



Introduction to Very Brief Advice Training

Supporting a smokefree generation



Smoking Overview

Smoking is the number one preventable cause of death, disability and ill health in the UK. It causes around 80,000 deaths a year in the UK.

“Two-thirds of smokers will die from smoking unless they manage to quit.”

Current prevalence of smoking in Cornwall and the IoS is 59,000 adults (12.7% of the adult population).

“...when used exactly as recommended by the manufacturer, cigarettes are the one legal consumer product that will kill most users...”

(The Khan Review: making smoking obsolete, 2022)

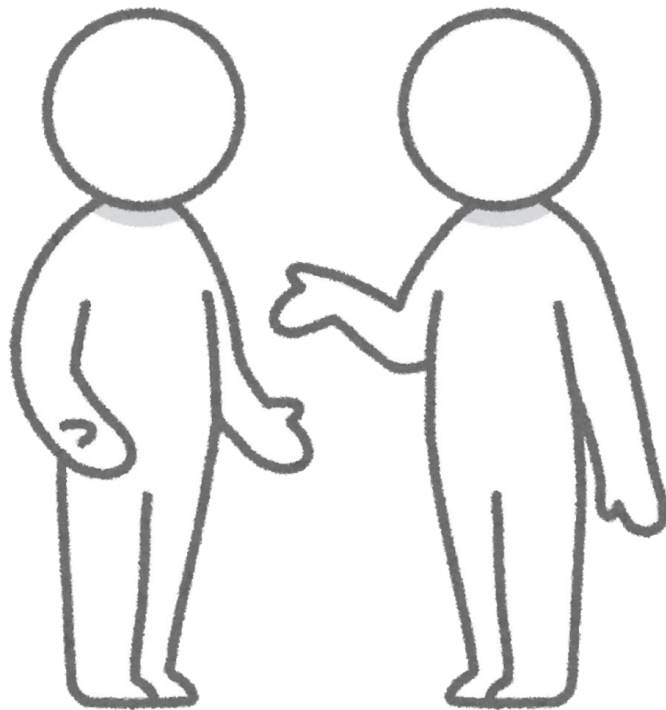


Introduction to VBA+

VBA+ is an evidenced-based intervention designed to promote quitting and can be delivered in almost any situation with a person who smokes in less than 30 seconds.



Elements of VBA: The 3 A's



ASK

Establishing and recording current smoking status

ADVISE

Advising them on the best methods to stop smoking

ACT

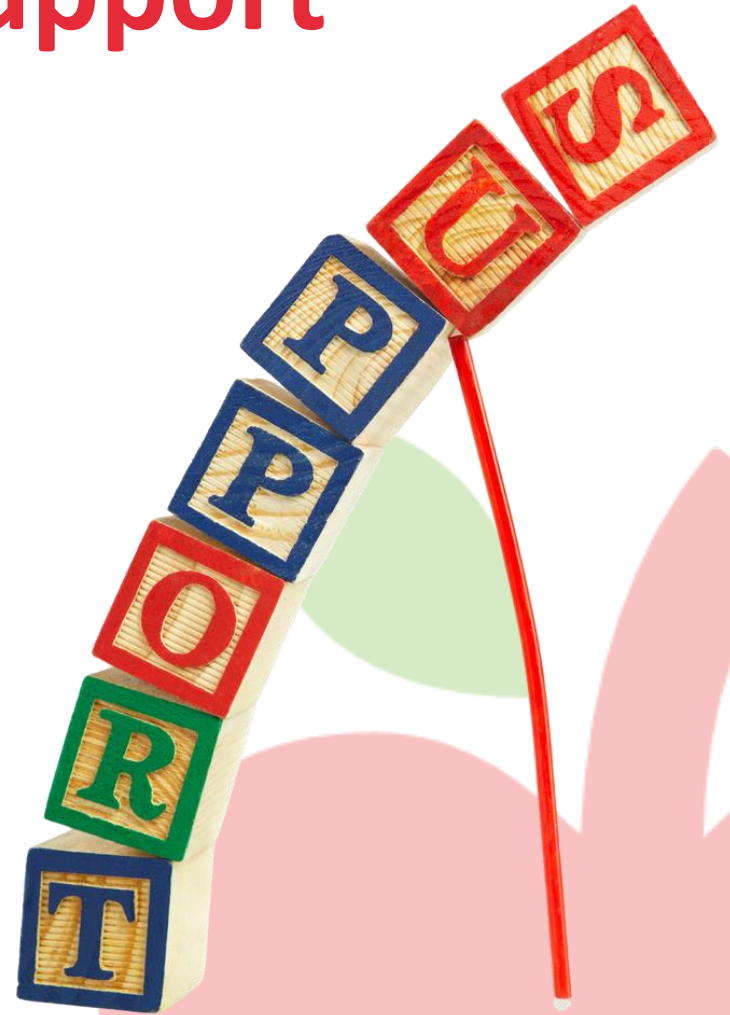
Offering help to access stop-smoking support



Healthy Cornwall Support

Healthy Cornwall supports all smokers who want to quit, offering the best chance of quitting for good.

We understand smokers are all unique and require support tailored to their individual needs.





Inform

A supportive and motivational community for those in Cornwall on the journey to a smokefree life

Cornwall's Stop Smoking Support Community

Private group · 135 members

[Join Group](#)

[About](#) [Discussion](#)

About this group

Welcome to Cornwall's Stop Smoking Support Community. The aim of this group is support anyone in Cornwall and the Isles of Scilly to quit smokin... [See more](#)

Private
Only members can see who's in the group and what they post.

Visible



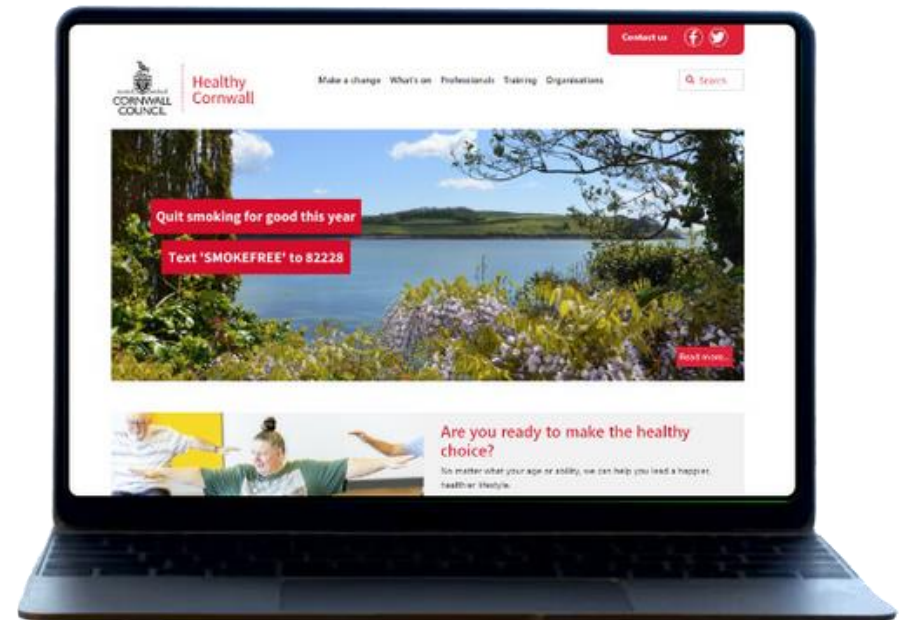


Thank you for signing up to Healthy Cornwall's stop smoking text support service. We can't wait to get started, but first, here's some more info on the service itself:
<https://bit.ly/HCSmokefreeText>

Today 08:30

Well done for taking the 1st step in your journey to being smokefree. Over the next month we'll send you top tips, tools and motivation to support you with this goal. Let's begin by setting a quit date for 3 days time: <https://bit.ly/HCwelcome>

Enable



Support

Healthy Cornwall offer 1:1 behavioural, client centred support from trained stop smoking advisors together with medication, pharmacotherapy and vapes. We offer specialist support groups:



Pregnancy



Children & Young People



Routine & Manual Workers



Homeless & Rough Sleepers



Learning Disabilities



Severe Mental Illness



Chronic Health Conditions



