



YOUTH MENTAL HEALTH AND CIGARETTE USE

SUMN.org FACT SHEET

2016

Cigarette Use and Mental Health Indicators

Overview

Using data from the 2013 Minnesota Student Survey (MSS), this fact sheet explores the associations between mental health indicators and cigarette use. Although we cannot say for sure that one causes the other, we know that the association between mental health and tobacco use is strong in both directions. For example, students who report past 30-day cigarette use are 6.2 times as likely to report a past-year suicide attempt, and those students reporting a suicide attempt are 5.0 times as likely to report cigarette use.

For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

According to the 2013 MSS, increased past-month cigarette use is found in populations reporting the following mental health issues in the past year:

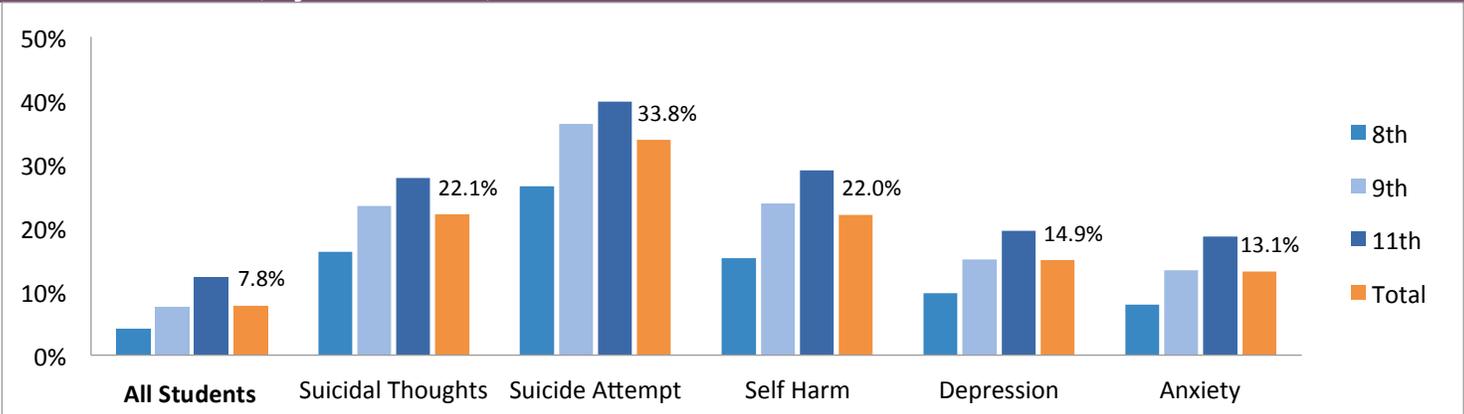
- Suicidal thoughts
- Suicide attempts
- Self-harm
- Depression
- Anxiety

Prevalence + Mental Health

According to the 2013 Minnesota Student Survey (MSS):

- Of all students in 8th, 9th, and 11th grades, 7.8% report smoking cigarettes in the past 30 days
- Rates of cigarette smoking increase as grade level increases, for all groups
- Students reporting a past-year suicide attempt are 4.3 times as likely to report past-month cigarette use

Percent Smoking Cigarettes in the Past Month, among Students Reporting Various Past-Year Indicators of Mental Distress, by Grade Level, 2013 MSS

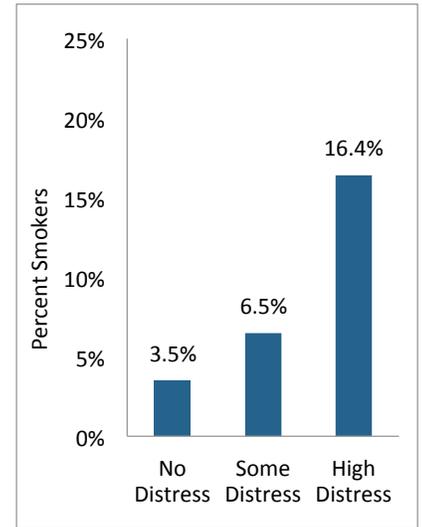


Cigarette Use and Internalizing Disorders

The MSS uses an internalizing disorders (ID) score to index many of the mental health issues experienced by students. The ID score is based on the number of the following issues students report having had significant problems with, in the past year:

- Sleep trouble
- Thinking about ending your life or committing suicide
- Becoming very distressed and upset when something reminded you of the past
- Feeling very trapped, lonely, sad, blue, depressed, or hopeless about the future
- Feeling very anxious, nervous, tense, scared, panicked, or like something bad was going to happen

Students who did not have any significant problems with the above issues are in the *No Distress* category. Those with 1 or 2 are considered to have *Some Distress*, and those with 3 or more are considered *High Distress*. Students with high distress levels are more than 4.5 times as likely as those with no or some distress to report cigarette use in the past month.

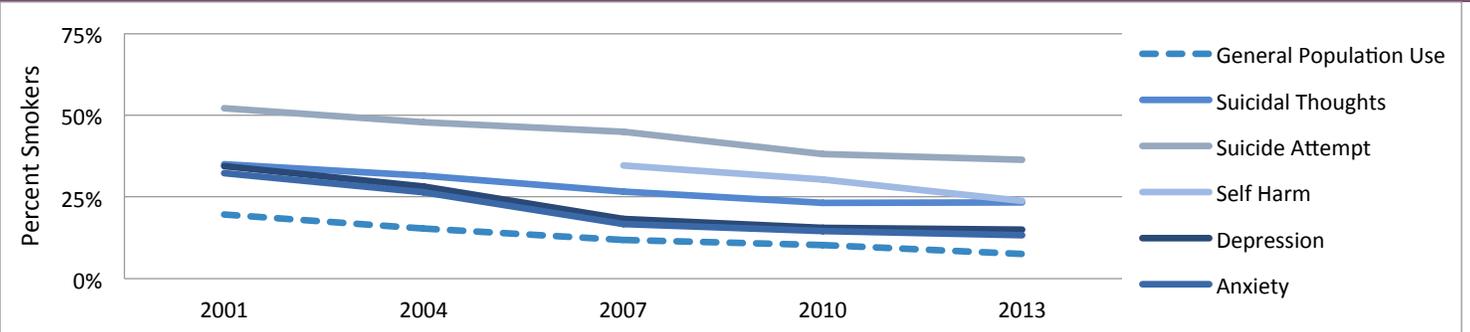


Past Month Cigarette Use among 8th, 9th and 11th Graders, According to Internalizing Disorders Score (MSS 2013)

Cigarette Use Trends

Although cigarette use is serious in populations with mental health issues, on the whole, cigarette use is declining for 9th-grade students (the only population for which the MSS has trend data). Therefore, targeting high-risk groups may be an effective strategy to reduce overall cigarette use.

Percent Smoking Cigarettes in the Past Month, among Students Reporting Various Past-Year Indicators of Mental Distress, 9th-Grade Trend, 2013 MSS



State Epidemiological Outcomes Workgroup

Minnesota's SEOW has been monitoring substance abuse trends since 2007. The Workgroup helps guide prevention planning at the state level, and provides training and technical assistance to communities. In, 2008 the SEOW launched the Substance Use in Minnesota (SUMN) website to ensure quick and easy access to data for prevention professionals.

SUMN.org

SUMN is a one-stop-shop for data, tools, and prevention resources. Visitors can search county, regional, and state level data by topic, by location, and by demographic producing tables, charts, graphs, and maps. View and download data products, such as this fact sheet, and find tips on finding, analyzing, translating, using, and disseminating data.

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Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: info@sumn.org

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcmn.org