

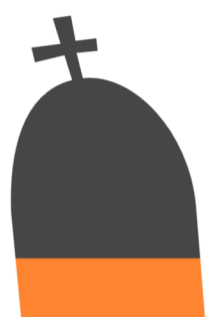
SMOKING

A major public health problem in Ireland

The prevalence of smoking in Ireland is 22.7% in people aged 15 years and over.



approximately 820,000 smokers



one in five deaths each year is due to tobacco smoke

In 2013

lost productivity



over €1 billion

cost to the healthcare system



over €460 million

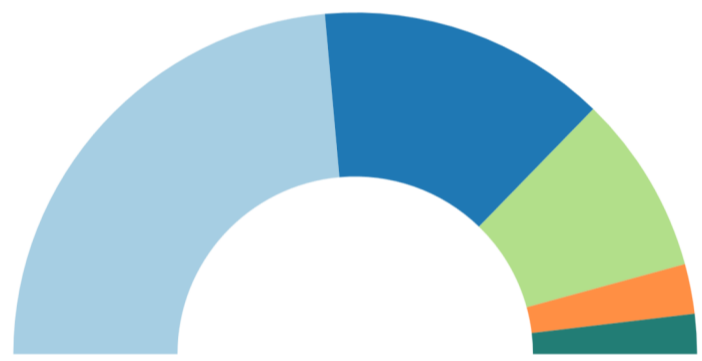
loss of life or loss of quality of life



over €9 billion

Quitting

Every Year approximately half of smokers in Ireland report making a quit attempt



Total annual expenditure on smoking cessation is over €40 million



- unassisted (50%)
- e-cigarettes (29%)
- nicotine replacement therapy (NRT) (18%)
- behavioural interventions (5%)
- prescription medication (4%)

Public consultation



launched



of all comments related to e-cigarettes



submissions

Advice to the Minister for Health

The most effective intervention is prescription-only medication called varenicline



NRT

Used either alone, or in combination with nicotine replacement therapy

Early evidence for e-cigarettes is promising



But not enough evidence exists yet to recommend e-cigarettes

Behavioural support, either alone or with pharmacotherapy, increases the chances of quitting



Users of community and outpatient mental health services should receive behavioural support with pharmacotherapy, but more research is needed

Pregnant women who smoke should be offered a psychosocial intervention like counselling

