

20 Tobacco Statements

Reinforce the importance to treat tobacco use disorder in addiction services by regularly sharing one statement with your staff throughout 2018 at routine meetings, in newsletters, employee memos, etc.

- 1) Evidence indicates that tobacco use interventions, both counseling and medication, are effective in treating smokers who are receiving treatment for chemical dependency.
Fiore, M. C. et al. 2008
- 2) Considerable research indicates that tobacco dependence treatment does not interfere with patients' recovery from the abuse of other substances.
Fiore, M. C. et al. 2008
- 3) Quitting smoking has a positive effect on substance use treatment outcomes. [Tobacco treatment] should be offered to any individual who reports substance use. Not offering [tobacco treatment] in SUD treatment is tantamount to increased harm.
K. McKelvey, et al. 2017
- 4) Alcoholics provided [tobacco dependence treatment] during addictions treatment was associated with a 25% increased likelihood of long-term abstinence from alcohol and illicit drugs.
Prochaska et al., 2004
- 5) Two Fundamental Goals of Tobacco Interventions: 1) "Denormalize" tobacco use within the treatment and recovering community culture. 2) Provide treatment to assist clients to establish and maintain tobacco abstinence as part of "a day at a time" recovery.
CBH, TRWI, 2017
- 6) Nicotine has a cascade effect on a variety of neurotransmitters and is one of the most potent stimulants of the midbrain dopamine reward pathway.
Pomerleau, 1992
- 7) Among males with heroin addiction, tobacco use was responsible for more deaths than accidental drug poisoning, overdose, suicide, homicide, accidents, and chronic liver disease examined over a 33-year period.
Hser et al. 2001
- 8) Cigarette smokers relapsed to their primary drugs of choice more frequently and sooner than did nonsmokers.
Sees & Clark, 1993; follow-up study of patients from the Betty Ford Center
- 9) The pharmacological and behavioral processes that determine tobacco addiction are similar to those that determine addiction to other drugs such as heroin and cocaine.
US Department of Health and Human Services, pub. No. 88-8406
- 10) In Philadelphia, tobacco kills over 2,000 residents each year, more than two times as many from drug overdoses and eight times from gun homicides.
Philadelphia Department of Public Health, 2016

- 11) In the United States, tobacco related illnesses claim more than 8 times as many lives as alcohol, legal and illegal drug use combined.
Carter, B.D. et al., 2015
- 12) Those suffering from diseases resulting from addiction to nicotine co-occurring with other substance use disorders and discharged from SUD treatment programs die prematurely at 4 times the rate of those of non-smokers, and consume huge amounts of medical care in the interim.
Hurt, R.D., et al., 1996; Bouchery, E.E., et al., 2011
- 13) Both founders of AA, two of NA's founders and the founder of the National Council on Alcoholism and Drug Dependence, all died from tobacco related diseases.
White, W. 2015
- 14) Tobacco related illnesses claim more American lives each year than were lost in World War II. In recent years they have claimed more than 5 times as many lives as murder, suicide, auto accidents, and AIDS combined.
CDC, US DHHS, 2014
- 15) Research shows that people with serious mental illness can lose as much as 25 years of life expectancy and it is believed that their high prevalence of tobacco use is a large contributor to this premature death.
National Association of State Mental Health Program Directors, 2006
- 16) Tobacco use reinforces the effects of alcohol and cocaine.
Little, et al., 2000
- 17) Smoking cessation is indicated for substance dependent persons in recovery and may protect against relapse to the illicit drug of choice.
Sullivan and Covey, 2002
- 18) Non-tobacco users maintain longer periods of sobriety after inpatient treatment for alcohol/drug dependence than tobacco users.
Stuyt, 1997; 12- month recovery rates compared after inpatient treatment
- 19) Nicotine affects the same neural pathway as alcohol, opiates, cocaine, and marijuana.
Pierce & Kumaresan, 2006
- 20) People with a substance use disorder or mental illness account for 44% of the cigarettes smoked in the United States, resulting in more than 200,000 annual preventable deaths in these high risk populations.
Lasser, K. et al., 2004