

National Tobacco Cessation Plan
of the
Ministry of Health, Country
2016 - 2020

September 2015, City

Introduction

To be written and/or edited by country The government of *Country* is committed to improve the health of its population, and intends to increase the number of tobacco users who want to stop, increase the number of tobacco users who try to stop, and increase the chances of success of those who try to stop. Encouraging and helping tobacco users to stop is one of the most cost effective uses of healthcare resources possible, and has a large effect in improving population health. Furthermore many tobacco cessation interventions are low cost and can be applied very widely to much of the population.

Tobacco use in *Country*

Country is a lower middle income country (per capita GDP \$3,000) with a population of 00,000,000 and average life expectancy of 68 years. Overall adult (over 15) smoking prevalence is 27% and smoking prevalence among 13-15 year olds is 10%. The estimated total number of smokers is 4,000,000. Cigarette smoking alone kills about 0 in 0 people in *Country*, and is a leading cause of cardiovascular disease, cancer and respiratory disease. It is estimated that tobacco use kills 0,000,000 people a year in *Country*. **To be written and/or edited by country**

WHO FCTC recommendations

Article 14 of the WHO Framework Convention on Tobacco Control (FCTC) states that “each [country] shall develop and disseminate appropriate, comprehensive and integrated guidelines based on scientific evidence and best practices, taking into account national circumstances and priorities, and shall take effective measures to promote cessation of tobacco use and adequate treatment for tobacco dependence”. The FCTC Article 14 guidelines outline in more detail recommendations on how to implement the Article, including suggestions on how to prioritise key measures. In adopting and publishing this official national plan we are implementing one of the first recommendations of the WHO FCTC Article 14 guidelines: “Parties should develop and disseminate comprehensive tobacco dependence treatment guidelines - - - - These guidelines should include - - - - a **national cessation strategy** - - - - ”.

Background to this plan

This official tobacco cessation national plan is a result of an extensive consultation between government, healthcare workers, key professional organisations, and other key stakeholders, and of a National Situational Analysis, as recommended by the FCTC Article 14 guidelines, conducted in cooperation with these key stakeholders, and selected tobacco cessation experts,

using tools developed for the purpose and available on www.treatobacco.net. **To be written and/or edited by country**

Overall goals of this plan

To be written and/or edited by country The overall goal of this national plan is to reduce the amount of death and suffering in *Country* caused by tobacco use. We plan to do this by decreasing the number of tobacco users in the country. We plan to introduce or strengthen measures to increase the number of tobacco users who want to stop by strengthening implementation of the law banning smoking in public places, and we will consider measures to further improve implementation of restrictions on tobacco advertising, and to enforce the law banning the sale of single cigarettes. We plan to increase the number of tobacco users who try to stop by making more widely available population measures like brief advice, and we will investigate the feasibility of establishing a national quitline and making available low cost medications, introducing such measures as are feasible and affordable.

Specific objectives of plan

To be written and/or edited by country

1. To build a national coalition to support this national strategy by working in collaboration with all key stakeholders.
2. To introduce measures/regulations to make mandatory the recording of tobacco use in all medical and related notes.
3. To increase the knowledge of healthcare workers of effective brief advice for cessation and develop a programme to train all key healthcare workers.
4. To amend as necessary medicines laws and regulations in order to make more easily available low cost medications.
5. To investigate the feasibility of setting up a national quitline and measures to support healthcare workers to stop smoking, including a text messaging service.
6. To develop and implement a mechanism to monitor the introduction and impact of these measures.

Strategies

To be written and/or edited by country; these are only suggestions

- 1. To build a national coalition to support this national strategy by working in collaboration with all key stakeholders.**
 - a. Hold meetings of key stakeholders
 - b. Create mechanism to promote regular communication between them
 - c. Other?
- 2. To introduce measures/regulations to make mandatory the recording of tobacco use in all medical and related notes.**
 - a. Country team
 - b.
 - c.

- 3. To increase the knowledge of healthcare workers of effective brief advice for cessation and develop a programme to train key healthcare workers.**
 - a. Country team
 - b.
 - c.

- 4. To amend as necessary medicines laws and regulations in order to make more easily available low cost medications.**
 - a. Country team
 - b.
 - c.

- 5. To investigate the feasibility of setting up a national quitline and measures to support healthcare workers to stop smoking.**
 - a. Country team
 - b.
 - c.

- 7. To develop and implement a mechanism to monitor the introduction and impact of these measures.**
 - a. Country team
 - b.
 - c.