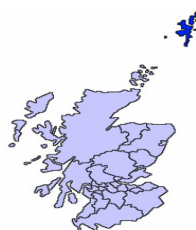


Shetland Islands



Shetland Islands Council Smoking Statistics

Smoking Prevalence	%	Above / Below Scottish Average
Current smoking prevalence – local authority area (16 yrs plus) ¹	Male 23.2% Female 21.8% Total 22.5%	4.7% below
Deaths attributed to smoking between 2000-2004: health board area ¹	15%	9% below
Smoking in first trimester of pregnancy: health board area ²	12.3%	10.4% below
15 year olds who smoke regularly (Scotland figure) ³	Girls 18% Boys 12%	/
13 year olds who smoke regularly (Scotland figure) ³	Girls 5% Boys 3%	/
15 and 13 year old regular smokers who reported buying cigarettes from a shop ³	15 yrs 82% 13 yrs 47%	/

In your area

The Shetland Islands has the fifth lowest smoking rate of any council area in Scotland at 22.5%. Within NHS Shetland, smoking prevalence is highest in the 25-34 age group and drops progressively in older age groups. The area has the lowest number of deaths attributable to smoking in Scotland¹.

A multi-agency multi-disciplinary steering group develops the Tobacco Control Action Plan and oversees implementation of the work. An Action Plan is being updated⁴.

Prevention and education work is carried out in schools through Health Promoting Schools and work with the Health Promotion Department and Shetland Youth Information Service. Advice and information is available through the Health Promotion Resource Centre which also co-ordinates relevant national campaigns. A protocol and guidelines for young people caught smoking at schools is being developed. Youth workers are trained as smoking cessation facilitators⁴.

The smoking cessation service in Shetland has been reviewed and relaunched. All Health Centres can provide one-to-one support. Advisers run a weekly drop-in at the Leisure Centre Lerwick and will be running groups in workplaces, community settings and primary care as required. Services are advertised in local press, on radio, and on cartons of locally produced milk⁴.

Midwives and health visitors can provide smoking cessation support or refer to an adviser⁴.

Future plans include embedding cessation services in education, housing, social care, mental health, and drug and alcohol services with emphasis on older people and those with mental health issues⁴.

National View

It is estimated that 24% (13,500 deaths) of all deaths in Scotland in 2004 were attributable to smoking with 89.5% of all lung cancer deaths attributable to smoking¹. Amongst those in middle age (35-69) an average of 22 years of life are lost per death from smoking¹.

In 2003/04 it is estimated that there were approximately 1.1 million adult smokers in Scotland, 27.2% of the adult population¹.

For more information, please contact ASH Scotland: 0131 220 4725 / enquiries@ashscotland.org.uk.

¹ NHS Health Scotland, ISD Scotland and ASH Scotland. [2007] *An atlas of tobacco smoking in Scotland*. Edinburgh: NHS Health Scotland.

² ISD Scotland. *Smoking at booking (revised) - Scotland*. [online]. 2 November 2006. Available from: www.isdscotland.org/isd/files/mat_bb_Smoking%20at%20Booking_revised.xls [accessed 1/6/07]

³ BMRB Social Research. 2007. *Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) - National Report 2006* [online]. Available from: www.drugmisuse.isdscotland.org/publications/abstracts/salsus_national06.htm [accessed 1/6/07]

⁴ ASH Scotland. [2007] *Mapping local tobacco control alliances in Scotland*. Edinburgh: ASH Scotland.