

London Borough of Bromley

Briefing for Health & Wellbeing Board

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BRIEFING NOTE ON SMOKING & MENTAL HEALTH

Contact Officer: Dr Agnes Marossy, Consultant in Public Health
Education, Care and Health Services, London Borough of Bromley
Tel: 020 8461 7531 E-mail: agnes.marossy@bromley.gov.uk

Chief Officer: Dr Nada Lemic, Director of Public Health,
Education, Care and Health Services, London Borough of Bromley
Tel: 020 8313 4167 E-mail: nada.lemic@bromley.gov.uk

1. THE BRIEFING

1.1.

Action on Smoking and Health (ASH) has produced a report: *The Stolen Years: The Mental Health and Smoking Action Report* which has been developed in collaboration with 27 leading mental and public health organisations.

The core ambition in this report is that smoking among people with a mental health condition declines to less than 5% by 2035, with an interim target of 35% by 2020.

Currently less than 20% of the general population smoke, compared to around 40% of those with a mental health condition and up to 70% of people discharged from a psychiatric hospital.

This difference in the prevalence of smoking has significant consequences: individuals with mental health conditions die on average 10 to 20 years earlier than the general population, and smoking is the single largest factor in this difference.

Smoking not only affects people's health but also their wealth. Research estimates that a million people with a 'common mental health condition' are living in poverty and smoke, and a further 130,000 are pushed into poverty once their spending on tobacco is taken into account

1.2

The report includes recommendations for actions to be taken by Health and Wellbeing Boards:

- Health and Wellbeing Boards must ensure that there are co-ordinated local approaches to reducing smoking among people with a mental health condition.
- Local Authorities should estimate the number of smokers with mental health conditions and the proportion receiving cessation interventions in primary care, specialist stop smoking services, IAPT, social care and secondary care as part of their Joint Strategic Needs Assessment to inform commissioners about the size of unmet need locally.

1.3 Current Position in Bromley

- Work on the upcoming JSNA includes data searches of practices which will include the identification of patients with mental health conditions who smoke.
- Bromley Public Health and Bromley CCG have been working with Oxleas for some years on improving the physical health of patients with mental health conditions (including stop smoking work). This was initially as a local CQUIN, and included training mental health staff to deliver stop smoking interventions. This area of work is now a national CQUIN.
- Oxleas, with support from the specialist Stop Smoking Service, have implemented smoke free sites for their acute services, and are working on making the long stay wards smoke free.
- The commissioned contract for the specialist Stop Smoking Service includes targeting priority groups including; pregnant smokers, routine and manual labour workers and smokers with a mental health condition.
- The specialist Stop Smoking Service also have a remit to provide mental health workers, doctors, health and social care practitioners with training to become stop smoking advisers. In 2015-16, fifteen mental health workers were trained to Level 1 Very Brief Advice in 2015-16, and six were trained as Level 2 Stop Smoking Advisors. In 2015-16 the Oxleas staff supported 39 patients in setting quit dates.
- The specialist Stop Smoking Service works directly with the Bromley Drug and Alcohol service providing direct stop smoking support and in November 2016 will train their staff to directly provide smoking cessation services.
- The specialist Stop Smoking Service will also be supporting the staff at Community Options in Bromley. Community Options, a mental health charity is hoping to go smoke-free by 2017. They support 150-200 patients in the community as well as mental health patients in residential projects. They are keen to have all front line staff trained to deliver Level 1 Very Brief Advice, therefore bespoke mental health VBA training has been arranged by Smokefree Bromley and will take place across four dates in July. They are also hoping to have some staff trained as Stop Smoking Advisors in the near future.

2. SUPPORTING DOCUMENTS

2.1 Letter re *The Stolen Years: The Mental Health and Smoking Action Report.*