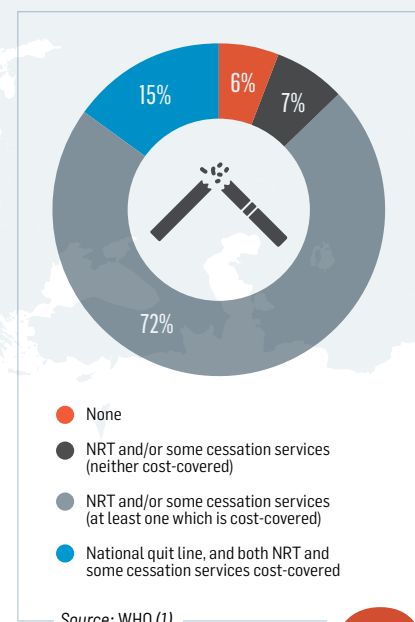


Offer help to quit tobacco use

> KEY MESSAGES

- > The number of countries in the WHO European Region having a national quit line and providing cost coverage for nicotine replacement therapy (NRT) and some cessation services increased from three in 2007 to eight in 2018 (1).
- > The percentage of countries that provide NRT and/or some cessation services and cover the costs of at least one also increased through this period, from 43% in 2007 to 72% in 2018.
- > As of 2018, 32 countries of the Region had an operational national toll-free quit line (an increase from 28 in 2016).
- > Fewer than one in seven countries in the Region operated a national quit line and provided cost coverage for NRT and some other cessation services (Fig. 1).
- > In 2018, 26 countries had a national tobacco-cessation strategy, 32 had evidence-based comprehensive and integrated guidelines on tobacco cessation, and 16 routinely recorded patients' tobacco-use status in medical records.
- > Incorporating tobacco-dependence treatment into the curricula of medical schools was reported by 23 countries.

Fig. 1. Cessation programmes: treatment of tobacco dependence, 2018 (percentage of countries)



WHAT SHOULD BE DONE?

- Policies and capacity for tobacco cessation must improve.
- The guidelines for Article 14 of the WHO Framework Convention on Tobacco Control recommend the implementation of four specific infrastructure elements to promote tobacco cessation and provide effective tobacco-dependence treatment (2):
 1. developing and implementing a national cessation strategy;
 2. developing and implementing national tobacco-cessation guidelines;
 3. providing regular training for primary care providers in brief advice and/or ensuring at least one form of cessation training as part of medical, nursing and dental curricula; and
 4. including tobacco-use status in medical records to routinely identify tobacco users and advise them to quit.

REFERENCES¹

1. WHO report on the global tobacco epidemic, 2019. Geneva: World Health Organization; 2019 (https://www.who.int/tobacco/global_report/en/).
2. Guidelines for implementation of Article 14. Guidelines on demand reduction measures concerning tobacco dependence and cessation. Geneva: World Health Organization; 2007 (https://www.who.int/fctc/guidelines/adopted/article_14/en/).

¹ Weblinks accessed 10 March 2020.