



Sussex Community NHS Foundation Trust

Health4Families Programme Factsheet.

Stoptober is back!

Stoptober is back for 2017, encouraging smokers to make a quit attempt during October.

Please support and promote the Stoptober campaign by -

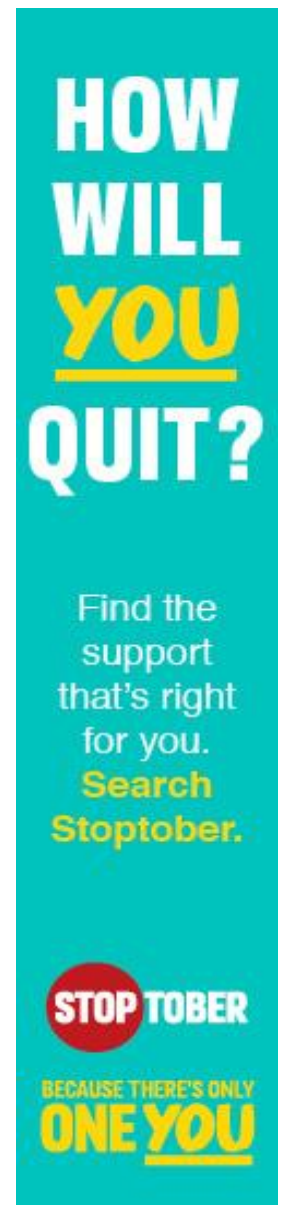
- Displaying information and resources
- Engaging anyone who smokes in a conversation about the [Stop Smoking Service](#) support available to them.

Did you know?

- If a smoker can make it to 28 days, they are 5 times more likely to quit for good
- Many smokers are motivated to quit to reduce or avoid damage to their family
- Smokers are up to four times more likely to stop smoking for good if they receive help from a [Stop Smoking Service](#)
- Smokers who combine using an e-cigarette with support from local [Stop Smoking Service](#) have the highest quit rates, with around two thirds quitting successfully
- Secondhand smoke will still be present in a room after two and a half hours even if a window is opened.

Key Messages

- Stopping smoking during pregnancy will have immediate benefit for both mother and baby
- Babies and children exposed to second-hand smoke have an increased risk of respiratory infections, ear infections and sudden infant death
- Children are more likely to smoke if their parents smoke
- The health benefits of stopping smoking start within hours of putting out the last cigarette. Using a combination of medication and behavioural support can substantially increase the chances of successfully quitting.



Resources

- [Action on Smoking and Health](#) - Information and resources
- [Public Health England](#) - Digital and downloadable resources
- [Smokefree](#) - Free proven support by app, email, SMS and face to face guidance
- **Sussex Community NHS Foundation Trust. Child Health Improvement Team.** - Links to Health4Families Programme Resources including Key Health Messages, Campaign Calendar and Resource List. Retrieved from www.sussexcommunity.nhs.uk/wscht
- [NHS Choices Smokefree app](#) - Daily tips, support and motivation
- [Smokefree baby app](#) – Smoking cessation app designed to help pregnant women tackle their smoking during pregnancy
- **West Sussex County Council Public Health and Social Research Unit.** (2017). *Joint Strategic Needs Assessment*. Retrieved from <http://jsna.westsussex.gov.uk/starting-developing-well/0-4-years-age-early-years-children/children-family-centre-profiles/>
- **West Sussex County Council Health Promotion Resources** available to order or borrow including visual displays and an adult cigarette costume! Accessed from www.westsussex.gov.uk/healthpromotion

Training

- [Very Brief Advice on Smoking](#) – National Centre for Smoking Cessation and Training. A short training module on how to deliver Very Brief Advice on Smoking
- [Second hand Smoke Training Module](#) - National Centre for Smoking Cessation and Training. A short training module on how to raise the issue of second-hand smoke exposure and promote smokefree homes and cars.

References to support evidenced based practice

- National Institute for Health and Care Excellence. (2006). *Smoking: brief interventions and referrals*. Retrieved from <https://www.nice.org.uk/guidance/ph1>
- National Institute for Health and Care Excellence. (2008). *Smoking: preventing uptake in children and young people*. Retrieved from <https://www.nice.org.uk/guidance/ph14>
- National Institute for Health and Care Excellence. (2010). *Smoking: stopping in pregnancy and after childbirth*. Retrieved from <https://www.nice.org.uk/guidance/ph26>
- National Institute for Health and Care Excellence (2010). *School based interventions to prevent smoking*. Retrieved from <https://www.nice.org.uk/guidance/ph23>
- Public Health England. (2015). *Health matters: Smoking and quitting in England*. Retrieved from <https://www.gov.uk/government/publications/health-matters-smoking-and-quitting-in-england>