TAKING TEXAS TOBACCO FREE

Smoking is highest among people with addiction disorders, with rates as high as 87%.

*Stock image

TOBACCO USE IS LINKED TO HIGHER MORTALITY RATES THAN ALCOHOL USE

More people in treatment for alcohol use die from smoking-related diseases (51%) than alcohol-related diseases (34%).

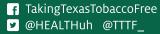## ALCOHOL AND TOBACCO USE MULTIPLIES CANCER RISKS

Individuals with hazardous drinking problems experience higher cancer rates because using alcohol and tobacco together multiplies the risks for several cancers, including liver, digestive track, mouth and throat cancers.

66% OF ADOLESCENTS IN TREATMENT ARE SMOKERS

Unfortunately, most will continue smoking as 80% of adults addicted to tobacco began smoking as adolescents.
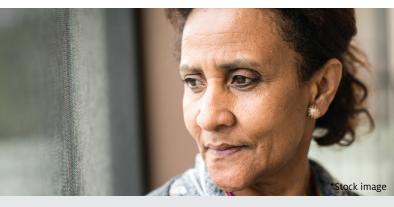
4X HIGHER SMOKING RATES

While effective treatments have driven a decline in the general population, those with substance use disorders have smoking rates 4 times higher than the general population.

TakingTexasTobaccoFree
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HEALTH Research Institute
Helping Everyone Achieve a LifeTime of Health

TAKING TEXAS TOBACCO FREE

Quitting tobacco is the best thing you can do for your health.

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The Myths

• People who are in alcohol or drug treatment do not want to quit smoking.
• Getting clean or sober is much harder while quitting smoking.
• People will choose not to seek treatment if they cannot use tobacco.

The Facts

• Up to 80% of individuals in addiction treatment are interested in quitting smoking.
• Research shows that quitting smoking results in positive outcomes including: lower risk of substance use relapse, decrease in overall substance use, and increases in achieving abstinence from non-nicotine substances by 25%.
• Studies show that client admissions did not decrease after implementation of a tobacco-free center policy.

How to get help:

• Ask your doctor or substance use counselor for help quitting.
• Call 1-800-Quit-Now for free help.
• Visit www.smokefree.gov for a step-by-step guide.
• Explore the resources at www.TakingTexasTobaccoFree.com

Integral Care

CANCER PREVENTION & RESEARCH INSTITUTE OF TEXAS

UNIVERSITY of HOUSTON