

Tobacco Facts: Behavioral Health and Smoking

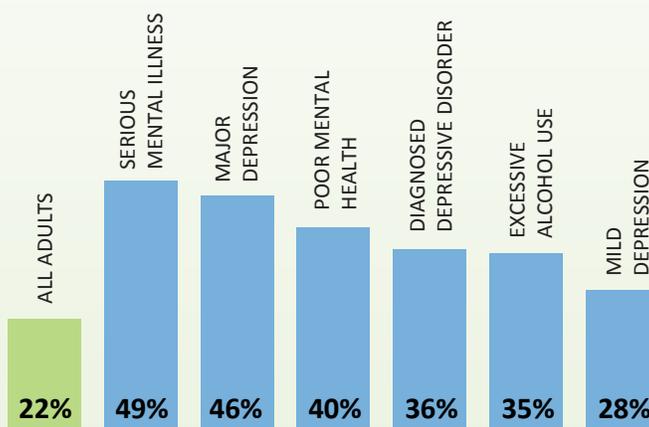


One in 10 (10% of) Alaska adults report poor mental health;¹ Alaska adults with poor mental health show a higher smoking prevalence (40%), than those without poor mental health (20%).²

Quitting smoking does not impede clients' abstinence from alcohol and drugs.³

Smoking Prevalence by Behavioral Health Status²

(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.

Alaska smokers reporting poor mental health are just as likely as smokers without poor mental health to:²



- . Want to quit
- . Have received advice to quit from a healthcare provider
- . Plan to quit
- . Have made quit attempts

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.

To learn more about the free services provided by Alaska's Tobacco Quit Line, call 1-800-QUIT-NOW (1-800-784-8669) or visit alaskaquitline.com.

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW



Behavioral Health Among Alaska's Tobacco Quit Line Callers²

July 2014 - June 2015

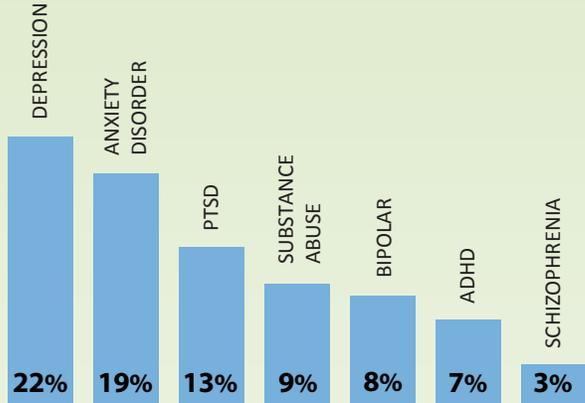


● Reported at least one mental illness or substance abuse
● No mental illness or substance abuse

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

Behavioral Health Among Alaska's Tobacco Quit Line Callers²

July 2014 - June 2015



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

References/Notes

- ¹ 14 or more days in the past month with poor mental health.
- ² 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.
- 3. Prochaska JJ, Prochaska JO. A review of multiple health behavior change interventions for primary prevention. Am J Lifestyle Med 2011; 5(3): doi: 10.1177/1559827610391883.

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