

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



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%).



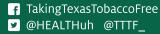
Individuals with hazardous drinking problems experience higher cancer rates because using alcohol and tobacco together multiplies the risks for several cancers, including liver, digestive track, mouth and throat cancers.

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.







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



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

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