



- ▶ Vulnerable Groups
- ▶ Prevalence
- ▶ Youth/
E-Cigarettes



INSTITUTE FOR DISABILITY STUDIES
THE UNIVERSITY OF SOUTHERN MISSISSIPPI

3rd Quarter/March 2018

TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

Smoking Still Prevalent Among Adults with Psychological Distress

While cigarette smoking by U.S. adults has declined significantly in recent years, from 20.9% in 2005 to 15.5% in 2015, the Centers for Disease Control (CDC) continues to seek proven interventions for subpopulations with higher prevalences.

The *Morbidity and Mortality Weekly Report* for January 19, 2018, details the analysis of data from the 2016 National Health Interview Survey (NHIS) to assess progress toward the *Healthy People 2020* goal of reducing cigarette smoking to 12% of adults.

Smoking continued to be higher among adults who were males, ages 25-64 years, American Indians/Alaska Natives, had General Education Development certificates, lived below the federal poverty level, had a disability, were lesbian, gay or bisexual, or had psychological distress.

<https://stacks.cdc.gov/view/cdc/50900>



Tobacco Use in the Mental Health and Substance Abuse Community

by Pamela Luckett, Consultant
Mississippi Public Health Institute

Most of us are aware of the fact that tobacco use is still one of the most preventable causes of disease and death. While the rate of tobacco use has declined nationwide over the last 20 years, one group has not seen the same positive changes.

There are sobering statistics for people with mental illness and substance abuse:

- Nearly 1 in 5 adults (or 45.7 million adults) have some form of mental illness.
- More than 1 in 3 adults (36%) with mental illness smoke cigarettes, compared with 1 in 5 adults (21%) with no mental illness.
- Tobacco users with mental health disorders die an average of 25 years earlier than American nonusers.
- Out of over 445,000 people who die prematurely due to complications of tobacco use, almost 200,000 are people with either mental health or substance abuse disorders.

- Evidence shows tobacco marketing has been targeted directly to individuals with mental illness and other vulnerable groups of people.

Through research with this population, some encouraging statistics have emerged:

- Incorporating smoking cessation into treatment for substance abuse does not jeopardize treatment.
- Eliminating tobacco use is associated with decreased use of other abused substances.
- People with mental health issues or substance abuse often want to quit, and it is possible for them to quit.

The Southern states (Mississippi, Arkansas, Louisiana, Alabama, Tennessee, and Kentucky) have the highest rates of cigarette use among adults with any mental illness (40-45+%). Populations

with those numbers deserve consideration in programs and efforts to help with tobacco cessation efforts. One of the standard recommendations is to refer to the Tobacco Quitline (1 800 QUITNOW/1-800-784-8669) for professional tobacco cessation treatment.

What are the options for Mississippi? Hospitals in the state began to make their physical campuses smoke free around 2010. It was not easy, but it did happen and is still in place. Some psychiatric facilities have done the same. Many were apprehensive due to the fear of patients becoming difficult to handle if not able to use tobacco while receiving inpatient treatment. While there were rough times in the transition, research has shown that overall, psychiatric patients are less likely to be disruptive, especially if the facility offers some type of nicotine replacement.

It is recognized that counselors who treat this population in any setting (outpatient, inpatient, residential) need updates to incorporate the language of tobacco cessation. They may not be administering the cessation treatment, but providing the right conversation and support results in a positive influence on the client agreeing to seek cessation treatment. Positive examples by treatment staff, family and peers who have quit show promise in more people with mental health issues and substance abuse seeking treatment.

As more people in the mental health and substance abuse treatment communities request tobacco cessation treatment, healthcare providers can continue to make appropriate referrals for treatment. There are training opportunities through the Mississippi State Department of Health Office of Tobacco Control for providers who are interested in learning more about tobacco cessation treatment.

The suggestion of tobacco cessation treatment can be available to any tobacco user, regardless of their mental health or substance abuse situation. Tobacco cessation treatment is effective and allows this population the chance to a longer life and healthier life. It also helps with the financial struggle many go through while trying to support their tobacco addiction.



Sometimes It All Seems Unbearable

Life can be overwhelming. We experience pain, confusion and upset. Research shows smokers tend to use opioids more often and in higher doses than non-smokers. Therapies and pharmacotherapies are available for substance use disorder patients, including those taking opioids, to successfully assist with nicotine intervention.



Mississippi tobaccoQUITLINE
1.800.QUITNOW
WWW.QUITLINEMS.COM 1.800.784.8669

Information from "Smoking history, substance dependence and opioid use by patients with chronic non-painful pain," The Annals of Internal Medicine, August 2016, and "Cytidine deaminase and Human Herpes Virus 8 Protein," Journal of Pain & Palliative Care Pharmacotherapy, Sept. 29, 2016. AA/TCC/MSH

A One-Way Street: E-Cigarettes, Youth and Nicotine Addiction

E-cigarettes could lead teens to traditional cigarette use. A December 2017 article in *Pediatrics*, the monthly journal of the American Academy of Pediatrics, examined traditional cigarette and e-cigarette use in high school students. The research revealed e-cigarettes can lead to combustible cigarette use and eventual nicotine addiction.

<http://pediatrics.aappublications.org/content/pediatrics/early/2017/11/30/peds.2017-2850.full.pdf>

TCS News is published and emailed quarterly by the Institute for Disability Studies at The University of Southern Mississippi through the Tobacco Control Strategies (TCS) project. TCS is funded by the Mississippi State Department of Health Office of Tobacco Control.

www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities



<https://www.facebook.com/msusmids>