Tobacco commissioning support pack 2018-19: key data

Planning for comprehensive local tobacco control interventions

Wakefield
(using latest available data)
Introduction
Smoking continues to kill 79,000 people in England every year and is the number one cause of preventable death in the country, resulting in more deaths than the next six causes combined. Tobacco use is also a powerful driver of health inequalities and is perhaps the most significant public health challenge we face today. To fully understand how your local tobacco control network is responding to these problems, locally and nationally held data can be used. Data relating to local areas’ targeted tobacco control interventions are not collected nationally, though should be available at a local level. The new Tobacco Control Plan for England (2017) challenges localities to identify and target their populations in most need of quit support.

This pack aims to signpost you to available tools and datasets to support your work in making the case for local tobacco control interventions. Feedback and debate on the range of tools and datasets available nationally is encouraged; as well as an opportunity to champion the use of local data sources and analysis. The tools referenced within this pack are routinely updated with the latest datasets. Readers are reminded that this resource is comprised of extracts from the tools referenced at time of publication (September 2017) and are encouraged to access the tools directly for the most up-to-date data.

Reducing health inequalities
Smoking prevalence 18+ (District level)

Smoking prevalence 18+ routine and manual (District level)

Smoking rates are much higher within certain groups and deprived communities. Smoking is around twice as common among people with mental disorders, and more so in those with more severe mental illnesses (estimates vary between 37% and 56%). Lesbian, gay and bisexual communities are also significantly more likely to smoke, as are the long-term unemployed, and some minority ethnic groups, which also have gender disparities. Helping disadvantaged smokers quit is the best way to reduce health inequalities. Commissioners are encouraged to identify their communities most in need and target evidenced based interventions accordingly.

Local smoking prevalence versus deprivation index

Source: LeLan solutions
See references 3.
Youth smoking prevalence

Regular smoker, modelled prevalence age 15 (Ward level)

There are several risk factors associated with increased likelihood of smoking initiation among young people. The following are associated with higher odds of youth smoking: exposure to parent, carer, sibling and peer smoking, lower socio-economic status, higher levels of truancy and substance misuse\(^4\). Smoking prevention is therefore not achieved by youth targeted interventions alone.

NICE guidance for smoking prevention suggests that school based interventions, mass media interventions and enforcement to restrict illegal access to tobacco among young people are effective\(^5,6\). The impact of these interventions are considered more effective when delivered as a package of multi-component interventions in family and community settings, particularly where there is an increased emphasis on reducing adult smoking through cessation\(^7\).

'Securing a Tobacco Free Generation' resources

These resources have been created with content from Public Health England's national conference 'Working together to secure a tobacco-free generation'. The conference, delivered in association with the UK Centre for Tobacco and Alcohol Studies (UKCTAS) and Action on Smoking and Health (ASH) attracted delegates from across England working at national, regional and local levels to focus on effective strategies for tobacco control.

The resources include video presentations, instructions for facilitated discussion and tools for planning tobacco control interventions and can be used to i) facilitate delivery of local seminars, and ii) to inform planning of tobacco control interventions.

http://www.prezi.com/ovi0oixi92oy/working-together-to-secure-a-tobacco-free-generation

Current data sources for youth smoking prevalence are:

The Children and Young People’s Health Benchmarking Tool:
fingertips.phe.org.uk/profile/cyphof

The Smoking, Drinking and Drug Use Amongst Young People in England survey 2014:
http://content.digital.nhs.uk/catalogue/PUB17879

The What About Youth survey:
www.whataboutyouth.com
Family poverty

Approximately half of all smokers in England work in routine and manual occupations. 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 therefore much more common amongst the poorest and most disadvantaged in society.

When expenditure on tobacco is taken into account, around 500,000 extra households, comprising over 850,000 adults and almost 400,000 children, are classified as in poverty in the UK compared to the official Households Below Average Income figures. This shows that tobacco imposes a real and substantial cost on many low-income households.

It is important, however, to avoid concluding from these results that a suitable policy response would be to reduce tobacco taxation to make tobacco products more affordable. Previous research shows that increases in tobacco taxation are potentially a progressive measure in economic and health terms because poorer smokers are more likely to quit, and young people less likely to take up smoking, when tobacco prices increase because poorer households and young people are more sensitive to price increases. Indeed, raising tax is the only tobacco control intervention which has been proven to have a greater effect on more disadvantaged smokers at population level and so contribute to reducing health inequalities.

See also

Estimates of poverty in the UK adjusted for expenditure on tobacco:
http://ash.org.uk/category/information-and-resources/health-inequalities/health-inequalities-resources/

Smoking in the home

In this survey, over 8 in 10 adults in the Yorkshire and the Humber region said that they do not allow smoking anywhere in their home or only in places that are not enclosed (such as in the garden or on a balcony). Only a minority (12%) stated that they would allow smoking anywhere in their house, or only in some rooms.
Societal cost of tobacco control

Working together, ASH, the Faculty of Public Health, the Local Government Group, FRESH North East, Healthier Futures and Public Health Action have produced the Local Tobacco Control Toolkit. This provides local public health professionals with a set of materials to use with Councillors and other stakeholders to help ensure that tackling tobacco use is high on the local public health agenda. The online tool allows for analysis down to the local district and ward level.

Together these resources will allow you to:
- demonstrate the scale of the harm locally caused by tobacco use and the contribution this makes to health inequalities,
- demonstrate the cost to local communities, local economies and service providers,
- demonstrate the evidence of effectiveness of local action on tobacco and health.

The materials are designed for you to easily integrate local data from the Local Tobacco Control Profiles and the NICE Return on Investment tool.

![Smoking costs vs taxation in your area (£millions)](chart)

**In 2014/15, smokers in Wakefield paid approx. £62.1m in duty on tobacco products.**

Despite this contribution to the Exchequer, tobacco still costs the local economy in Wakefield roughly twice as much as the duty raised. This results in a shortfall of about £52.5m each year.

**Cost of smoking to social care**

The total additional spending on social care as a result of smoking for adults aged 50 and over during 2015/16 in Wakefield was approximately:

£ 11,892,380

<table>
<thead>
<tr>
<th>Total local authority spending on social care for adults aged 50 and over in 2015/16:</th>
<th>£ 6,491,716</th>
</tr>
</thead>
<tbody>
<tr>
<td>This equates to 296 state-dependant individuals</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total spending by self-funded individuals aged 50 and over on social care in 2015/16:</th>
<th>£ 5,400,664</th>
</tr>
</thead>
<tbody>
<tr>
<td>This equates to 147 self-funded individuals</td>
<td></td>
</tr>
</tbody>
</table>

In addition, a further 2,007 individuals receive informal care from friends and family, the impact of which cannot be estimated here.

Research shows that smoking not only contributes to the social care bill but also has a significant impact on the wellbeing of smokers who need care on average nine years earlier than non-smokers.

The information in this extract synthesises data based on an analysis by Howard Reed of Landman Economics, for Action on Smoking and Health, entitled “The Cost of Smoking to the Social Care System in England” June 2014. The full report was updated in January 2017 and can be downloaded at: www.ash.org.uk/SocialCareCosts


http://ash.org.uk/download/reckoner-local-costs-of-smoking/
Local stop smoking services

Stop smoking services are a key component of highly cost-effective tobacco control strategies at local and national level. Targeted, high-quality stop smoking services are essential to the reduction of health inequalities for local populations. All health and social care services can play a key role in identifying smokers and referring people to stop smoking services. For those people who are not ready, willing, or able to stop in one step, harm reduction interventions can support them in moving closer to becoming smokefree. Specialist interventions provided by trained practitioners are the most effective way of quitting smoking successfully. The quality of services has remained consistently high (51%), with services supporting 307,507 people during 2016/17, 155,875 of whom were successful at 4 weeks.

Stop Smoking Service Data

This data enables local authorities to benchmark their performance and identify which treatment settings and intervention types are consistently getting the best results.

### E-cigarettes and quit smoking support

E-cigarettes have become the most popular stop smoking aid in England. There is growing evidence that they can be effective in helping smokers to quit, particularly when combined with behavioural support from local stop smoking services. Currently, there are no medicinally licensed e-cigarettes available on the market and they cannot be prescribed for smoking cessation. However stop smoking services are encouraged to be open to smokers who want to use an e-cigarette in their quit attempt, and to provide the expert support that will give them the best chance of stopping smoking successfully.

### Aids used in most recent quit attempt

![Proportion of smokers trying to stop using various aids](source)

- **E-cigs**
- **NRT OTC**
- **NRT Rx**
- **Champix**
- **Behavioural support**

**Source:** The Smoking Toolkit Study, Electronic cigarettes in England - latest trends

http://www.smokinginengland.info/latest-statistics/

*Adult current smokers (APS) 2016*

<table>
<thead>
<tr>
<th></th>
<th>Local 2015/16</th>
<th>Local 2016/17</th>
<th>National 2016/17</th>
<th>Comparison of 16/17 local and National data</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+ smoking population (Adult current smokers (APS) 2016)</td>
<td>21.9%</td>
<td>19.5%</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Number setting a quit date per 100,000 smokers aged 16 and over</td>
<td>:</td>
<td>3,729</td>
<td>4,434</td>
<td></td>
</tr>
<tr>
<td>Number of successfully quit (self-report) per 100,000 of smoking population aged 16 and over</td>
<td>:</td>
<td>2,114</td>
<td>2,248</td>
<td></td>
</tr>
<tr>
<td>Number setting a quit date</td>
<td>2,656</td>
<td>1,992</td>
<td>307,507</td>
<td></td>
</tr>
<tr>
<td>Number not known/lost to follow up</td>
<td>690 26%</td>
<td>522 26%</td>
<td>23%</td>
<td></td>
</tr>
<tr>
<td>Number of successful quitters (self-report)</td>
<td>1,386 52%</td>
<td>1,129 57%</td>
<td>51%</td>
<td></td>
</tr>
<tr>
<td>Number who had successful quit (self-report), confirmed by CO validation</td>
<td>1,083 41%</td>
<td>811 41%</td>
<td>37%</td>
<td></td>
</tr>
<tr>
<td>Number of pregnant women setting a quit date</td>
<td>104</td>
<td>88</td>
<td>15,219</td>
<td></td>
</tr>
<tr>
<td>Number not known/lost to follow up</td>
<td>26 25%</td>
<td>16 18%</td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>Number of successful quitters (self-report)</td>
<td>47 45%</td>
<td>46 52%</td>
<td>46%</td>
<td></td>
</tr>
<tr>
<td>Number who had successful quit (self-report), confirmed by CO validation</td>
<td>32 31%</td>
<td>22 25%</td>
<td>28%</td>
<td></td>
</tr>
</tbody>
</table>

* Data suppressed in source : Data unavailable in source

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![Proportion of smokers trying to stop using various aids](source)

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**Source:** The Smoking Toolkit Study, Electronic cigarettes in England - latest trends

http://www.smokinginengland.info/latest-statistics/
Smokers within the healthcare system

Savings to the NHS can be accelerated by treating tobacco dependence as an essential part of care plans for patients.

This can be achieved by a whole hospital approach as per NICE PH48 guidance by: 1) screening and recording smoking status during every patient episode; 2) providing immediate access to nicotine replacement therapy (NRT) and or pharmacotherapies; 3) enabling smokers to access specialist in-situ support to quit; 4) automatic e-referral for intensive behavioural support and other specialist treatment; 5) training of healthcare staff to deliver interventions; and 6) making secondary care settings smokefree.

The new Tobacco Control Plan for England focuses on the need for local health and care systems to support NHS users to become smokefree; underpinned by the NHS Mandate on Prevention and the National CQUIN for Acute and Mental Health providers.10

Smoking in Pregnancy

Addressing smoking in pregnancy should be a focus for all localities as this impacts on a range of issues related to health, inequalities and child development. NICE has produced guidance on how best to support women to stop smoking in pregnancy11. Smoking during pregnancy causes up to 2,200 premature births, 5,000 miscarriages and 300 perinatal deaths every year in the UK.

<table>
<thead>
<tr>
<th>Smoking at time of delivery (2015/16)</th>
<th>Local</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denominator: Maternities</td>
<td>701</td>
<td>67,195</td>
</tr>
<tr>
<td>Low weight live births (2015)</td>
<td>83</td>
<td>16,748</td>
</tr>
<tr>
<td>Denominator: Live births</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stillbirths (2016)</td>
<td>15</td>
<td>2,895</td>
</tr>
<tr>
<td>Denominator: Live births</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neonatal deaths (Yorkshire and the Humber, 2016) Mortality rates, see source</td>
<td>152</td>
<td>1,855</td>
</tr>
</tbody>
</table>

Cessation in Acute Secondary Care Settings

Initiating treatment for tobacco dependency in hospital is critical but success will depend on continuing care after discharge. Patients who smoke should leave hospital with a clear treatment plan to address their tobacco dependence.

<table>
<thead>
<tr>
<th>Interventions in Secondary Care (2016/17)</th>
<th>Local</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denominator: All interventions</td>
<td>10</td>
<td>8,868</td>
</tr>
</tbody>
</table>

Smoking attributable hospital admissions (2015/16 rate 100,000) 2,251

Cost per capita of smoking attributable hospital admissions (2011/12) 45.74

Emergency hospital admissions for COPD (2015/16 per 100,000) 538

Cessation in Mental Health Settings

People with mental health problems smoke significantly more and are more dependent on nicotine than the population as a whole, with levels about three times those observed in the general population. It is recognised that admission to a secure mental health unit can be an opportunity to intervene to reduce smoking and that interventions are welcomed and effective. Supporting individuals to stop smoking while receiving NHS care represents a significant opportunity to close the gap in morbidity and mortality, between those people experiencing mental health conditions, and the general population.

<table>
<thead>
<tr>
<th>Interventions in MH Acute (2016/17)</th>
<th>Local</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denominator: All interventions</td>
<td>0</td>
<td>606</td>
</tr>
</tbody>
</table>

Interventions in MH Community (2016/17)

Smoking prevalence in adults with serious mental illness (2014/15) 42.5%

Tools & Resources

PHE has published NICE PH48 self-assessment tools for both Mental Health and Acute Trusts. This and other useful resources can be found at:

- British Thoracic Society (2013) The Case for Change: Why dedicated, comprehensive and sustainable stop smoking services are necessary for hospitals
- National Centre for Smoking Cessation and Training; including the clinical case for proving stop smoking support to hospitalised patients
- London Clinical Senate programme: Helping Smokers Quit: Adding value to every clinical contact by treating tobacco dependence
- Tobacco data: commissioning support pack - Wakefield

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Tobacco data: commissioning support pack - Wakefield
Local knowledge and intelligence service (LKIS)

The Local Knowledge and Intelligence Service (LKIS) is one of the six functional areas within the Knowledge and Intelligence Division, and part of the Chief Knowledge Officer Directorate in PHE. They support the development and use of nationwide health intelligence tools and resources. There is a single point of access to all PHE data and analysis tools:

This includes Public Health Profiles on over 20 topics such as the Public Health Outcomes Framework, Children and Young People, Mental Health, Cardiovascular Disease, and other tools such as Local Health and Spend and Outcomes Tool (SPOT).

If you have a specific request for support please contact your local team:
LKISYorkshireandHumber@phe.gov.uk

Local tobacco control profiles

The Local Tobacco Control Profiles for England provides a snapshot of the extent of tobacco use, tobacco related harm, and measures being taken to reduce this harm at a local level. These profiles have been designed to help local government and health services to assess the effect of tobacco use on their local populations. They will inform commissioning and planning decisions to tackle tobacco use and improve the health of local communities. The online tool allows you to compare your local authority against other local authorities in the region and against the England average. The tobacco control profiles are part of a series of products produced by Public Health England providing local data alongside national comparisons to support local health improvement.

<table>
<thead>
<tr>
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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Smoking prevalence in adults - current smokers (IHS)</td>
<td>2014</td>
<td>23.4%</td>
<td>18.0%</td>
<td>26.9%</td>
<td>9.8%</td>
<td></td>
</tr>
<tr>
<td>Smoking prevalence in adults - current smokers (IHS)</td>
<td>2014</td>
<td>34.5%</td>
<td>28.0%</td>
<td>41.1%</td>
<td>14.0%</td>
<td></td>
</tr>
<tr>
<td>Successful quitters at 4 weeks</td>
<td>2015/16</td>
<td>2,326</td>
<td>2,598</td>
<td>482</td>
<td>5,788</td>
<td></td>
</tr>
<tr>
<td>Successful quitters (CO validated) at 4 weeks</td>
<td>2015/16</td>
<td>1,817</td>
<td>1,854</td>
<td>442</td>
<td>4,984</td>
<td></td>
</tr>
<tr>
<td>Completeness of NS-SEC recording by Stop Smoking Services</td>
<td>2015/16</td>
<td>97.9%</td>
<td>91.1%</td>
<td>46.7%</td>
<td>100%</td>
<td></td>
</tr>
<tr>
<td>Smoking status at time of delivery</td>
<td>2015/16</td>
<td>18.6%</td>
<td>10.6%</td>
<td>26.0%</td>
<td>1.8%</td>
<td></td>
</tr>
<tr>
<td>Low birth weight of term babies</td>
<td>2015</td>
<td>2.3%</td>
<td>2.8%</td>
<td>4.8%</td>
<td>1.3%</td>
<td></td>
</tr>
<tr>
<td>Lung cancer registrations</td>
<td>2013 - 15</td>
<td>105.2</td>
<td>78.9</td>
<td>156.9</td>
<td>39.7</td>
<td></td>
</tr>
<tr>
<td>Oral cancer registrations</td>
<td>2013 - 15</td>
<td>17.1</td>
<td>14.5</td>
<td>23.6</td>
<td>9.3</td>
<td></td>
</tr>
<tr>
<td>Deaths from lung cancer</td>
<td>2013 - 15</td>
<td>78.4</td>
<td>58.7</td>
<td>110.8</td>
<td>33.0</td>
<td></td>
</tr>
<tr>
<td>Deaths from chronic obstructive pulmonary disease</td>
<td>2013 - 15</td>
<td>62.4</td>
<td>52.6</td>
<td>101.4</td>
<td>30.1</td>
<td></td>
</tr>
<tr>
<td>Smoking attributable mortality</td>
<td>2013 - 15</td>
<td>354.6</td>
<td>283.5</td>
<td>509.0</td>
<td>183.3</td>
<td></td>
</tr>
<tr>
<td>Smoking attributable deaths from heart disease</td>
<td>2013 - 15</td>
<td>39.8</td>
<td>28.9</td>
<td>58.2</td>
<td>17.9</td>
<td></td>
</tr>
<tr>
<td>Smoking attributable deaths from stroke</td>
<td>2013 - 15</td>
<td>12.5</td>
<td>9.4</td>
<td>22.3</td>
<td>5.0</td>
<td></td>
</tr>
<tr>
<td>Smoking attributable hospital admissions</td>
<td>2015/16</td>
<td>2,251</td>
<td>1,726</td>
<td>3,142</td>
<td>955</td>
<td></td>
</tr>
<tr>
<td>Cost per capita of smoking attributable hospital admissions</td>
<td>2011/12</td>
<td>45.7</td>
<td>38.0</td>
<td>59.3</td>
<td>23.0</td>
<td></td>
</tr>
<tr>
<td>Cost per quitter</td>
<td>2015/16</td>
<td>*</td>
<td>£479</td>
<td>£1,649</td>
<td>£96</td>
<td></td>
</tr>
<tr>
<td>Indicative tobacco sales figures (£ millions)</td>
<td>2013</td>
<td>£129</td>
<td>£15,446</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Compared with benchmark Better Similar Worse

* Value missing in source

Source: Local Tobacco Control Profiles (October 16)
www.tobaccoprofiles.info/tobacco-control
**Investment & value for money**

The NICE tobacco return on investment tool has been developed to help decision making in tobacco control at local and sub-national levels. The tool evaluates a portfolio of tobacco control interventions and models the economic returns that can be expected across different payback timescales. Different interventions, including pharmacotherapies and support and advice, can be mixed and matched to see which intervention portfolio or package provides the best ‘value for money’, compared with ‘no-services’ or any other specified package. It also demonstrates the significant added value and return from GPs providing brief interventions and investing in sub-national activity.

The following is an example analysis for Wakefield. It assumes that Wakefield commissions NICE-approved services and that the provision matches the expected NICE-recognised levels of effectiveness. The following example models the potential returns of additional investment in sub-national programmes.

<table>
<thead>
<tr>
<th>Example Scenario: investment in a sub-national control programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example investment cost for local stop smoking service (LSSS) interventions: £841,490</td>
</tr>
<tr>
<td>Number of quitters per 1,000 smokers expected as a result of LSSS interventions: 36</td>
</tr>
<tr>
<td>Additional investment required for sub-national programme at £0.41 per capita: £0.73</td>
</tr>
<tr>
<td>Number of additional quitters per 1,000 smokers expected as a result of sub-national programme: 29</td>
</tr>
<tr>
<td>Total number of additional quitters expected locally as a result of LSSS interventions + sub-national programme: 65</td>
</tr>
<tr>
<td>5 year returns expected as a result of LSSS interventions + sub-national programme for every £1 invested: £2.67</td>
</tr>
</tbody>
</table>

The tool also allows commissioners to define a specific sub-population and target interventions accordingly; whether that be a priority population such as smokers in the healthcare system, a particular geography or a specific demographic.

The above scenario is provided as an example only; localities are invited to use the tool to comprehensively replicate their currently commissioned package of interventions against the NICE baseline. The above example gives an indication of returns over a five year period; increased returns are demonstrated by running the analysis for ten years and lifetime scenarios. The tool can be downloaded via the NICE website or at: https://www.nice.org.uk/About/What-we-do/Into-practice/Return-on-investment-tools/Tobacco-Return-on-Investment-tool

**Spend and outcome tool - SPOT**

The Spend and Outcome Tool (SPOT) gives an overview of spend and outcomes across key areas of business. Local authority data for 2015 has been refreshed and clinical commissioning data for 2015 has been included. SPOT includes a large number of measures of spend and outcomes from several different frameworks. Similar organisations can be compared using a range of benchmarks and potential areas for further investigation identified. You can download a PDF factsheet for each local authority or clinical commissioning group. There is also an interactive spreadsheet that allows you to explore the data in detail.

The tool can be accessed at: www.yhpho.org.uk/
References


   http://shop.rcplondon.ac.uk/products/smoking-and-mental-health?variant=6638049733

3. Lelan Solutions: http://www.lelan.co.uk/
   SAMOSP uses 18+ data from the Integrated Household Survey (2014), ONS Annual Small Area Population Estimates (mid-2014), SATOD estimates (2014/15), and NS-SEC data from the 2011 Census to model the disaggregation of smoking populations from local authority level to ward level according to the estimated local distribution of smokers in different socioeconomic groups.
   For further information please contact: tobacco.jsna@phe.gov.uk

   http://phrc.lshtm.ac.uk/papers/PHRC_A7-08_Final_Report.pdf

5. The National Institute for Health and Care Excellence. Smoking prevention in schools [PH23].
   https://www.nice.org.uk/guidance/PH23

   https://www.nice.org.uk/guidance/PH14

   http://phrc.lshtm.ac.uk/papers/PHRC_A7-08_Final_Report.pdf

8. The World Bank. Curbing the epidemic: governments and the economics of tobacco control. 1999


10. Preventing ill health: Commissioning for Quality and Innovation (CQUIN)

    https://www.nice.org.uk/guidance/pH26