

SECTION 4: BEHAVIOUR AND LIFESTYLE THAT INFLUENCE HEALTH AND WELLBEING

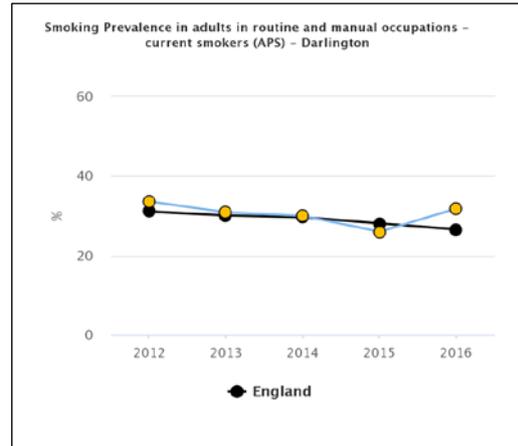
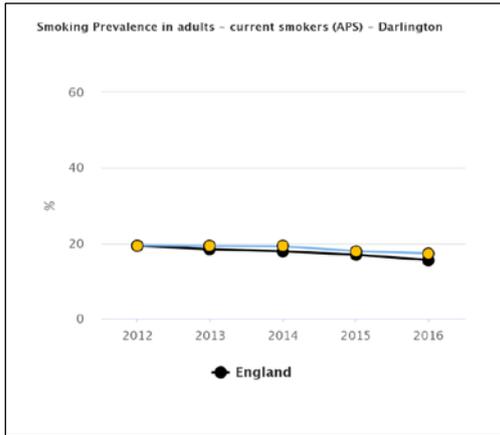
SMOKING



Smoking is the number one cause of preventable death in the UK, and the biggest cause of health inequalities; accounting for half the difference in life expectancy between richest and poorest. The poorest non-smokers typically have a substantially longer life than the richest smokers.

Prevalence

The graphs below show the estimated prevalence of smoking in Darlington from the Annual Population Survey (APS). This estimated that smoking prevalence in adults in Darlington was 17.3% which is statistically similar to England at 15.2%. The APS also estimated that the smoking prevalence in those adults in routine and manual occupations at 31.8%, and increase on previous estimates but still statistically similar to England. Workers in manual and routine jobs are twice as likely to smoke as those in managerial and professional roles and unemployed people are twice as likely to smoke as those in employment. Ill-health caused by smoking is more prevalent in the poorest and most disadvantaged communities.



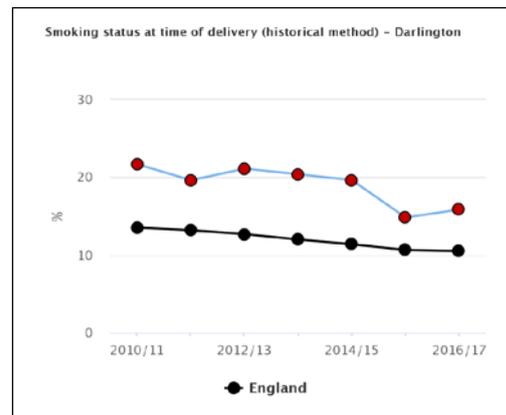
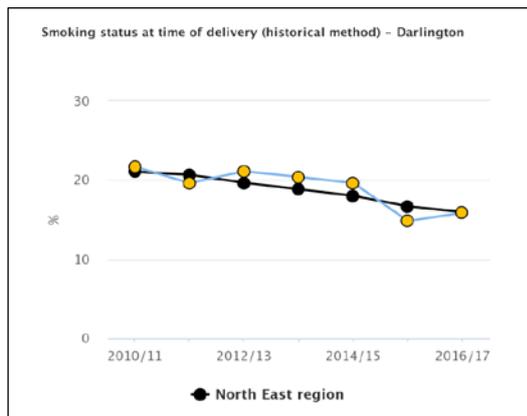
It is estimated that smoking costs the local economy around £24 million per year in Darlington. This is from lost productivity, smoking related diseases, smoking related social care, passive smoking and smoking related fires. The burden of these costs is greater in the most disadvantaged communities in Darlington.

The national What About YOUth (WAY) survey, a national self-reported survey of health and lifestyle behaviours in those aged 15 across England, suggests that around 7% of 15 year olds in England reported regularly smoking. The graph and table below shows Darlington in comparison to the reported prevalence in the North East and England. The Darlington Healthy Lifestyles survey in 2016, a self-reported behaviour and lifestyle survey completed by the majority of secondary school pupils in years 9, 10 and 11, indicates that around 8% of young people aged 13–15 years in Darlington have reported to be regularly smoking.



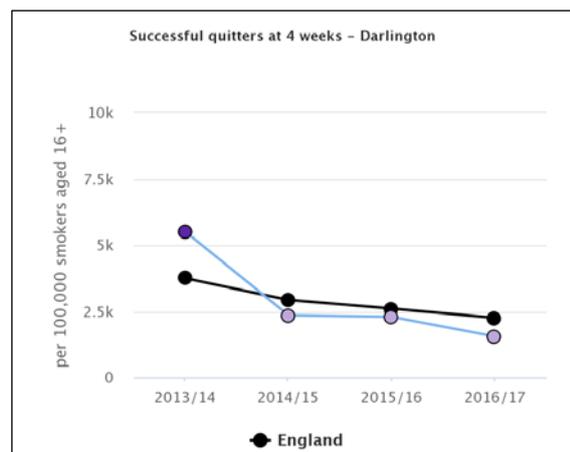
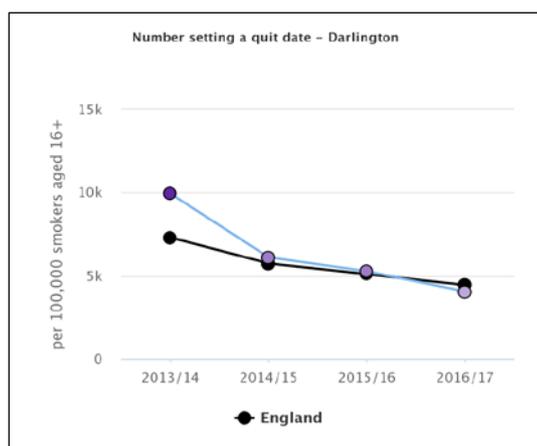
Smoking during pregnancy may cause premature births, miscarriages and perinatal deaths. It also increases the risk of developing a number of respiratory conditions, attention and hyperactivity difficulties, learning difficulties, problems of the ear, nose and throat, obesity and diabetes. The graphs below show the prevalence of smoking at the time of delivery for women in Darlington in 2016/17 at 16.2%. This is

statistically similar than the North East region average (16.1%) and statistically significantly worse than the national average of 10.7%.



Treatment

Quitting smoking is the best way for smokers to improve their life expectancy and wellbeing. Access to evidence based interventions including Brief Advice, specialist support and pharmacotherapy all significantly improve the chances of a successful quit attempt. In 2016/17 the rate of those setting a quit rate in Darlington was 4,045 per 100,000 which is lower than England (4,434 per 100,000). The rate of successful quitters has reduced nationally since 2013/14 but at a faster rate in Darlington compared to England. The rate of successful quitters at 4 weeks in Darlington in 2016/17 was 1,546 per 100,000 which is lower than England (2,248 per 100,000). The rate of successful quitters has reduced in England since 2013/14 but has reduced at a faster rate in Darlington.



(Source: Public Health England Local Tobacco Profile)