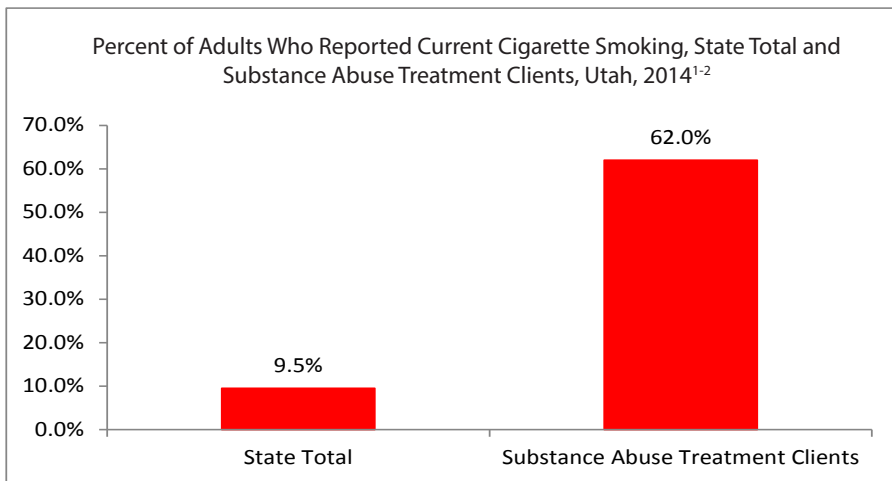


Recovery Plus

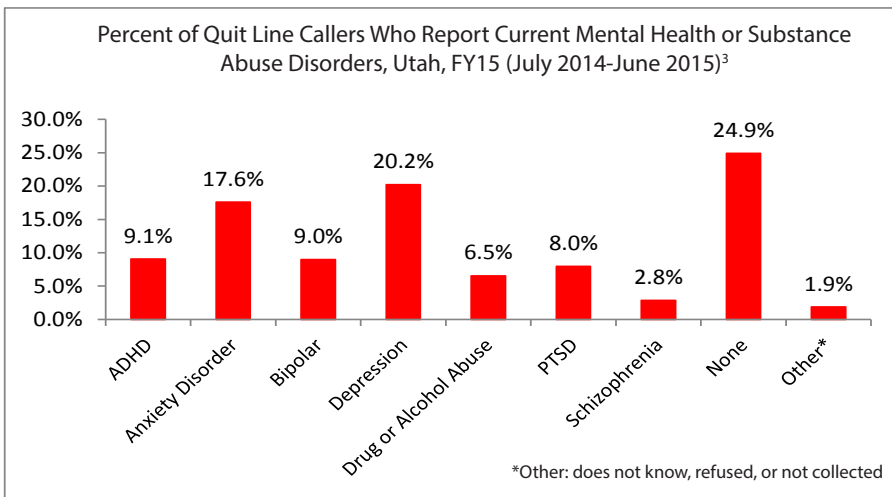
Current Cigarette Smoking by State Total and Substance Abuse Treatment Clients

At 62% in 2014, the adult cigarette smoking rate was significantly higher for Utahns who were in treatment for substance abuse conditions. Smoking rates for publicly funded substance abuse treatment clients ranged from 45.5% in San Juan County to 74.0% in Northeastern.² Between 2013 and 2014, there was no change in the smoking rate among adults being treated for substance abuse conditions. In 2014, the overall smoking rate for adults in Utah was 9.5%.¹



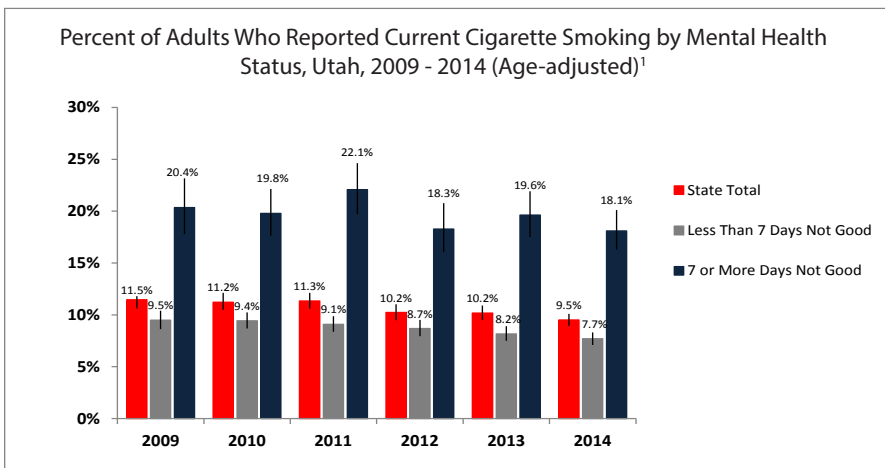
Utah Tobacco Quit Line Enrollment by Mental Health and Substance Abuse Conditions

The majority of Utah Quit Line callers reported a current mental health or substance abuse condition during registration for the Tobacco Quit Line. At 20.2%, depression was reported most frequently, followed by anxiety disorder (17.6%). For their referral source, only 0.7% (N=26) of callers reported mental health providers and 1.1% (N=42) reported substance abuse providers.³



Current Cigarette Smoking by Self-reported Mental Health Status

In all survey years (2009 to 2014) the adult cigarette smoking rates were significantly higher for Utahns who reported that their mental health was not good for seven or more days during the past 30 days. In 2014, the smoking rate for those who reported poor mental health for seven or more days was 18.1%. In comparison, the smoking rate for those who reported fewer than seven poor mental health days was 7.7%.¹

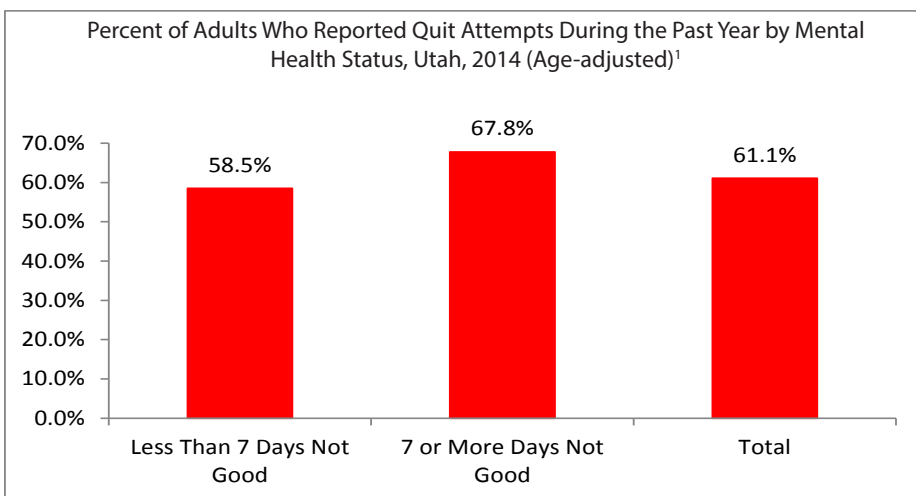


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Recovery Plus Data

Quit Attempts by Self-reported Mental Health Status

Utah adults who reported a higher number of days when their mental health was not good were somewhat more likely to report that they made a serious attempt to quit cigarette smoking during the past year compared to Utah adults with fewer days of poor mental health. Over two-thirds (67.8%) of adults with a higher number of poor mental health days made a serious quit attempt in the past year.¹



References

¹Behavioral Risk Factor Surveillance System (BRFSS), 2009-2014. Salt Lake City: Utah Department of Health, Center for Health Data.

²Utah Substance Abuse Treatment Outcomes Measures Scorecard, 2014. Salt Lake City: Utah Department of Substance Abuse and Mental Health.

³Utah Tobacco Quit Line Monthly Reports, July 2014 - June 2015.