

**MEETING OF THE RESEARCH AND EVALUATION SUB-GROUP OF THE MINISTERIAL WORKING GROUP ON TOBACCO CONTROL –TUESDAY 10<sup>th</sup> JANUARY 2017 CONFERENCE ROOM A & B , ST ANDREWS HOUSE, EDINBURGH  
10.00.A.M. – 12.30.P.M.**

**Present:**

**Chair**

Professor Linda Bauld, University of Stirling

**Membership**

Ms Allison Brisbane, ASH Scotland  
Mrs Fiona Dunlop, Scottish Government  
Mr James Niven , Scottish Government, ASD  
Dr Sean Semple, University of Aberdeen  
Dr Helen Sweeting, University of Glasgow  
Professor David Tappin, University of Glasgow  
Mr Morris Fraser, Scottish Government  
Professor Amanda Amos, University of Edinburgh  
Dr Crawford Moodie, University of Stirling  
Dr Garth Reid, NHS Health Scotland  
Professor Sally Haw, University of Stirling  
Professor Jeffrey Collin, University of Edinburgh  
Mr Mark Lucherini, University of Edinburgh  
Professor Kate Hunt, University of Stirling  
Ms Fiona Dobbie, University of Stirling

**Secretariat**

**Miss Rebecca Shevlin, Scottish Government**

**In Attendance**

**Mr John Glen, Scottish Government  
Ms Elaine Mitchell, Scottish Government**

**Apologies**

Dr Vivian Binnie, University of Glasgow  
Professor Gerard Hastings, University of Stirling  
Ms Fiona Moore, NHS Health Scotland  
Mr Richard Lawder, ISD  
Professor Amanda Amos, university of Edinburgh

**Note of Meeting**

**Agenda Item 1: Welcome and Introductions**

1. **Professor Bauld** welcomed everyone to the nineteenth meeting of the Sub-Group. The minutes were approved as an accurate record of the meeting held on 10 December 2015.

**Agenda Item 2: Actions from previous meeting:**

2. Minutes from the last meeting were agreed by email.

**Agenda Item 3: E-cigarettes**

3. **Morris Fraser** updated the group on the Scottish Government's current position on e-cigarettes. In regards to the Health (Tobacco, Nicotine etc. and Care) (Scotland) Act 2016 the Scottish Government are planning to put through five pieces of legislation by 1<sup>st</sup> April 2017 which are as follows:

- Minimum age of 18 for the sale of NVPs,
- Prohibition of sales of NVPs from vending machines,
- The purchase of NVPs on behalf of an under 18 (proxy purchase),
- Mandatory registration for the sale of NVPs,
- Banning unauthorised sales of tobacco and NVPs by under 18s,
- Proof of age for sales of tobacco products and NVPs.

4. Trading Standards Officers have been working on training packages for all local authorities. The Training is due to take place in 3 central locations throughout Scotland. Scottish Grocers Federation have also put together guidance for all retailers.

5. In regards to the Banning certain forms of domestic advertising and promotion of NVPs which is also part of the Health (Tobacco, Nicotine etc. and Care) (Scotland) Act 2016, Scottish Government are hoping consultation between March and May 2017 which will expand on the EU domestic advertising. Regulations are scheduled for 1<sup>st</sup> October 2017.

6. **Allison Brisbane** reported to the group that the Chief Executive for ASH Scotland, Sheila Duffy has been awarded a £10,000 prize by Scottish Cancer Foundation which ASH are going to use to set up a smokers panels and speak to smokers about the help that can be given.

7. **Jeff Collin** mentioned that he will be working on a study which is led by Sarah Hill at Cancer Research UK around e-cigarettes.

8. **Sally Haw** updated the group on the DISPLAY study on the impact of the ban on point of sale tobacco displays and advertising on teenagers'. They are currently undertaking a new analysis to include any missing data.

9. **Fiona Dobbie** confirmed to the group that Cancer Research UK has put in a bid to do a study on e-cigarettes and weight gain .If this study is funded it will start in September this year.

10. **Linda Bauld** mentioned to the group about some completed and on-going studies which are due to be published this year. She also reported to the group on the new e-cigarette products that are now on the market called heat not burn by Phillip Morris and also the glow product by British American Tobacco (B.A.T). These products are classed as Vaping products and therefore will not be able to show any advertisement or branding when legislation comes into force.

#### **Agenda Item 4: Standardised Packaging**

11. **Morris Fraser** confirmed to the group the Scottish Government's current position on standardised packaging. Standardised packaging came into force on 20 May 2016 led by the UK Government. Retailers will have until April 2017 to sell through old packaging. This will be enforced by local trading standards officers throughout the UK.

12. **Crawford Moodie** updated the group on the Adult tobacco survey which will be funded until 2019. There will be two waves of research included one on plain packaging and the second wave on what is happening after plain packaging.

13. **Sally Haw** mentioned to the group that she will be applying for an two year extension of the display study on the impact of the Tobacco Products Directive (TPD).

14. **Linda Bauld** provided an update on the completion of the Cochrane review on standardised packaging which is due to be published sometime this year.

#### **Agenda Item 5: Second-hand Smoke/ Cars and Homes/ Hospital Grounds**

15. **Morris Fraser** provided a policy update to the group. The Prohibition (Children in Motor Vehicles) (Scotland) Act which was brought into force on 5<sup>th</sup> December 2016 which will aim to encourage people to think about the effects of smoking on children and discourage them from smoking in their cars with children. Enforcement will be more of an educational, behaviour change initiative in the first instance. He did not anticipate a high level of prosecutions. Legislation will be enforced by local authority enforcement officers.

16. The Health (Tobacco, Nicotine etc. and Care) (Scotland) Act contained a measure to introduce statutory smoke-free perimeters around buildings on NHS hospital sites. Anyone smoking in these designated areas will be committing an offence which has a fine up to £1000. **Elaine Mitchell** has been in contact with health boards regarding a mini consultation on each board's view of the perimeter that will be set around each hospital building. **Elaine** is hoping to get responses back by the end of the month. Regulations will most likely take place after the summer and legislation will be in force by the end of 2017.

17. **Sean Semple** presented to the group on work on First Steps and Second Hand Smoke in homes. A copy of the presentation is attached for ease of reference



First Steps to SHS  
Sean Semple.pptx

#### **Agenda Item 6: Young people**

18. **Fiona Dobbie** reported to the group on the key findings from the ASSIST Pilot Study. She noted that the evaluation of ASSIST, student survey and stakeholder was across 3 NHS Boards. A detailed interim report has been published and the full report will be available by end of January.

19. Peer working was the most important element, overwhelming supportive with peer working knowledge of harms and wider social network friends and family. The survey showed no change in prevalence baseline and follow up. Fiona mentioned that on the four week follow up there will be a paper based report about the lack of e-cigarettes and Vaping.

#### **Agenda Item 7: Smoking Prevalence/ Cessation**

20. **Fiona Dunlop** updated the group on the latest HEAT target. NHS Scotland's performance against the 2015/16 LDP smoking cessation standard was reported in October 2016. The standard was to deliver 7278 successful 12 week quits, with quits coming from the 40% most deprived areas (60% in island Boards). The 15/16 standard was a substantial (40%) reduction on the previous 14/15 target to achieve 12,005 quits at 12 weeks. This reduction in the target reflected the reduction in numbers of smokers presenting at cessation services. In 2014/15 only 58% of the target was achieved. In 15/16 there were a total of 64,736 quit attempts. This is a 5% decline compared to 14/15. However, looking at the number of quits from the 40%/60% most deprived areas, positively the figures were very similar in 15/16 (39,062) compared to 14/15 (39,746).

21. Overall, the national standard of 7278 12 week quits was exceeded, with NHS Scotland achieving 109% of the target (7947 quits). This was an increase in the number of 12 week quits compared to 2014/14 (7017). The majority of quits continue to come through community pharmacy (55%) and the 12 week quit rate in pharmacy continues to be lower than that observed through specialist NHS Board services (17% vs 33%). In 16/17 the LDP smoking cessation standard was increased to 9,404

successful 12 week quits. Figures for Q1 show that NHS Scotland achieved 76% of the target for that quarter (1779 vs a target of 2350). Q2 will be reported in February 2017. As yet no decision has been made as to whether the target will continue for 17/18.

22. **Richard Lawder** sent an update to the group on **E-cigarette questions on the National Database**. At the last meeting he mentioned that the new set of e-cigarette questions were now on the database and passed around a copy of this. These questions only cover quit attempts through non-pharmacy services (so approximately 30% of all quit attempts); are not mandatory; and are on the local screens of the database. On recent review of the data collected for these questions, the completeness is not adequate for reporting purposes. Richard plans to relay this information to the smoking coordinators and emphasise the point that this is valuable data and that those involved in the client consultations ensure they ask these questions.

23. A pilot is underway in Scotland to try to improve the procedures for 12 month follow-ups. A sampling approach has been adopted whereby a sample of all those eligible for a 12 month follow-up in the mainland NHS Boards are contacted, along with all eligible for a 12 month follow-up in the Island NHS Boards contacted. NHS24 provide the central follow up service, thus reducing cost, effort and resources required overall. This service will hopefully yield a greater contact rate and will help us see what the true 12-month prevalence rate is. The sampling is focused on reporting at a Scotland level. NHS24 can make 500 calls for each three week period of eligible quits looked at, so a random sample of 500 – (NHS Island Boards eligible quits) is taken from the sampling frame (all eligible 12 month quits with a valid telephone number). 13 NHS Boards are involved with NHS Lothian hopefully coming on board in the next month or so (to be clarified by NHS Lothian). A report is currently in the process of being prepared looking at how the pilot is performing.

24. The Smoking Attributable Deaths in Scotland: trend analysis and breakdown by disease type and age groups 2013-2014 report published in June 2016 reported that in 2014 there were an estimated 9,948 smoking related deaths in Scotland. Over the period 2003-14, a clear downward trend in the number of deaths attributable to smoking has been evident: 2003 [11,841] and 2014 [9,948]. There have been decreases in the number of smoking-attributable deaths for both males and females, although these decreases have been markedly steeper in males. Similarly, the estimated number of deaths has fallen among all age groups (35-54, 55-64, 65-74 & 75+) since 2003, with the largest absolute decreases in the 65-74 and 75+ age groups.

25. However, the largest percentage reduction based on the European age-sex standardised rate is seen in age group 55-64 (36%). For full results including 'cause of death' attributable to smoking by gender see [Smoking-attributable deaths in Scotland: trend analysis and breakdown by disease type and age groups 2013-14](#) (1.2Mb).

26. Plans for future work around this are to update the trend to include 2015 data and Stratify by deprivation.

27. The smoking ready reckoner was last published in 2012. This uses simple calculations to estimate the potential effect of reduced smoking prevalence on three outcomes, smoking-attributable deaths, smoking attributable hospital admissions, smoking-attributable NHS costs (2 methods shown). Work is underway to update this piece of work.

#### **Agenda Item 8: Presentation Methods for the NIHR Prisons study**

28. **Professor Kate Hunt** presented to the Group on the tobacco in prisons study looking at the health of prisoners and staff in prisons and potential risks to prison staff, those held in custody and partner and agency staff in relation to the introduction of smoke-free prisons. Kate mentioned that the first findings of this study will be available in the near future.

29. A copy of the presentation is attached for ease of reference



TIPs study Scottish  
Govt Jan 2017 Kate F

### **Agenda Item 9: Presentation E-cigarette Study**

30. **Mark Lucherini** presented to the group on the qualitative study on young people and e-cigarettes. This was an 18 month study looking at the 16-24 age group and the perception and re-normalisation of smoking & e-cigarette use using small friendship groups.

31. A copy of the presentation is attached for ease of reference



E-cigarette Study  
Mark Lucherini.pptx

### **Agenda Item 10: AOB and Date of Next meeting.**

32. **Action: It was agreed that the next meeting of the Sub-Group would be held on Thursday 13<sup>th</sup> April 2017.**

33. It was noted that Crawford Moodie will present on dissuasive cigarettes at the next meeting and Lesley Sinclair from University of Stirling will be attending the next meeting to present on the Roy Castle Lung Cancer Foundation study on e-cigarettes for smoking cessation in lung cancer patients.