

Smoking and Vaping

Health Needs Assessment

Appendix 4: Routine and Manual Worker Suffolk Insights

Suffolk Knowledge Intelligence And Evidence Team

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Table 1: Routine and Manual Worker Suffolk Insights, smoking interview feedback summarised into core theme areas, September 2023

<p>What made you start smoking</p>	<p>“High school, peer pressure, everyone was smoking and my friends, and it just went on from there...I do regret it. I should have held out against the peer pressure... I was like one of the ones that probably got picked on at school so I wanted to be kind of be liked, like boost my persona”.</p> <p>“When you’re a teenager you’re not thinking about addiction, you’re just thinking ohh, you know, I’ll just hang out with my mates while I do that”</p> <p>“When I was a teenager at school... I thought it would be the cool thing to do [Female age 34].</p>
<p>Smoking at home vs work</p>	<p>“[I smoke] at home a lot more... I don’t know why because I’m busy at home... yeah as well as I’m busy at work”. [Also smokes more when stressed or anxious]</p> <p>“[I smoke more] At home, I don’t really smoke if I’m here [at work], I probably have one the whole time”.</p> <p>“If I’m stressed... my space is to go out and smoke as I don’t in the house, never have done, that’s my time, and if I go out there without one it feels foreign to me because I’m not smoking”.</p> <p>“So... I don’t smoke in the house...when I had my little’un I stopped smoking in the house totally. I find I smoke maybe one or two in the evening... the majority is like I travel into Ipswich, I have a cigarette at lunch... maybe 10 a day.”</p>
<p>About vaping</p>	<p>“I’ve tried but I can’t, I cough up my guts and I don’t like it. I’ve had the horror stories from the vaping as well”.</p> <p>“It’s a really terrible thing for teenagers to start...there’s loads of stuff... about disposable vapes being left all over the place and something called popcorn lung and things like that.... And all the research is that if you’re using it to give up smoking, its about as safe a method as you’re going to find, and effective... Partly because it works on those things that you miss... going outside to have yourself a little bit of a break.... Whereas if you just give up cold turkey, you wouldn’t necessarily think to yourself ‘...I’ll take that drink out in the garden and have 5 minutes”.</p> <p>“...I don’t like it anyway and I don’t wanna give up one addiction and create another one, because its that feeling of putting something to your mouth, I just don’t want to do that”.</p> <p>“... at age 11 some of them are vaping, at that age. They are so young, I mean I was 13, 14 but 11, I mean they’re still tiny children. I think its because they’re flavoured and they’ve made fancy, it smells nice”.</p> <p>“No [I haven’t tried vaping]. I don’t agree with it. I’ve read up on vaping and you are basic sucking oil into your lungs, not that cigarettes are much better for you, but its not good”.</p>
<p>Health</p>	<p>“Don’t get me wrong, I am open to trying something new, but... raising the cost doesn’t do anything to stop people smoking, so why keep putting it on, and what really pisses me off is when the doctors...say ‘we’re not dealing with your because you smoke’, and I’m like ‘if I didn’t smoke you wouldn’t have the funding to do it’...It’s the drinkers and the smokers who are giving the NHS the money, because your National Insurance ain’t paying for it”.</p> <p>“...My brother in law was a heavy smoker, like 50-60 a day, then he got DVT and had to have that whole vein taken out and he went cold turkey and completely stopped... he did 12 years and then he passed away with lung cancer... and he had COPD as well”</p> <p>“... I felt like I have something stuck in the back of my throat, and within three weeks I was having the surgery to take it out as they needed to test it, and in that time I instantly stopped smoking, I thought, oh my god, I’ve got... children, I can’t do this... but then... smoking made me feel sane again, and its not the right thing to have done especially when.... You could’ve had cancer but you haven’t... So I’m just going to carry on smoking anyway, since then the last... I looked in the mirror and I thought I don’t like</p>

	<p>myself, anything about me... I started going to the gym... I'm starting to feel healthier and I'm losing the weight... eventually my goal will be to stop smoking".</p>
<p>Quitting</p>	<p>"I'm getting older... and [I worry about my health] a little bit"</p> <p>"...When I first fell pregnant with my daughter and I gave up and they gave me, god I don't know what it was but it made me feel so sick I just carried on smoking... it wasn't a vape or nothing, just you sucked on it, and the taste of it, ah I just couldn't cope with that... I did cut down, I'm quite proud of myself on that one".</p> <p>"Every time I have been pregnant... I've given up just generally cold turkey, it lasts for three months. I think the longest I've gone with not doing it completely is 6 months. But I don't use anything, so don't like the gum right, don't like the inhalers, the patches give me nightmares".</p> <p>"...My biggest reason for going back to smoking is that I put weight on, so that is generally the reason I go back to smoking, to curb my appetite, so I don't put on that weight, which I know isn't a healthy thing to do."</p> <p>"I don't really see anything works [in deterring smoking]... I don't know what it is about a pint and a cigarette... they go hand in hand... if I didn't drink I could probably quit smoking but then if I could quit drinking I need to smoke more... I had sepsis last year, so it was a big wake up call with it all"</p> <p>[When pregnant] "I got a pack when I first found out... they asked if I smoked and if I intended to give up, which I did I think because I've had so many losses, while you're pregnant you just want to do everything right, they gave me inhalators but I hated them so I just stopped".</p> <p>"Those fancy horrible pictures they're not gonna make any difference to somebody that just needs that nicotine"</p> <p>"...On the telly... and those ones that show how bad your teeth look, and I think to myself, my teeth don't look like that so I'm alright"</p> <p>[On designing a stop smoking service for teenagers] "For my kids it would have to be very blunt... focus on the amount you can spend... the social ethics side... 'did you know Mum that if you buy 3 packs a week its going to cost you this much a year'... its already engrained in his brain...he wants to save up and buy a house....</p> <p>"I used to be 20-30 a day... I've whittled myself down over the last 5 years. I've come close to stopping... but then I have a drink"</p> <p>"...unless they want to quit there's no way to stop them. Basically... the way we found it was by limiting the amount of cigarettes she [their nan] could get because she couldn't go to the shop".</p>
<p>What would quitting / a cure look like</p>	<p>"I'm on holiday. I'd have a lot more money, probably smell nicer, bye bye expensive perfume... I'd probably [be] a bit more of a role model for my children, even though my daughter is adamant that she is not going to smoke." (She noted she'd prefer to be seen on her own or via an online course because of balancing work/home life).</p> <p>"One to one... Online... purely because I got diagnosed with depression and anxiety and agoraphobia... I have counselling obviously online... and I actually found that more helpful to me, having someone on the screen or on the end of the phone... it doesn't feel so intrusive".</p> <p>[Where information is obtained] "Facebook, mainly on TikTok and that, TikTok is always quite good... It's been a long time since I went to the old doctors... so I take medication for my stress and anxiety and they just review it online... I don't really get that much info"</p>

Table 2: Routine and Manual Worker Suffolk Insights, ex-smokers interview feedback, September 2023

Smoking history	Key points
74 year old male- quit 6 years ago. Still uses nicotine vape. Started smoking at age 14.	<ul style="list-style-type: none"> • Key motivation to stop was not being able to get a knee operation until he quit. • Worries about impact of the cost of cigarettes and tobacco has on families and on mental health. • Feels vapes best way to help people quit, and workplace is not a good place to offer support as people are too busy and stressed.
50 year old male, gave up 6 months ago, started smoking at 14.	<ul style="list-style-type: none"> • Key motivation to stop told his daughter he would quit by 50 – so went cold turkey • Regrets giving up, he’s gained weight – and sees this as having a more detrimental health impact. • Feels children and work stress are reasons for continuing to smoke
76 year old male, gave up at 40 years old.	<ul style="list-style-type: none"> • Used hypnotism and private fitness coaching • Feels lack of willpower prevents people quitting
68 year old male, gave up 5 years ago.	<ul style="list-style-type: none"> • Used Champix and nurse support • Key motivation to stop was to have a hip replacement • Feels quitting was the best thing he ever did, Champix is a miracle drug