

Specialist Stop Smoking Service for Polish migrants in Crewe

Crewe, as other parts of the UK, has attracted migrants from Poland that has led to the development of a significant Polish community. It is widely assumed that smoking prevalence is relatively high and this is reinforced by a study of Polish migrants in Ireland where the smoking prevalence was higher than the Irish average and above the rate in Poland. In addition the perception was that the Polish community in Crewe were not accessing the local NHS Stop Smoking Services (SSS). Consequently research in Crewe was designed to find out about the smoking behaviours of Polish migrants in Crewe. A population-based survey and focus groups of the Polish community in Crewe was also conducted.

The study found a smoking prevalence of 48%, with migrants with lower incomes, lower educational levels and weaker English language skills more likely to smoke. Barriers to stopping included smoking by partners and friends and continued availability of cheap tobacco. 51% of smokers intend to quit at some time. The study showed that smoking at home takes place in about 61% of Polish households and in a high proportion of homes where children live. The study also explored the key features required to provide a high quality Stop Smoking Service for Polish migrants.

The high smoking prevalence and Polish migrants not accessing services has led to the development of a high quality local Polish speaking Stop Smoking Service service, with bespoke information in Polish and promotion at venues and events attended by this community. The service is provided by Cheshire East Community Health who now employ a Polish migrant as a specialist advisor. The first six months of the service saw 65 Polish smokers accessing the service, with 26 recorded four-week quits (40% Success rate). 55% of those accessing the service were male and 45% female. Quit rates were higher for females (55%) than for males (28%).

A toolkit outlining a step-by-step guide as to how to set up a Stop Smoking Service for Polish immigrants was piloted within Central and Eastern Cheshire PCT and can be accessed [here](#).

The success of the project within Crewe has been recognized internationally. On 25th June the results were presented at the 7th World Congress of Polish Doctors in Torun, Poland as part of a workshop on medical interventions on tobacco control [Click here](#).



**PRZESTAŃ PALIĆ,
ZACZNIJ ŻYĆ**

Jedli palisz, dowiedz się, gdzie znajduje się Twój najbliższy Punkt Pomocy w Rzuceniu Palenia NHS. Dzięki darmowej konsultacji czterokrotnie zwiększysz swoje szanse na zerwanie z nałogiem.

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