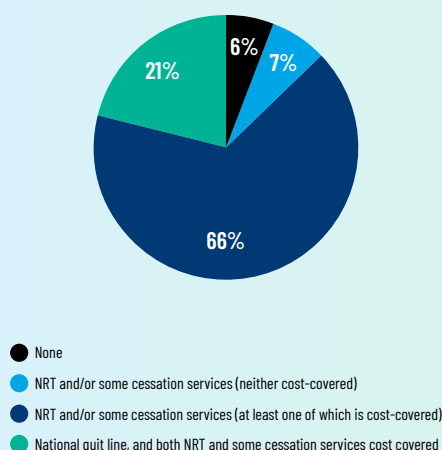


Offer help to quit tobacco use

KEY MESSAGES

- The number of countries in the WHO European Region that have a national quit line and cover the cost of nicotine replacement therapy (NRT) and some cessation services increased from 3 in 2007 to 11 in 2022 (1).
- The percentage of countries that provide NRT and/or some cessation services and cover the costs of at least one also increased during this period, from 43% in 2007 to 66% in 2022.
- As of 2022, 34 countries in the Region had an operational national toll-free quit line.
- One-fifth of the countries in the Region operated a national quit line and covered the cost of NRT and some other cessation services (Fig. 1).
- NRT is not available in 7 countries in the Region. In 39 countries, it can be bought in pharmacies, while in 7 countries it is available for purchase in general shops. As of 2022, only 4 countries fully covered the cost of NRT for people wishing to quit, and a further 11 countries provided partial funding.
- NRT is included on the essential medicines list in 13 countries in the Region.

Fig. 1. Percentages of countries that provide cessation programmes for treatment of tobacco dependence, 2022



Source: WHO (1).

WHAT SHOULD BE DONE?

- Policies and capacity for tobacco cessation must be improved.
- The guidelines for Article 14 of the WHO Framework Convention on Tobacco Control recommend specific activities for promoting tobacco cessation and providing effective treatment for tobacco dependence (2):
 1. Conduct a national situation analysis to create or update a strategic plan.
 2. Develop and disseminate comprehensive national tobacco-cessation guidelines.
 3. Develop training capacity, and ensure that tobacco control and tobacco cessation are included in the training curricula of all health professionals and other relevant occupations, both before and after qualification and in continuous professional development.
 4. Make recording of tobacco use in medical notes mandatory.
 5. Establish a sustainable source of funding for help in quitting tobacco use.

References¹

1. WHO report on the global tobacco epidemic, 2023: protect people from tobacco smoke. Geneva: World Health Organization; 2023 (<https://www.who.int/publications/i/item/9789240077164>).
2. Guidelines for implementation of Article 14. Guidelines on demand reduction measures concerning tobacco dependence and cessation. Geneva: World Health Organization; 2007 (<https://fctc.who.int/publications/m/item/guidelines-for-implementation-of-article-14>).

¹ Weblinks accessed 10 January 2024.