



FOR MISSISSIPPIANS  
WITH DISABILITIES

- ▶ Depression
- ▶ Cessation
- ▶ Youth



THE UNIVERSITY OF  
SOUTHERN MISSISSIPPI

Institute for Disability Studies

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# TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

## Seniors and Quitting Smoking

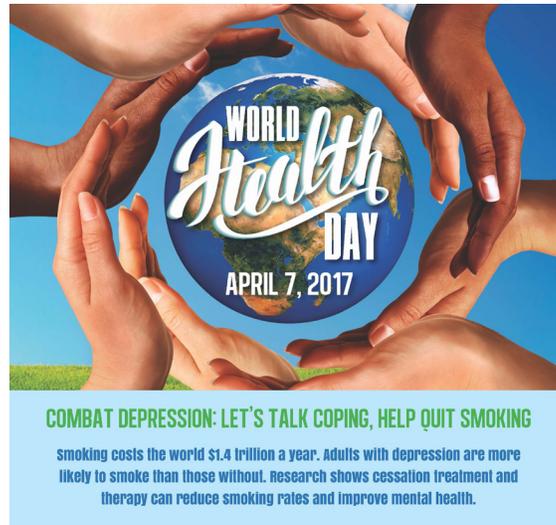
Adult smokers over 60 might think it's too late to quit smoking, but a study released by the *American Journal of Preventive Medicine* in November 2016 says it's never too late.

The research, based on data from the National Institute of Health/ American Association of Retired Persons Diet and Health Study, tracked the lives of 160,000 participants 70 years or older who completed data in 2004 and 2005 about their smoking history until 2011. During this time, 33% of current smokers died compared to 12% of the participants who had never smoked.

Sixteen percent of participants who quit in their 30s died, with 20% who quit in their 40s, 24% in their 50s, and 28% in their 60s.

[www.npr.org/sections/health-11/30/503757142/it-s-never-too-late-to-quit-smoking-even-in-your-60s](http://www.npr.org/sections/health-11/30/503757142/it-s-never-too-late-to-quit-smoking-even-in-your-60s)

From National Public Broadcasting online



World Health Day and depression are the focus of the monthly cessation flyer for April. For a free copy of this cessation flyer and others featuring holidays and specific cessation-focused events, visit <http://msleadership.org/monthly-poster-series>.

## An Important Discussion

### Depression and Smoking Cessation

April 7 is recognized as World Health Day by the World Health Organization (WHO). It's a day acknowledged annually to trigger discussion of global health. This year, WHO has chosen to continue the 2016 campaign, Depression: Let's Talk, to encourage continued conversation about depression.

According to WHO estimates, there are currently more than 300 million people worldwide with depression— 4.4% of the world's population. The report, "Depression and Other Common Mental Disorders," just published by WHO, notes women and adults aged 55 to 74 have depression more often than men and children younger than age 15. The report, in fact, ranks depression "as the single largest contributor to global disability."

With evidence continuing to grow about the link between cigarette smoking and

depression, this World Health Day focused on depression provides the perfect springboard for conversations about tobacco cessation for people with mental illness.

#### **Depression and Tobacco Use**

Smoking can be a signal of depression. In 2015, British researchers questioned almost 6,500 people over age 40 about their smoking and mental health. While many participants in the study said cigarettes acted as a personal stress reliever, the research showed that smokers are 70% more likely to suffer from depression and anxiety. This British study also linked depression to the tobacco, determining that long-term

smokers who had been smoke-free for more than a year had less depression than before.

The Centers for Disease Control (CDC) released a Morbidity and Mortality Weekly Report in November 2016 that presented a comparison of current cigarette smoking among U.S. adults in 2005 and 2015. The report was based on data from the 2015 National Health Interview Survey. While smoking declined overall, from 20.9% in 2005 to 15.1% in 2015, there are key areas of concern noted by the report, particularly in the prevalence of smoking by people with a high degree of psychological distress at 40.6% and people with no psychological distress at 14%.

### Cessation for People with Depression

People with mental illness or substance use disorders smoke more cigarettes per month and die, on average, five years earlier than those without disorders, according to a fact sheet from the Smoking Cessation Leadership Center. The fact sheet also shares that, contrary to popular belief, people with mental illness do want to quit smoking.

“My doctor told me I’m too stressed out to quit smoking. Well, 43 years later, I’m still stressed, and I’m still smoking,” said a woman with depression quoted in the article “Smoking and Mental Illness—Breaking the Link,” published in July 2011 in the *New England Journal of Medicine*.

The article’s author, Judith J. Prochaska, Ph.D., M.P.H., said in a performed study by her group, of the 387 smokers recruited from inpatient psychiatry units, 82% reported attempting to quit smoking and 42% had quit in the previous year, but only 4% received cessation assistance from a mental health care or general health care provider. Prochaska reports, “Clinicians are therefore encouraged to ask all patients about tobacco use, advise smokers to quit, assess their readiness to quit, tailor assistance accordingly, and arrange for follow-up.”

[www.who.int/campaigns/world-health-day/2017/en/](http://www.who.int/campaigns/world-health-day/2017/en/)

[www.who.int/mental\\_health/management/depression/prevalence\\_global\\_health\\_estimates/en/](http://www.who.int/mental_health/management/depression/prevalence_global_health_estimates/en/)

[www.huffingtonpost.com/2015/02/25/smoking-depression-study\\_n\\_6744430.html](http://www.huffingtonpost.com/2015/02/25/smoking-depression-study_n_6744430.html)

[www.cdc.gov/mmwr/volumes/65/wr/mm6544a2.htm?s\\_cid=mm6544a2\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6544a2.htm?s_cid=mm6544a2_w)

[www.nejm.org/doi/full/10.1056/NEJMp1105248](http://www.nejm.org/doi/full/10.1056/NEJMp1105248)

## Mississippi School for Addiction Professionals

April 25-28, 2017

Lake Terrace Convention Center  
Hattiesburg, Miss.

Conference for treatment professionals and service providers, educators, nurses, social workers, prevention professionals, law enforcement, mental health therapists, parents, public health professionals, peer support specialists and others

For more information, call 601.850.1709 or visit [www.themsschool.ms.gov/Pages/home.aspx](http://www.themsschool.ms.gov/Pages/home.aspx).



### New Youth Posters and PSAs

Four new youth cessation posters have been released by the Tobacco Control Strategies project. The posters continue the “To-bacco? I Don’t Think So.” tagline developed through the Mississippi Leadership Academy for Wellness and Smoking Cessation that focuses on cessation and mental and behavioral health. Public service announcements with accompanying audio are being developed and will be released soon. For a copy of the youth posters, visit [www.usm.edu/disability-studies/tobacco-cessation-resources](http://www.usm.edu/disability-studies/tobacco-cessation-resources).

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[www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities](http://www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities)



Tobacco Cessation for People with Disabilities  
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