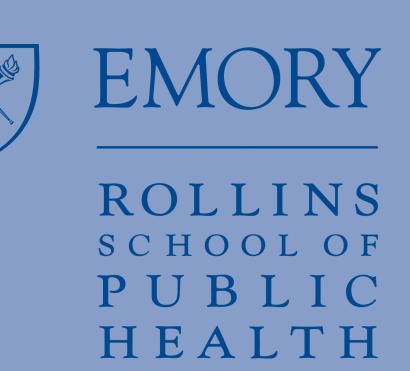


Analysis of Fixed and Mobile Smoking Cessation Clinics,

Kingdom of Saudi Arabia, 2014 – 2015

Naif Alraihan¹, Abdullah M Assiri^{1,2}, Scott JN McNabb²

¹ Ministry of Health, Kingdom of Saudi Arabia ² Hubert Department of Global Health, Emory University, Rollins School of Public Health, Atlanta, GA, USA



Introduction

- 37% of males and 6% of females were smokers in Kingdom of Saudi Arabia (KSA) in 2010
- Rates have more than doubled compared to 10 years ago
- Tobacco Control Program now using mobile smoking cessation clinics (MSCCs) to help those who want to quit

Objectives

- Compare use of MSCCs and fixed clinics by measuring number of visitors and attempts at quitting
- Measure overall visitors to each clinic type (fixed and mobile) from July 2014 – July 2015
- Stratify visitors by gender, region, age group, and smoking status (first-time quitters and those who had attempted previously)

Methods

- Used secondary data from the Tobacco Control Program
- Examined overall number of participants and number visiting each clinic type by gender, region, age group, and smoking status (first-time quitters and previously attempted)
- Ten regions had both mobile and fixed clinics and nine had only fixed clinics



Results

- 30,210 smokers visited cessation clinics
- Over half (16,376; 54%) attended fixed clinics and 46% (13,834) mobile clinics
- Fixed clinics were chosen by 56% (15,912) of men and 25% (464) of women
- Mobile clinics were chosen by 75% (1,416) of women and 44% (12,418) of men
- Those aged 26-30 and 31-40 visited cessation clinics most among both male and female smokers
- More smokers chose mobile clinics than fixed clinics in Aljouf, Jeddah, Eastern Region, Asser, and Jizan

Table 1. Participants of Fixed and Mobile Clinics, by Gender, Kingdom of Saudi Arabia, 2014 – 2015

Clinic Type	Female	Male	Total
Fixed	464	15912	16376
	1.54	52.67	54.21
	2.83	97.17	
	24.68	56.17	
Mobile	1416	12418	13834
	4.69	41.11	45.79
	10.24	89.76	
	75.32	43.83	
Total	1880	28330	30210
	6.22	93.78	100.00

Table 2. Visitor Participants of Fixed and Mobile Cessation Clinics by Age, Kingdom of Saudi Arabia, 2014 – 2015

Gender	10 - 15	16 - 20	21 - 25	26 - 30	31 - 40	41 - 50	51 - 60	Over 60	Total
Female	163	87	193	200	234	121	41	377	1416
	1.18 11.51	0.63 6.14	1.40 13.63	1.45 14.12	1.69 16.53	0.87 8.55	0.30 2.90	2.73 26.62	10.24
	16.43	10.48	10.41	9.53	8.50	11.56	12.28	9.60	
Male	829 5.99	743 5.37	1661 12.01	1898 13.72	2518 18.20	926 6.69	293 2.12	3550 25.66	12418 89.76
	6.68 83.57	5.98 89.52	13.38 89.59	15.28 90.47	20.28 91.50	7.46 88.44	2.36 87.72	28.59 90.40	
Total	992	830	1854	2098	2752	1047	334	3927	13834
	7.17	6.00	13.40	15.17	19.89	7.57	2.41	28.39	100.00

Table 3. Participants of Fixed and Mobile Cessation Clinics by Smoking Status (Previously Attempted to Quit), Kingdom of Saudi Arabia, 2014 – 2015

Clinic Type	No	Yes	Total
Fixed	12122 58.85	4254 44.26	16376
Mobile	8476 41.15	5358 55.74	13834
Total	20598	9612	30210

Table 4. Participants of Fixed and Mobile Cessation Clinics by Region, Kingdom of Saudi Arabia, 2014 – 2015

Region	Fixed	Mobile	Total
Al-Ahsa	93	0	93
	100.00	0.00	0.31
Al-Baha	627	0	627
	100.00	0.00	2.08
Al-Jouf	0	459	459
	0.00	100.00	1.52
Al-Madina	2107	1200	3307
	63.71	36.29	10.95
Al-Qaseem	222	0	222
	100.00	0.00	0.73
Al-Qurrayat	196	0	196
	100.00	0.00	0.65
Aseer	135	146	281
	48.04	51.96	0.93
Bishah	105	0	105
	100.00	0.00	0.35
Eastern Region	247	777	1024
	24.12	75.88	3.39
Hail	370	0	370
	100.00	0.00	1.22
Jeddah	284	4395	4679
	6.07	93.93	15.49
Jizan	508	531	1039
	48.89	51.11	3.44
Makkah	2437	1853	4290
	56.80	43.20	14.20
Najran	1213	370	1583
	76.63	23.37	5.24
Northern Borders	2390	0	2390
	100.00	0.00	7.91
Riyadh	2737	2846	5583
	49.02	50.98	18.48

Conclusion

- MSCCs were more accessible and appealing to certain demographic elements of the KSA population than fixed clinics
- MSCCs foster an environment of safety, comfort, and confidentiality

Recommendations

- Increase number of anti-smoking clinics (mobile and fixed) to include all regions in Saudi Arabia
- Implementing new approaches like the mobile clinics is crucially important in light of the smoking trends among women and young people in KSA

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