = 41,962 (ASH The Local Cost of Tobacco 2015)

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<sup>&</sup>lt;sup>3</sup>2015 Health Profile – Barnsley, PHE, June 2015









### **Performance**

		2011	2012	2013	2014	20			16		17	_	18	20	
Prevalence of smoking among persons	Barnsley	25.4	23.6	21.4	22.3	Actual	Target 22	Actual	Target 21	Actual	Target 20	Actual	Target 19	Actual	Target 18
aged 18 years and	Yorkshire & Humber	22.1	22.7	20.3	20.1										
over	England	20.2	19.5	18.4	18										
Prevalence of smoking among persons	Barnsley	32.5	31.4	30.8	29.2		28.2		27		25.5		24		22.5
aged 18 years and	Yorkshire & Humber	31.8	33.2	30.7	30.7										
over - routine and manual	England	30.3	29.7	28.6	28										
% of	Barnsley	23.3	21.9	23	20.4		19		18		17		15.5		14
women who smoke at time of delivery	Y & H (up to 2012)/ South York's and Bassetlaw	16.4	16.5	18.6	17.7										
	England	13.2	12.7	12	11.4										
Smoking prevalence at age 15 - current smokers (New indicator 2014)	Barnsley	-	-	-	10.7										
	Yorkshire & Humber	-	-	-	8.7										
	England	-	-	-	8.2										

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Ambition	Why	Planned activity	Responsibility	Progress update	Milestones
Key Objective 1: setting a clear example	Smokefree workplaces protect staff, whether or not they are smokers themselves, from second-hand smoke. They also normalise the smokefree vision, which impacts on the prevalence of smoking. If	Ensure all members of the Tobacco Control Alliance have evidence based workplace smoke free policies in	Richard Jenkins	BHNFT – Smokefree Policy 2012 due to be updated March 2016.  Smoke Free BHNFT policy 2012.pdf	Ongoing
	people feel that smoking is less and less of a normal, societally acceptable activity, more people will quit, and more young people will not start in the first place (DH 2007).  Normalising not smoking has	place.	Kaye Mann	BMBC – Smoking at work policy 2013. In progress of being updated (May 2016).  BMBC  BMBC  SmokingatWorkPolicy	
	been shown to increase numbers of young people not taking up smoking (Backinger 2003, NICE 2010).		Judith Hirst	Sandhill Trust Smokefree Policy Oct	
			Zoe Styring	SWYPFT – new Smokefree Policy Dec 2015, stating 'smoking is not permitted anywhere within the Trust's buildings, grounds and/or  SWYPFT Smokefree assets'.  All SWYPFT site including mental health premises became	

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## PUBLIC HEALTH STRATEGY \_\_\_\_/







	completely smokefree from 1st December
	2015.
Hilary Mosely	CCG – Alcohol, drug and substance misuse and smokefree policy, June 2014.
	CCG alcohol, drugs and smokefree policy
Pete Jones	FIRE AND RESCUE SERVICE
	SYFR Smoking_at_Work_Pc
	At the moment the grounds are not fully smokefree, the main reason being that Operational Staff need to be on premises at all times on duty for emergency calls hence
	the designated areas within the premise grounds. Smoking is not permitted on vehicles or when operational staff are on call outs.
Claire Gray	PSS – included in the PSS health and safety policy.

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This demonstrates a	All TCA members	Richard Jenkins	PSS Health and Safety Policy (1).pdf  BHNFT – Smokefree policy states 'Will	Ongoing
commitment to supporting smokers on-site and allows people who have started to stop (NICE 2007). It will also improve the businesses finances, as ex-smokers and non-smokers have less sicknes absence than current smokers			support employees who wish to cease smoking, allowing time to attend clinics/advisory sessions with the Stop Smoking Service where reasonably practicable to do so. Barnsley Hospital will fully support, with free resources within defined criteria, an employee/client who wishes to cease smoking'.	
		Diane Lee	BMBC – objectives of the policy is 'to promote the aims of Public Health and to support the health of the Council's employees by encouraging and, where required, providing assistance and support to help them stop smoking'. 'To provide encouragement, assistance and support to those employees and Members who wish to give up or cut down smoking through classes and counselling organised through the Occupational Health Service'.	
		Judith Hirst	SCHOOLS -	1
		Zoe Styring	SWYPFT – link to Yorkshire Smokefree on staff intranet.	

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			http://nww.swyt.nhs.uk/wellbeing/smoke-	
			free/Pages/default.aspx	
			Smokefree policy states 'The Trust would	
			wish to encourage its employees to refrain	
			from smoking outside the times and	
			circumstances set out in this policy, both in	
			their own interests and as representatives of	
			a major public body, whose purpose is to	
			improve health'.	
		Hilary Mosely	CCG – policy states 'employees who smoke	
			will be encouraged to seek support to stop	
			smoking. Local arrangements for accessing	
			smoking cessation support will be publicised	
			on the website and highlighted through the	
			staff newsletter periodically'.	
		Pete Jones	FIRE AND RESCUE SERVICE - Information on	
			services available is in the SYFR Smoking at	
			work policy. All operational staff attend	
			health checks via the Occupational Health	
			Department and are asked about smoking	
			status. Looking into the possibility of posters	
			in the designated areas with Stop Smoking	
			info.	
		Claire Gray	PSS – Policy states-'PSS wants to support	-
		Cian'c Gray	staff who want to stop smoking and will	
			enlist the help of appropriate organisations	
			to provide support and guidance to help	
			staff to stop smoking'.	
To set a good evample to	Encuro a cyctom	Richard Jenkins	BHNFT – Smokefree Policy states 'employees	Ongoing
To set a good example to	Ensure a system	Kicharu Jenkins	brive i – Sillokelree Policy states employees	Ongoing

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members of the public.	is in place to		will not smoke outside their working hours	
	prevent any		in circumstances where it is obvious that	
	identifiable staff		they are employed by Barnsley Hospital, e.g.	
	from smoking		wearing staff uniform and/or name badges'.	
	publicly e.g. in	Diane Lee	BMBC - To prevent adverse public	
	uniform, badges		perception being formed by preventing	
			groups of BMBC employees or Members or	
			public congregating at the entrance or exits	
			of Council buildings, to smoke.	
		Judith Hirst	SCHOOLS	
		Zoe Styring	SWYPFT – Policy states that 'staff should not	
			be identifiable as NHS employees to	
			members of the public when	
			smoking/vaping' and 'staff should not	
			smoke/vape directly outside the main	
			entrance of any Trust site'.	
		Hilary Mosely	CCG - Employees who do smoke during	
			normal work hours must not do so on CCG	
			premises, including the car park and in	
			vehicles parked on the car park.	
		Pete Jones	FIRE AND RESCUE SERVICE – due to	
			operational staff needing to be ready for call	
			outs at all times it is not practical to change	
			out of uniform. Designated areas are out of	
			view of the public.	
		Claire Gray	PSS -	

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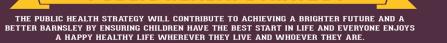
There is a certain amount of evidence across a variety of settings to suggest that gaining a commitment does have an effect on behaviour. TCA members should lead the vision.	All TCA members to make an online Breathe 2025 pledge	Richard Jenkins	BHNFT - Beccy Barber, Stop Smoking Midwife - We will support pregnant women and their families to stop smoking and promote smoke free homes and cars. We will support midwives and support staff to offer brief interventions at each antenatal appointments	Ongoing
		Kaye Mann	BMBC pledges.docx	
		Judith Hirst	Schools	
		Zoe Styring	SWYPFT - Yorkshire Smokefree, Barnsley - We pledge to educate others on the harmfulness of smoking, continue to help smokers quit for good and encourage a smoke-free generation.  Yorkshire Smokefree Hub, Barnsley - I/We pledge to ensure all staff complete free, online training in brief interventions on smoking.	
		Hilary Mosley		

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			support the creation of a smoke free generation' Pledge to be made on behalf of the CCG by the Chief Officer  • 'I will continue to help my patients to quit smoking and will ensure that the Clinical Commissioning Group places a high emphasis on helping to create a smoke free	
		Pete Jones	generation' Pledge from Chair of the CCG' Fire and Rescue Service -	
		Claire Gray	PSS – pledge made.	
			Others: BPL pledge – 'We pledge to encourage our members to lead healthy smoke free lives and to support those trying to quit'	
Lead the vision – your	All TCA members	Richard Jenkins	BHNFT	Ongoing
colleagues will take their lead from you. Share the evidence behind	to promote the Breathe 2025 campaign to their	Alex Hanna/ Emily Beevers	BMBC - Article in November's Open News, info and links in Straight Talk and on website.	
the vision with them, as well as the vision and they will be more likely to come on board (Minkler et al 2003).	organisations and to encourage pledges	Judith Hirst	SCHOOLS – info and request has been included in several schools E-bulletins.  Info and links sent to JH for distribution to	
on board (willikiel et al 2003).		Zoe Styring	other Primaries.  SWYPFT – request for pledges sent to all staff at Stop smoking and the hub on 07.01.16	
		Hilary Mosely	CCG-	

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		Pete Jones	FIRE AND RESCUE SERVICE – info sent to include in the weekly staff bulletin	
		Claire Gray	PSS – discussed at team meeting 11.01.16. CG to ask staff to make personal pledges.	-
Local stop smoking services offer the best chance of success. They are up to 4 tim more effective than no help over the counter nicotine replacement therapy (NRT).		Richard Jenkins	BHNFT – information and links to Smokefree Yorkshire on Maternity Services web page. <a href="http://www.barnsleyhospital.nhs.uk/services/maternity-services/thinking-about-having-a-baby/do-you-smoke/">http://www.barnsleyhospital.nhs.uk/services/maternity-services/thinking-about-having-a-baby/do-you-smoke/</a>	Ongoing
Education and promotion is important to drive smokers in the service in order to quit.		Diane Lee	BMBC – website being updated will include links to Yorkshire Smokefree and Breathe 2025.	-
		Judith Hirst	SCHOOLS -	_
		Zoe Styring	SWYPFT – link to Yorkshire Smokefree. http://www.southwestyorkshire.nhs.uk/your-wellbeing/	
		Hilary Mosely	CCG	
		Pete Jones	FIRE AND RESCUE SERVICE – looking into the possibility of having a page on the SYFR website on smoking and fire risks along with links to the Stop Smoking Service and Breathe2025	
		Claire Gray	PSS	
	Communications plan for Breathe 2025	Alex Hanna/ Emily Beevers	Communications and social media plans in place:	Ongoing

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Repeated messages from different voices give stre a cause (Minkler et al 20 Working together with o deliver effective mass media campaigns maximises the chances for message to be heard, an repeatedly, by young people. Research shows the most effective element mass media campaign in of reducing the prevalence of smoking amongst young people is duration and visibility of campaign (NICE 2008).	ength to 03). Others to Stoptober, No Smoking day and World No Tobacco Day and any new legislation  us that ent of a terms  ng s the	Alex Hanna/ Emily Beevers  Zoe Styring  Richard Jenkins	Implementation plan Social media plan.ods - Breathe 2025 Sept ?  Breathe 'champion' family.jpg  BMBC  • Stoptober 2015 – resources ordered and distributed (via Health Trainers, Infant Feeding Team, Stop Smoking Service, Work place health)  • Smoking in cars legislation Oct 2015 – Schools E-Bulletin  • Health Harms campaign resources ordered and distributed Dec 2015 16 cancers campaign – posters distributed plus social media posts.  SWYPFT  • Stoptober promotion within BHNFT http://barnsley.yorkshiresmokefree.nhs.uk /articles/check-out-our-stoptober-set-up- in-barnsley-hospital No Smoking Day 2016 - promotion in the bus station 9-13pm, hospital promotion all day .	Ongoing
			internet <a href="http://www.barnsleyhospital.nhs.uk/news/quit-smoking-good-stoptober/">http://www.barnsleyhospital.nhs.uk/news/quit-smoking-good-stoptober/</a>	
		Judith Hirst	SCHOOLS-	

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system of selecting and controlling contractors ensures compliance with this policy'.  Hilary Mosely CCG	Embed smoking in all key policies, commissioned services, contracts and action plans	Claire Gray Pete Jones  Diane Lee  Zoe Styring  Richard Jenkins	CCG – distribution of 16 cancers posters to GP's, social media posts  PSS – staff working in the Dearne to promote.  FIRE AND RESCUE SERVICE – to include info in weekly staff bulletins.  Other:  Barnsley Premier Leisure (BPL) promotion of the '16 Cancers' campaign in their sites.  Barnsley Lesbian, Gay, Bisexual and Trans community (Barnsley LGBT) promoted 16 cancers campaign on their Facebook and website.  BMBC  Anti-poverty Plan  O-19  Priority in the Public Health Strategy 2015-18  SWYPFT - states in the Smokefree Policy that 'Procurement Department will ensure all tenders and contracts with the Trust stipulate adherence to this Policy as a contractual condition' and 'Training Department will ensure appropriate sessions, for example corporate induction and fire lectures refer to the Trust's smokefree policy'	Ongoing
		Hilary Mosely	system of selecting and controlling contractors ensures compliance with this policy'.	

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			Claire Gray  Judith Hirst	PSS – CG looking into possibility of including not smoking in new staff contracts.  SCHOOLS	
Key Objective 2: making it harder	There is good evidence that helping to maintain a visible proof of age/ID campaign and support the enforcement of	Ensure sufficient underage test sales are carried out	Simon Frow/ Paul Micklethwaite	19 test purchases for underage sales undertaken. Also test sales for E-cigs will be undertaken soon using funding from Trading Standards.	Ongoing
for children and young people to access and	the law reduces youth access to tobacco (NICE 2008), which reduces the opportunity and therefore the likelihood of smoking.	Visible proof of age/ID campaign in wherever tobacco products are sold	Simon Frow/ Paul Micklethwaite	ID packs issued at every shop visit by Tobacco Enforcement Officer.	Ongoing
use tobacco		Train retailers to ensure they are aware of legislation prohibiting under age sales and the harms of tobacco (target retailers within specific areas of high smoking prevalence and target retailers who are situated within walking distance	Simon Frow/ Paul Micklethwaite	Discussion at every visit by Tobacco Enforcement Officer. Also leaves retailers with a hand-out of key points.	Ongoing

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## PUBLIC HEALTH STRATEGY \_\_/







		of schools)			
Key Objective B: making cobacco ess affordable, especially for	Far from being a victimless crime, the illegal tobacco trade makes it easier for children to start smoking, takes advantage of cash-strapped families, and helps fund organised crime. Young people are more at risk of becoming smokers if they have easy access to cigarettes	Ensure an effective illicit/counterfeit tobacco identification and management programme is in place	Simon Frow/ Paul Micklethwaite	Cigarettes are sent to the tobacco makers to be tested for counterfeit, full reports are provided that can be used as evidence. Some are also sent to a lab for Propensity testing to see if the cigarettes extinguish like they should.  174 retail and 54 private inspections so far resulting in 15 warning letters, 4 cautions. *** seized.  Sniffer dogs booked for a full day 10.3.16 for retail inspections.	Ongoing
and young people	(disposable income, access, and price).	Mechanism for monitoring sources of illicit/counterfeit tobacco locally	Simon Frow/ Paul Micklethwaite	Tobacco Enforcement Officer works in partnership with the Police and HMRC. Information is also received from the Tobacco Industry Fraud Officers.	Ongoing
		A mechanism for local 'whistle blowing'	Simon Frow/ Paul Micklethwaite	Trading Standards hotline. Business cards distributed with key points to look for and contact details. Communications – schools e-bulletin, internal comms, schools newsletters	Ongoing
		Awareness raising for health and social care staff on illicit tobacco and how to report it	Simon Frow/ Paul Micklethwaite	Tobacco Enforcement Officer to attend staff training days or team meetings. Attending the Stop Smoking Team meeting 1.3.16 to brief staff. Training for staff at The Company Shop at Goldthorpe.	Ongoing
		Awareness raising for education staff on illicit tobacco and how	Simon Frow/ Paul Micklethwaite	Tobacco Enforcement Officer to attend staff training days or team meetings. Speaking to school staff on visits. Meeting with Netherwood Family Liaison Officer	Ongoing

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		to report it		regarding illicit cigarettes in the school.	
		Awareness raising for BMBC staff on illicit tobacco and how to report it	Simon Frow/ Paul Micklethwaite	Internal communications, 'Placebook' posts. Internal comms. Attending Central Area workshop on PH.	Ongoing
Key	Tobacco packaging has become	Enforce	Simon Frow/ Paul		From May
Objective	one of	standardised	Micklethwaite		2016
4: limit	the tobacco industry's leading	packaging (from			
tobacco	promotional tools Research	May 2016)			
marketing	suggests that standardised				
and	packaging would increase the				
exposure	impact of health warnings,				
to smoking	and reduce the attractiveness of				
seen by	smoking to young people.				
children	The regulations were bought in	Enforce point of	Simon Frow/ Paul	21 Shutter inspections undertaken since April	Ongoing
and young	because evidence tells us that	sale restrictions	Micklethwaite	2015.	
	visible promotions of tobacco				
	appeal to young people and it is				
	a form of tobacco advertising.				
	To normalise the smokefree	Ensure events			
	vision. If people feel that	aimed at families,			
	smoking is less and less of a	children and			
	normal, societally acceptable	young people are			
	activity, more people will quit,	smokefree			
	and more young people will not				
	start in the first place (DH				
	2007).				
Key	Those who start and maintain	All school nurses			
Objective	smoking	trained in brief			

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5: educate young people to make healthy choices around smoking and tobacco	before the age of 16 are also more likely to be heavier smokers, have worse health outcomes and be less likely to stop in the future (RCP 2010). Encourage them to access help and support to not smoke again if they have only tried one, or a few cigarettes. Most young people who have one cigarette will, without intervention, go on to smoke more for longer, and will be less likely to quit as adults (RCP 2010). Added to this, young people who smoke are more likely to participate in other risk taking or 'antisocial' behaviours – adolescent smoking is also correlated more or less	advice around smoking cessation School nurses promoting and referring to Be Well Barnsley Work with schools on educating young people around tobacco	Zoe Styring  Claire Gray  Pete Jones	SWYPFT - Working with PSS to review the evidence around young people. Work underway in Barnsley Academy.  PSS – Working with SWYPFT to review the evidence around young people. Be Well Advisors delivering a 4 week programme on healthy lifestyles to all year 7 pupils at Shafton ALC, which includes smoking. Be well Family Advisor to be trained in Stop Smoking.  FIRE AND RESCUE SERVICE – 'Crucial Crew'- most Primary Schools attend.	
	strongly to truancy, alcohol use and to the use of other substances (NHS IC 2013).	Develop/commiss ion a school based social norms/resilience programme	Emma White		
Key Objective 6: reduce	Evidence has shown that exposure to SHS causes death, disease and disability in adults	Promotion of smokefree homes	Diane Lee Richard Jenkins	BMBC –  BHNFT - funding from the Fire Service has	Ongoing
U. TCUUCC	discase and disability in addits		Michard Jenkins	helped buy resources with sleepsafe and	

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exposure to second hand	and children and that exposure to smoking behaviour is also a driver of smoking uptake among			smokefree home messages on – thermometer, scan wallets, bags for notes etc.
smoke (SHS)	•		Zoe Styring	SWYPFT –
less likely to smoke, even if their parents smoke. By not allowing anyone to smoke in their homes, parents not only make		Claire Gray	PSS – Advisors in the Dearne promote.  Be Well measured on 'distance travelled towards tobacco harm reduction' which includes SFH's.	
	smoking less convenient for their children but also make a powerful statement that they believe smoking is undesirable.		Pete Jones	FIRE AND RESCUE – provided funding to Midwifery for resources with sleepsafe and smokefree home messages on. Promotion of smokefree homes at home safety checks.
	Children exposed to tobacco smoke are at much greater risk of cot death, meningitis, lung infections and ear disease (Royal College of Physicians).		Judith Hirst	SCHOOLS -
	Smoking in cars causes harm to the other passengers from inhaling secondhand smoke and the potential harm that children will perceive smoking to be normal behaviour.	Enforce no smoking in cars with under 18s	Paul Micklethwaite	Working in partnership with the Police. Attendance at schools drop off/pick up times. Advice given. Visited 13 schools since Oct 2015. No fines issues as yet. Information given to the visited schools which some have included in their parents newsletters.
	Evidence tells us that children are less likely to start smoking if they do not view the activity as a normal part of everyday life. As smoking becomes less visible and less socially acceptable it	Pilot smokefree play areas/ town centre zones	Diane Lee	

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	should reduce smoking uptake by young or new smokers.  Advantages of smokefree mental health premises include: reduced exposure of patients and staff to secondhand smoke, an enhancement in patients' motivation to stop smoking and better sleeping patterns among patients.	Smokefree mental health premises.	Zoe Styring	SWYPFT – mental health premises went smokefree from Dec 2015.	Ongoing
Key Objective 7: support current smokers to quit	Smoking is the most important cause of preventable ill health and premature mortality in the UK. It still accounts for 1 in 6 of all deaths in England, and there exist huge inequalities in smoking related deaths: areas with the highest death rates from smoking are about three times as high as areas with the lowest death rates attributable to smoking.  Mortality rates from conditions attributable to smoking is 24% higher in Barnsley than expected compared to the English rate.	Ensure that good quality evidence-based Stop Smoking Services are accessible to all smokers, particularly those from lower socio-economic groups and disadvantaged populations.	Carl Hickman/ Claire Gray/ Zoe Styring	BWB launched on 1st Nov 2015. Referrals into the Stop Smoking Service are via the Yorkshire Smokefree Hub. Currently reviewing LES workers –renewal or ending of contracts as some aren't active. Monitoring and working on improving quit rates across the service. Training on 'Quit Manager' system to improve accuracy of data. Refresher training for Be Well LES workers.	Ongoing
	Every day in Yorkshire and the	Support young	Zoe Styring		Ongoing

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Humber, 51 children aged 11-	people to stop			
15 start smoking (Cancer	smoking			
Research	3011116			
UK). Half of them will go on to				
be adult smokers. And half of				
those will go on to die, if they				
continue to smoke, of a				
smoking-related illness.				
Smoking rates amongst people		Zoe Styring	SWYPFT - All smoking inpatients are offered	
with a mental health disorder		, ,	NRT within 10 hrs of admission. NRT is kept	
are significantly higher than in			on the ward and is given out via the	
the general population.			Pharmacy Lead.  A member of the Stop Smoking Team	
Smokers with mental illness are			spends 1 day a week in the inpatients	
frequently motivated to quit			(6month trial)	
and are generally able to do so			1 champion on each ward has been trained	
provided they are given			to level 2. All staff have completed the online	
evidence-based support.			NCSCT training.	
The recommendations are				
taken from the report by ASH				
(The Stolen Years 2016) which				
sets out how smoking rates for				
people with a mental health				
condition could be dramatically				
reduced in order to reduce the				
health inequality. It highlighting				
that a whole systems approach				
is needed. Comprehensive				
tobacco control strategies have				
made a real difference to				

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smoking rates in the general population but have had limited impact on this group, and it is	
with mental health conditions have barely changed at all over the last 20 years (estimated to be at 40%) whilst the rates have been steadily falling in the general population (currently at 18%).	

Although the rates are much higher, the desire to quit is just as strong as for the average smoker. These smokers do not lack motivation to quit but are more likely to be highly

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addicted and heavily dependent		
on tobacco, and therefore need		
more help.		
NATIONAL TARGET =		
Smoking rates among people		
with a mental health condition		
to be less than 5% by 2035, with		
an interim target of 35% by		
2020.		
	People with a mental health condition are empowered to take action to reduce their	
	Smoking:	
	Mental health settings should identify service user 'stop smoking champions' to work	
	with staff and service users	
	All smokers with a mental health condition should be provided with clear, evidence	
	based information	
	about different options to quit or reduce the harm from smoking by primary care, social	
	care, IAPT,	
	specialist stop smoking services, secondary care services and pharmacists in a	
	coordinated way.	
	Carers, friends and family members should be provided with advice and information	
	about how best to support those with a mental health condition to address, reduce and	
	stop their smoking.	
	Service users are included in the development of services designed to support people	
	to quit or reduce the harm from smoking.	
	People with a mental health condition should be supported to develop alternative	
	occupations to smoking, to help establish new healthier routines.	
	Staff working in all mental health settings see reducing smoking among service users as part of their core role:	
		<b>21</b>   P a g

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<ul> <li>In all environments in</li> </ul>	which care and	l support is provided	to people with a mental
health condition			

there should be a dedicated senior staff member who is the 'stop smoking champion', supported by a cross-disciplinary committee where appropriate. They should have responsibility for ensuring smoking

is being addressed among service users.

• Mental health care settings should ensure all staff working with those with a mental health condition

are trained in very brief advice (VBA), and those who are assisting patients to temporarily abstain

or quit smoking are trained to a minimum standard described by the NCSCT.

- There should be a good understanding among staff in all mental health settings about the benefits to service users of quitting smoking.
- Strategies should be in place to support staff in all mental health settings to quit smoking.

Services for people with mental health conditions provide effective advice and support to guit smoking and access to appropriate specialist stop smoking models:

• All residential and community mental health settings should support quitting smoking by providing

brief advice, in-house specialist tailored stop-smoking support or referral to appropriate stop smoking

services. For hospital settings, on-site tobacco dependence treatment services should be established.

• Local Authority commissioned stop smoking services should be funded to support community and inhouse

mental health staff with appropriate training and mentoring to deliver to the necessary levels of

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• Mental Health Trust Boards, Clinical Commissioning Groups and commissioners of mental health

services should ensure that delivery of NICE standards in relation to smoking, specifically PH48 and

PH45, is a pre-requisite of services being commissioned.

- Stop smoking support and appropriate signposting should be embedded in mainstream an community based mental health services.
- There should be clear policies which enable timely access to appropriate pharmacotherapy in all care settings for people with mental health conditions, including:
- easy and affordable access to pharmacotherapy in the community for both quitting and cutting

### down

• on arrival at an inpatient ward, patients should have access to nicotine replacement therapy (NRT)

### within 30 minutes

- NRT should be available for as long as it is needed at a sufficient dose and frequency
- $\bullet$  combination NRT or varenicline should be seen as first line medications for those wishing to cut

### down or quit

- An agreed tobacco dependence treatment plan should be included in the collaborative care plan of all service users who smoke.
- Access to peer support should be available for people with mental health conditions attempting to quit smoking.
- Clear pathways should be developed between mental health and other services to ensure support to

quit smoking is maintained as people move through the system.

• Service users and carers are included at all stages during the planning, delivery and

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## PUBLIC HEALTH STRATEGY \_\_/







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health and care services designed for those with mental health conditions.

Local Authority funded stop smoking services (SSS) effectively support those with a mental health condition to quit smoking:

- Stop smoking practitioners should be trained on the specific issues around mental health and
- smoking including the importance of liaising with primary and secondary care staff about the impact of
- quitting and relapse on anti-psychotic medication dosage.
- Stop smoking services should routinely ask about mental health conditions and record this

information.

- Stop smoking services should have a "mental health champion" to ensure that those with mental health conditions receive appropriate treatment and support.
- Stop smoking services should have clear protocols with local mental health services including development of in-reach and outreach models of support.
- Greater attention should be paid to models of relapse prevention, especially for those identified at

high risk of relapse.

- There should be a specific harm reduction plan for those with a mental health condition who do not want to or are finding it difficult to quit.
- Commissioners of stop smoking services should identify appropriate measures of success and
- appropriately incentivise services aimed at those with mental health conditions, for whom four-week  $\,$
- quits may not be appropriate.
- Barriers to engagement with cessation services of those with mental health conditions should be

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## PUBLIC HEALTH STRATEGY \_\_/







identified and addressed.

People with mental health conditions who access mainstream physical health services are routinely advised to quit smoking and sign-posted to effective support:

• Stop smoking support and appropriate signposting for those with mental health conditions should

be embedded in primary care: Tobacco dependence treatment should be offered to everyone with a

mental health condition accessing primary care services.

• Care should be provided in the community in a holistic way - mental and physical health needs

are addressed, and each person receiving care should have access to a selection of health care

professionals treating all of their health care needs.

• People with a mental health condition who develop a physical health condition should be provided

with targeted support to quit in primary and secondary care.

- The use of CO monitors as a motivational tool is trialled.
- Health Education England should ensure that all professionals seek to Make Every Contact Count among those with a mental health condition in relation to smoking and other harmful behaviours.

People with mental health conditions who are not yet ready or willing to quit are supported through harm reduction strategies:

- The methods outlined in NICE PH45, 'Smoking: Harm reduction', should be implemented for all those with a mental health condition who are unwilling or unable to stop smoking completely.
- Evidence based information should be available to all those with a mental health condition about a

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1	£ 1			
ı	range of alternative nicotine	rontaining nroducte	s including electro	nic cigarettes
1	range of afternative incomine	, containing product.	J III CIUUIII E CICCII O	THE CIEUT CITES.

• Staff across mental health and physical health services should be trained and provided with

information to enable them to discuss safer alternatives to smoking.

- Commissioners and providers should:
- ensure all services include training on behavioural support, harm reduction and NRT
- have good communication to all smokers on the relative safety of nicotine
- make provision of NRT a normal part of care management for anyone who smokes
- have performance management measures in place to monitor activity around harm reduction/

nicotine management activity.

Support to quit smoking for those with complex multiple needs and across different settings is appropriate and consistent:

- Appropriate evidence-based interventions should be provided to all smokers receiving treatment for
- alcohol/drug use, to help them stop or reduce their smoking.
- Those in prisons, homelessness services and other settings with a high prevalence of mental health
- conditions should be offered advice and then evidence based interventions to stop or reduce their
- smoking.
- All pregnant smokers including those with mental health conditions should be offered advice and then evidence based interventions to stop or reduce their smoking.
- Staff in other services accessed by people with mental health conditions such as social services,

debt advice, job centre and probation should receive training so that they are able to offer very brief advice (VBA) and signpost for services which are able to offer evidence based interventions to stop or reduce their smoking.

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## PUBLIC HEALTH STRATEGY\_\_/







Data regarding smoking status and progress towards quitting are collected in a timely and appropriate way in all settings and appropriately shared:

- Recording of smoking status should be built into existing systems and collated by commissioners
- across a locality. In particular, smoking status should be recorded:
- for all people on the primary care depression register and SMI register which is available at local
- authority and practice level
- entry and discharge from IAPT services and be made available at local authority level
- in secondary mental health care settings at admission and discharge and be available at local
- authority and trust level
- Recording of smoking status in mental health and other settings should prompt action, including referrals.
- Effective recording of smoking status and mental health conditions in primary care with data
- consolidated and shared with local strategic partners including local authority and CCG.
- Systems should be put in place to ensure appropriate information can be shared between secondary mental health services, primary care, stop smoking services, IAPT and pharmacies.
- Commissioners of mental health services should mandate that there is recording of smoking status
- at all assessments, including automatic referral to smoking cessation services and an assessment of
- severity of dependence including CO Monitoring.
- Data are effectively communicated to those who can use it to influence policy and commissioning.

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		<ul> <li>All environments smokefree.</li> <li>Populations ident receive targeted stosmoking support.</li> <li>Looked after child smokefree environments of Clinicians working young smokers.</li> <li>All staff working in knowledge and</li> </ul>	intions put in place to in which care is delive ified as at risk of devel op dren should be provide ment. g in CAMHS should have n services where socia	health conditions are identified and prevent uptake of smoking:  ered to vulnerable people should be eloping a mental health condition should ed with smokefree role models and a eve effective training in identifying and treating el care is provided should have basic end know how to seek specialist support as	
Ca	moking during pregnancy can ause serious pregnancy-related health problems. These include	Support pregnant women to stop	Richard Jenkins	BHNFT - PSS and SWYPFT have both contributed £10,000 to keep the Specialist Midwife in post till Oct 1016.	Ongoing
a	complications during labour and an increased risk of miscarriage, premature birth, stillbirth, low birth-weight and sudden unexpected death in infancy. Encouraging pregnant women to stop smoking during pregnancy may also help them kick the habit for good, and thus	· ·	Zoe Styring	SWYPFT – Pregnancy advisor shares referrals with the Specialist Midwife (50/50 split).	
b u Ei to		Claire Gray	PSS – 'Fit mums' programme. Booklet given to all mums on programme includes stop smoking advice.  Working with Midwife to monitor priority groups such as teenage mums and substance misuse.  Gap identified with the Children Centres –		

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·	provide health benefits for the mother and reduce exposure to			no current LES workers due to changing job roles.	
s ii E v	second-hand smoke by the infant. Barnsley has significantly more women smoking at time of delivery compared to England – nearly double the rate.		Hilary Mosely	CCG/BMBC - £30k funding provided by CCG. Currently out to tender for a Smoking in Pregnancy review (£10k) then the rest of the funding will be used to implement the recommendations from the review.	
c	This enables everyone who has contact with members of the public to play a part in tackling smoking.	Increase Making Every Contact Counts & brief intervention/ motivational interviewing training	Kaye Mann	Currently scoping out the options.	Ongoing

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