

Scottish Smoking Cessation Conference
21 November 2017

Reaching our disadvantaged client groups – working smarter not harder

Denise Meldrum
Greater Glasgow & Clyde

Workshop agenda

- Introduction
- *Discussion & feedback*
- **Speed presentation**
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- Q&A



Why mental health is important

- Prevalence compares poorly – at up to 90%
- One third of all tobacco bought is used by people with a MH problem
- To get to 5% national prevalence we need 75% of remaining smokers to quit in the next 17 years
- Quitting smoking better at beating depression than medication (Taylor et al)



Why mental health is important

- The physical health care of people with mental health problems is now a top government priority
- The mental health strategy (2017-2027) also notes smoking as a priority:

ACTION 29. Work with partners who provide smoking cessation programmes to target those programmes towards people with mental health problems.



