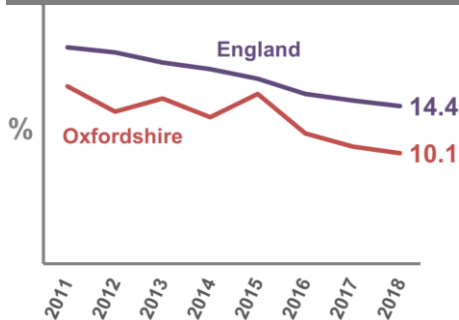




## Smoking

Smoking is the leading cause of preventable ill health and premature mortality in the UK,<sup>1</sup> with about half of all life-long smokers dying prematurely, losing on average about 10 years of life.<sup>2</sup> It is a major risk factor for many diseases, such as lung cancer, chronic obstructive pulmonary disease (COPD) and heart disease. It is also associated with cancers in other organs, including lip, mouth, throat, bladder, kidney, stomach, liver and cervix. Smoking still accounts for 1 in 6 of all deaths in England, and there are huge inequalities in smoking and smoking related deaths.

Reducing smoking rates is the single biggest thing we can do to improve the nation's health<sup>3</sup>.



The adult smoking rate in England is continuing to decline year on year and is now at a record low.<sup>4</sup>

In 2018 an estimated 10.1% of adults in Oxfordshire were smokers, down from 16.2% in 2011 and significantly lower than the England average of 14.4%.

Smoking prevalence in all of Oxfordshire's districts was either below or similar to national and regional averages.

In 2018, 5% of school pupils aged 11-15 in England were classified as current smokers. Though not significantly different from the surveys in 2014 and 2016 (6%), the proportion has generally declined over time since 1996, when 22% of pupils were current smokers.

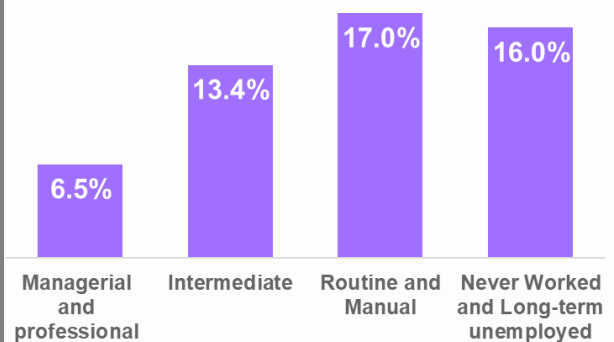
Current smoking prevalence was highest amongst white pupils (6%) and lowest among Asian (2%) and black (1%) pupils.<sup>5</sup>

Smoking prevalence is more concentrated among more disadvantaged communities and groups.

National data show smoking prevalence among adults with a serious mental illness is over two and a half times the national average.<sup>3</sup> The proportion of those with no qualifications who smoke is around four times the proportion in those with a degree.<sup>4</sup>

For Oxfordshire adults in routine and manual occupations, smoking prevalence is 17%, down from 33% in 2015.

Prevalence among adults who have never worked or are long-term unemployed is 16%.



Smoking in pregnancy has well known detrimental effects for the growth and development of the baby and health of the mother. These include complications during labour and an increased risk of miscarriage, premature birth, stillbirth, low birth-weight and sudden unexpected death in infancy.

In 2017/18, 7.8% Oxfordshire mothers were smokers at the time of delivery of their babies. Although significantly lower than England overall (10.8%), this is not decreasing in line with the national trend.<sup>1</sup>

E-cigarettes are currently the most popular stop smoking aid in England. In 2018, 6.3% of people in Great Britain reported currently using an e-cigarette. Vaping was most common among current cigarette smokers (15.0%) and ex-cigarette smokers (12.8%). Only 0.8% of people who have never smoked reported that they currently vape.<sup>4</sup>

Over half (51%) of e-cigarette users have stopped smoking completely and of the 45% who still smoke, half say that they are vaping in order to stop smoking. Although not risk-free, e-cigarettes are far less harmful than smoking.

We welcome your comments, please email [jsna@oxfordshire.gov.uk](mailto:jsna@oxfordshire.gov.uk)

<sup>1</sup> Public Health England, [Local Tobacco Control Profiles](#)

<sup>2</sup> Department of Health and Social Care, [Towards a smoke-free generation: a tobacco control plan for England](#)

<sup>3</sup> Public Health England, [Health matters: stopping smoking – what works?](#)

<sup>4</sup> Office for National Statistics, [Adults smoking habits in the UK: 2018](#)

<sup>5</sup> NHS Digital, [Smoking, Drinking and Drug Use among Young People in England 2018](#)