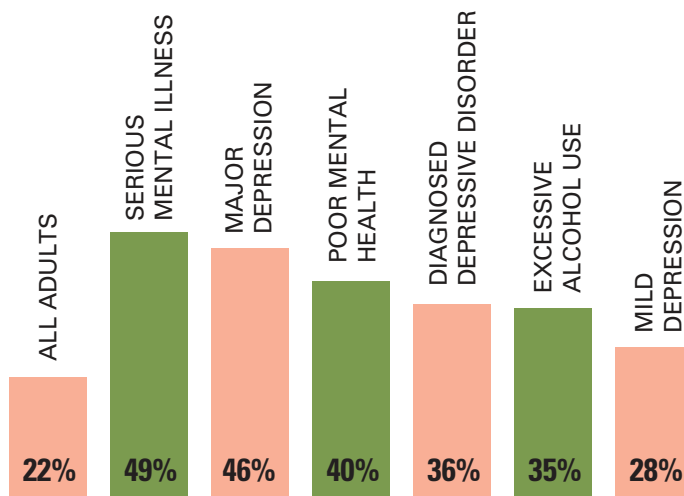


# Behavioral Health and Smoking

One-in-five (20%) Alaska adults indicate they have a mental illness; Alaska adults with any mental illness show a higher smoking prevalence (40%), compared to adults with no mental illness (29%).

## Smoking Prevalence by Behavioral Health Status<sup>1</sup>

(includes mental health and/or substance use status)



Alaskans with substance abuse disorders or mental illnesses are more likely to smoke than the general population.

- Quitting smoking improves clients' abstinence from alcohol and drugs
- Behavioral health clients respond well to tobacco cessation treatment
- Quitting smoking does not worsen psychiatric symptoms



## Alaska smokers reporting poor mental health<sup>2</sup> are just as likely as smokers without poor mental health to:

- Want to quit
- Plan to quit
- Have received advice to quit from a healthcare provider
- Have made quit attempts
- Have quit for 3+ months (among past year smokers)<sup>3</sup>

Alaska's Tobacco Quit Line is a **FREE** service offered to any adult Alaskan who wishes to quit using tobacco and e-cigarettes. Since July 2014, Quit Line callers have been asked about their physical and mental health history and substance use history.

ALASKA'S  
TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW  
[www.alaskaquitline.com](http://www.alaskaquitline.com)

# Behavioral Health and Smoking

## Behavioral Health Among Alaska's Tobacco Quit Line Callers<sup>3</sup>

July 2015 - June 2016

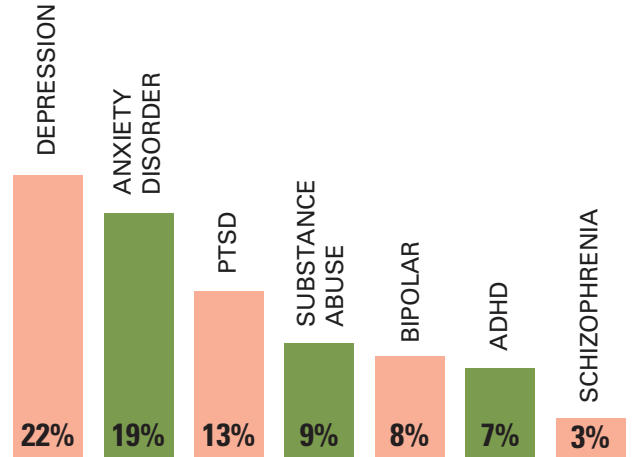


- Reported at least one mental illness or substance abuse
- No mental illness or substance abuse

40% of Quit Line callers reported having at least 1 behavioral health condition.

## Behavioral Health Among Alaska's Tobacco Quit Line Callers<sup>3</sup>

July 2015 - June 2016



Among Quit Line callers reporting a behavioral health condition, 59% reported multiple conditions.

## Let's work together to write the next chapter in Tobacco Prevention and Control in Alaska!

Healthcare providers play a critical role in helping Alaskans quit tobacco. **The Brief Tobacco Intervention: Helping Alaskans Quit** is a free, online CME training that provides the education necessary to talk to your patients about quitting tobacco.

**The Brief Tobacco Intervention:  
Helping Alaskans Quit**  
training can be found at  
[www.akbriefintervention.org](http://www.akbriefintervention.org)



Alaska Department of Health and Social Services  
Division of Public Health  
[www.tobaccofree.alaska.gov](http://www.tobaccofree.alaska.gov)

<sup>1</sup> All Adults: 2011-2013 Supplemental BRFSS, SMI: 2007 & 2010 Standard BRFSS, Major Depression: 2012 Standard BRFSS, Poor Mental Health: 2011-2013 Supplemental BRFSS, Diagnosed Depressive Disorder: 2013 Standard BRFSS, Excessive Alcohol Use: 2013 Standard BRFSS, Mild Depression: 2012 Standard BRFSS

<sup>2</sup> 14 or more days in the past month with poor mental health.

<sup>3</sup> State of Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion. Behavioral Health Data Review for the Tobacco Prevention and Control Program. April 2015.