



HSE Tobacco Free Ireland Programme
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Deputy Catherine Murphy
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By email to catherine.murphy@oireachtas.ie

17th May 2023

Ref: 20498/23

To ask the Minister for Health the number of persons that have availed of HSE stop smoking classes within each CHO in 2022 and to-date in 2023, in tabular form.

Dear Deputy Murphy,

The Health Service Executive has been requested to reply directly to your above referenced Parliamentary Question, which you submitted to the Minister for Health. The question concerned was referred to Strategy and Research, HSE, for review and direct response as the work of the Tobacco Free Ireland Programme (TFIP) is part of that function.

The TFIP is the HSE vehicle through which the actions identified for the HSE in the Department of Health *Tobacco Free Ireland* Strategy (2013) are implemented across the health services. The Programme falls under the governance of Strategy and Research in the HSE (in 2017 the TFIP was part of the former Health and Wellbeing Division of the HSE).

We Can Quit is an evidence based stop smoking programme, designed to be delivered in the community by trained Community Facilitators through group work. It was originally developed by the Irish Cancer Society to support women living in disadvantaged communities who smoke and who want support to quit. Following the continued success and positive results of this programme, the HSE's Tobacco Free Ireland Programme took over the coordination of *We Can Quit* in 2020. The *We Can Quit* model has since been adapted for men only groups and mixed gender groups. *We Can Quit* follows the standard treatment programme for smoking cessation, but takes a more holistic approach to smoking and health. It incorporates elements such as, healthy eating; physical activity; stress management and selfcare; gender and health etc. that will further support individuals on their quit smoking journey and help sustain long term quitting success.

The participants are offered (through the group) a combination of behavioural support, one-to-one support and stop smoking medication, which includes varenicline (Champix) or combination nicotine replacement therapy (NRT), free of charge.

The HSE also offers stop smoking support courses outside of the *We Can Quit* programme.

All HSE stop smoking courses generally run for 7 to 12 weeks.

The number of persons who have availed of stop smoking support classes (group courses) in 2022 and to date in 2023 is detailed below:

We Can Quit Courses		
CHO Area	2022	2023
CHO 1	40	17
CHO 2	18	19
CHO 3	23	14
CHO 4	40	9
CHO 5	0	30
CHO 6	10	0
CHO 7	98	57
CHO 8	13	14
CHO 9	132	55
Other Stop Smoking Courses		
CHO 2	0	7
CHO 7	36	101
Total Combined	410	323

Please contact us if you require more information.

Yours sincerely,



Martina Blake

National Lead, HSE Tobacco Free Ireland Programme