

TOBACCO & OPIOIDS: AN EVALUATION

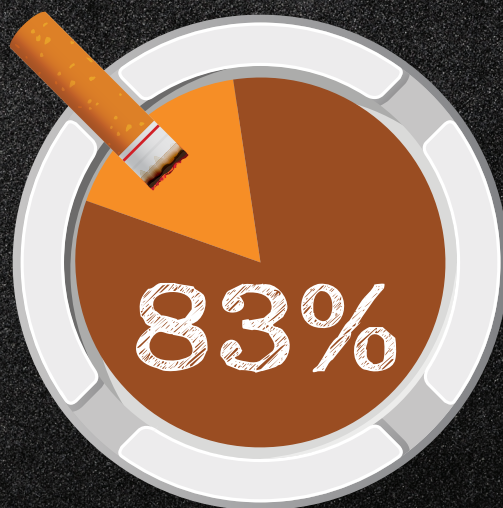
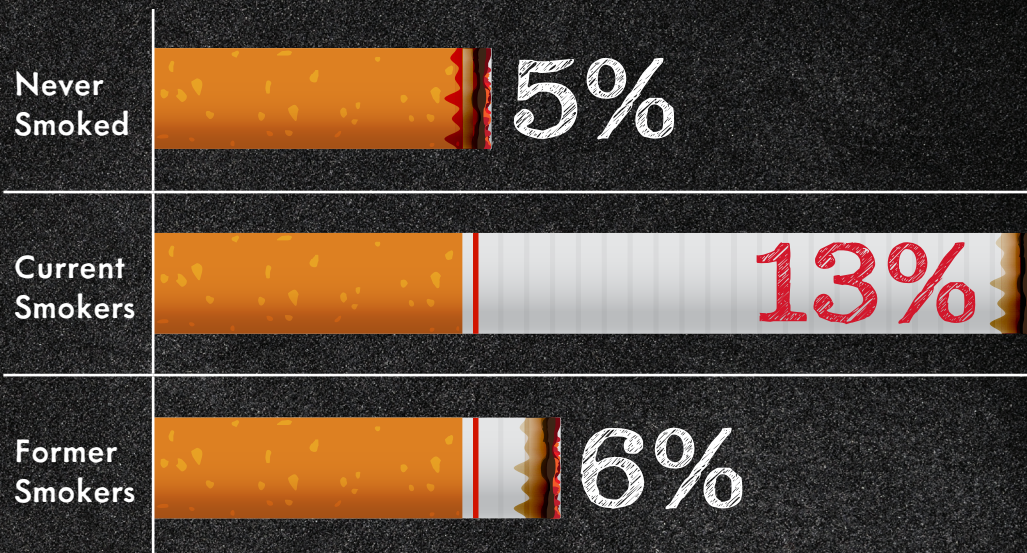
ALABAMA
PUBLIC
HEALTH

Tobacco use and opioid misuse are significant public health issues in the United States. Tobacco is the leading cause of preventable deaths, while opioid misuse has reached epidemic proportions.

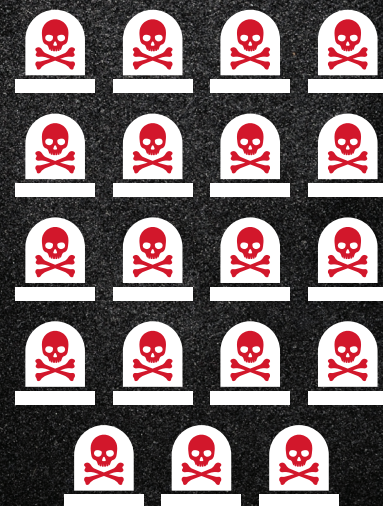
Tobacco users who also struggle with other substance use disorders tend to smoke more heavily, experience greater difficulty in quitting, and face a higher risk of death from smoking related causes.

Quitting smoking can improve outcomes in substance use recovery, including long-term abstinence from opioids. Moreover, tobacco cessation strategies have the potential to serve as effective tools in working towards the shared objectives of attaining independence from both tobacco and opioids. By addressing tobacco use and opioid use simultaneously, there is potential to enhance the success of recovery from opioid addiction and smoking cessation.

Percentage of Smokers Who Also Abuse Opioids



Individuals with opioid use disorders have a smoking prevalence reaching as high as **83%**.



There were **19 opioid deaths** in Montgomery County in 2021

1. Abdolhalim Rajabi, Mohsen Dehghani, Azadeh Shojaei, Mojtaba Farjam, Seyed AbbasMotevalian (2019). Association between tobacco smoking and opioid use: A meta-analysis. *Addictive Behaviors*, Volume 92 Pages 225-235. ISSN 0306-4603. <https://doi.org/10.1016/j.addbeh.2018.11.043> (<https://www.sciencedirect.com/science/article/pii/S0306460318303009>)
2. American Lung Association. (2019, September). Brief: Tobacco and Opioids. <https://www.lung.org/getmedia/56298566-a9cf-455f-a008-f3ed2a6d1f2f/brief-on-tobacco-andopioids.pdf.pdf>
3. Centers for Disease Control and Prevention. (2022, June 27). *People with behavioral health conditions encounter barriers to quitting successfully*. Smoking & Tobacco Use. <https://www.cdc.gov/tobacco/health-equity/behavioral-health/quitting-tobacco.html>
4. Quickdev. (n.d.). *Opioid Related Deaths*. Alabama drug use CDR - opioid relateddeaths. <https://druguse.alabama.gov/opioidrelateddeaths.html>
5. Young-Wolff, K. C., Klebaner, D., Weisner, C., Von Korff, M., & Campbell, C. I. (2017, August) *Smoking status and opioid-related problems and concerns among men and women on chronic opioid therapy*. The Clinical journal of pain. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5446933/>