



TOBACCO CONTROL STRATEGIES

FOR MISSISSIPPIANS WITH DISABILITIES

- ▶ Opioids
- ▶ Veterans
- ▶ Tips Campaign



INSTITUTE FOR DISABILITY STUDIES
THE UNIVERSITY OF SOUTHERN MISSISSIPPI

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TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

Tobacco Use Among U.S. Military Veterans

The Centers for Disease Control and Prevention (CDC) analyzed U.S. military veterans' tobacco use data for 2010 to 2015 from the National Survey on Drug Use and Health (NSDUH). This information, reported in the *Morbidity and Mortality Weekly Report* for January 12, 2018, reveals that veterans, an estimated 18.8 million adults, used tobacco products at a significantly higher rate than nonveterans, except for males older than age 50.

Some groups of veterans, when examined by age, race/ethnicity, education level and income, had even more significant rates of tobacco use. Veterans with serious psychological distress used tobacco products at a rate of 48.2%, compared to veterans with no serious psychological distress at 28.5%.

https://www.cdc.gov/mmwr/volumes/67/wr/mm6701a2.htm?s_cid=mm6701a2_w

THE OPIOID EPIDEMIC & SMOKING

Quick Facts

1) SMOKING IS A RISK FACTOR FOR NONMEDICAL USE OF PRESCRIPTION OPIOIDS

2) DAILY & INTERMITTENT SMOKERS ARE **3X** MORE LIKELY TO REPORT PAST-YEAR NONMEDICAL PRESCRIPTION OPIOID USE

3) THERE IS A SIGNIFICANT ASSOCIATION BETWEEN SMOKING & PAIN

85%

4) OF PATIENTS IN TREATMENT FOR OPIOID ADDICTION SMOKE

(HIGHER THAN ALCOHOL USE DISORDER)

5) NICOTINE MAY ENHANCE THE REWARDING PROPERTIES OF OPIOID MEDICATIONS TO THE NEURAL SYSTEM

6) PAIN CAN INCREASE SMOKING AND THE MAINTENANCE OF TOBACCO ADDICTION CREATING A POSITIVE FEEDBACK LOOP

7) ACTION STEP: ALWAYS TAKE INTO ACCOUNT TOBACCO USE WHEN ASSESSING THE ABUSE POTENTIAL OF PRESCRIBING OPIOIDS

Smoking Cessation Leadership Center
UCSF

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The Opioid Epidemic and Smoking

by Roxana Said, MPH
Communications Manager
Smoking Cessation Leadership Center

It is a vital time for public health to address smoking as a risk factor for opioid misuse.

The opioid epidemic has been a growing public health crisis for years, and given the recent rise of overdose deaths, there's no time like the present for health care providers to address associated risk factors, such as smoking.

Currently, research and literature on the association between smoking/nicotine dependence and prescription opioid misuse among the general population are limited, but the available facts are alarming.

Furthermore, empirical evidence has shown that there is a significant association between smoking and pain, and smokers tend to have a higher intensity of pain compared to non-smokers, putting them at higher risk of opioid misuse/dependency.

A key takeaway for providers: Addressing tobacco use with patients being treated for pain may be useful in reducing pain, as well as reducing the need for pain medication.



The Mississippi Tobacco Quitline provides free cessation coaching and nicotine replacement therapy (NRT) to eligible tobacco users who are ready to quit. The approach of combining coaching and medication has been shown to be one of the most effective options available.

Who can access Tobacco Quitline services?

Any Mississippian can call the toll-free number, 1.800.QUIT.NOW (1.800.784.8669), or access web-based services at www.quitlinems.com. Quitline services also offered in Spanish (Se Habla Espanol).

What are the hours?

Quitline staff is available from:
 Monday—Thursday: 7am—9:00pm & Fridays: 7:00am—7:00pm
 Saturdays: 9:00am—5:30pm & Sundays: Voicemail is available.



The Mississippi Tobacco Quitline is funded by a grant from the Mississippi State Department of Health.

Electronic Cigarettes—What’s the Bottom Line

New infographic fact sheets created by the Centers for Disease Control provide information on the health effects of using e-cigarettes: cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf.

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Tips From Former Smokers® Returns with More Stories of the Damage from Smoking



Christine shares with readers that she started smoking in high school and continued for 28 years. In 2007, she was diagnosed with oral cancer. Treatments and surgeries for the cancer lead to the removal of her jawbone.

Christine’s health journey is one of the new stories shared in the Center for Disease Control’s 2018 Tips From Former Smokers® campaign. In its seventh year, the campaign offers a frank and factual view of the many health crises that can develop from tobacco use.

In 2017, the Tips campaign generated a total of 267,594 calls for smoking cessation assistance.

https://www.cdc.gov/tobacco/campaign/tips/?s_cid=osh-stu-home-spotlight-002

<https://truthinitiative.org/news/3-key-messages-cdcs-tobacco-education-campaign>

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www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities



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