

Analysis of Fixed and Mobile Smoking Cessation Clinics, Kingdom of Saudi Arabia, 2014 – 2015

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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 1.54 2.83 24.68	15912 52.67 97.17 56.17	16376 54.21
Mobile	1416 4.69 10.24 75.32	12418 41.11 89.76 43.83	13834 45.79
Total	1880 6.22	28330 93.78	30210 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 1.18 11.51 16.43	87 0.63 6.14 10.48	193 1.40 13.63 10.41	200 1.45 14.12 9.53	234 1.69 16.53 8.50	121 0.87 8.55 11.56	41 0.30 2.90 12.28	377 2.73 26.62 9.60	1416 10.24
Male	829 5.99 6.88 83.57	743 5.37 5.98 89.52	1661 12.01 13.38 89.59	1898 13.72 15.28 90.47	2518 18.20 20.28 91.50	926 6.69 7.46 88.44	293 2.12 2.36 87.72	3550 25.66 28.59 90.40	12418 89.76
Total	992 7.17	830 6.00	1854 13.40	2098 15.17	2752 19.89	1047 7.57	334 2.41	3927 28.39	13834 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	93 100.00	0 0.00	93 0.31
Al-Baha	627 100.00	0 0.00	627 2.08
Al-Jouf	0 0.00	459 100.00	459 1.52
Al-Madina	2107 63.71	1200 36.29	3307 10.95
Al-Qaseem	222 100.00	0 0.00	222 0.73
Al-Qurrayat	196 100.00	0 0.00	196 0.65
Aseer	135 48.04	146 51.96	281 0.93
Bishah	105 100.00	0 0.00	105 0.35
Eastern Region	247 24.12	777 75.88	1024 3.39
Hail	370 100.00	0 0.00	370 1.22
Jeddah	284 6.07	4395 93.93	4679 15.49
Jizan	508 48.89	531 51.11	1039 3.44
Makkah	2437 56.80	1853 43.20	4290 14.20
Najran	1213 76.63	370 23.37	1583 5.24
Northern Borders	2390 100.00	0 0.00	2390 7.91
Riyadh	2737 49.02	2846 50.98	5583 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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