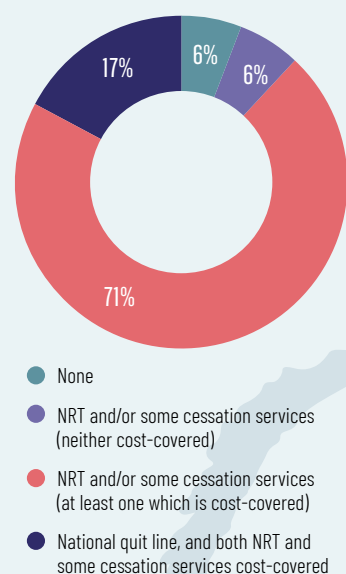


OFFER HELP TO QUIT TOBACCO USE

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 nine in 2020 (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 71% in 2020.
- As of 2020, 33 countries of the Region had an operational national toll-free quit line.
- Fewer than one in six 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 (2).
- Incorporating tobacco-dependence treatment into the curricula of medical schools was reported by 23 countries (2).

**FIG. 1. CESSATION PROGRAMMES:
TREATMENT OF TOBACCO DEPENDENCE, 2020
(PERCENTAGE OF COUNTRIES)**



Source: WHO (1).

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 specific infrastructure elements to promote tobacco cessation and provide effective tobacco-dependence treatment (3):
 1. conducting a national situation analysis to create or update a strategic plan;
 2. developing and disseminating comprehensive national tobacco-cessation guidelines;
 3. developing training capacity and ensuring tobacco control and tobacco cessation are incorporated into the training curricula of all health professionals and other relevant occupations both at pre- and post-qualification levels, and in continuous professional development;
 4. making the recording of tobacco use in medical notes mandatory;
 5. establishing a sustainable source of funding for cessation help.

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1. WHO report on the global tobacco epidemic, 2021. Geneva: World Health Organization; 2021 (<https://apps.who.int/iris/handle/10665/343287>).
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3. 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 9 February 2022.