

Core20: Above-average smoking rates among the most deprived reduces their healthy life expectancy and increases pressure on the NHS



In England a third of all smokers live in the most deprived two deciles.¹ In NHS Mid and South Essex ICB there are 109,000 smokers and 24% of people in routine and manual occupations smoke. Smoking costs your ICB £38.7m a year.²

Annually in your ICB smoking causes:

- 9,410 hospital admissions.³
- 1,469 premature deaths.⁴

Additional impact on communities in your ICB:

- 53,757 smoking households live in poverty.⁵
- 3,381 people out of work due to smoking.⁶
- 22,439 people receive informal care from friends and family because of smoking.⁷

PLUS: The most deprived groups have the highest smoking rates






National smoking rates among:

- People who are homeless (77%).⁸
- People entering prison (80%).⁹
- 11–16-year-olds with a mental disorder (22%).¹⁰
- People in social housing (26%).¹¹

Smoking rates for those receiving addiction treatment in your ICB:

- Those receiving treatment for opioid addiction (69%).¹²
- Those receiving treatment for alcohol addiction (46%).¹³

5: Five clinical areas of focus are all impacted by smoking

1. Maternity	2. Severe Mental Illness	3. Chronic respiratory illness	4. Early cancer diagnosis	5. Hypertension
 <p>Smoking is the leading modifiable risk factor for poor birth outcomes.</p> <p>In your ICB 8%¹⁴ of women smoke at time of delivery, 912 women annually.¹⁵</p> <p>Find out more</p>	 <p>Smoking is the leading cause of the 10-20 year reduction in life expectancy for people with serious mental illness (SMI).</p> <p>In your ICB 42% of people with SMI smoke.¹⁶</p> <p>Find out more</p>	 <p>Around 86% of all chronic obstructive pulmonary disease (COPD) deaths are caused by smoking.</p> <p>In your ICB 491 people a year die from COPD.¹⁷</p> <p>Find out more</p>	 <p>Smoking is the leading preventable cause of cancer responsible for 27% of cancer deaths.</p> <p>In your ICB 653 people a year die from cancer caused by smoking.¹⁸</p> <p>Find out more</p>	 <p>Smoking cessation is embedded in NICE guidelines on hypertension because smokers' CVD risk is double that of non-smokers. Nationally 9,300 people a year die from CVD caused by smoking.¹⁹</p> <p>Find out more</p>

References

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- [18] [Smoking attributable deaths from Cancer](#) (new method). 2017 – 19 Directly standardised rate - per 100,000 Local Tobacco Control Profiles - Data - OHID
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