

DURING THE PANDEMIC, TOBACCO USERS FACING BEHAVIORAL HEALTH CHALLENGES WERE MORE LIKELY TO INCREASE THEIR USE OF TOBACCO.

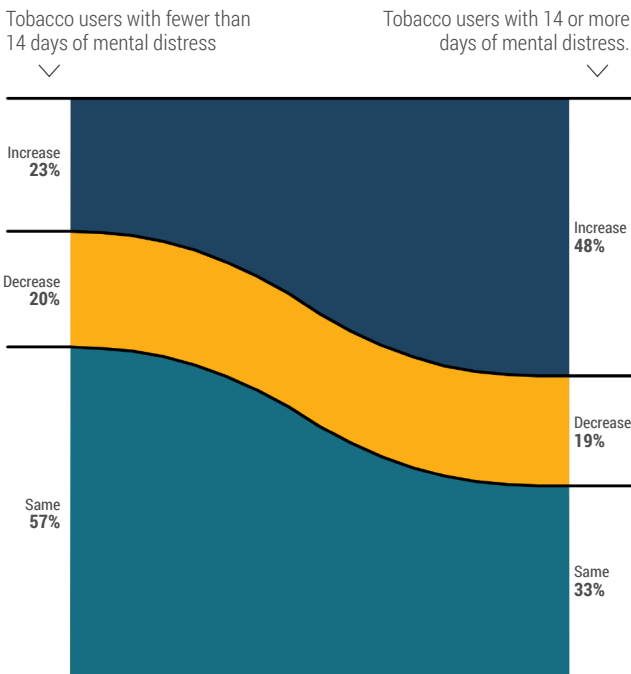
Findings from the 2020 New Mexico Tobacco Evaluation Survey

The New Mexico Department of Health, Tobacco Use Prevention & Control Program surveyed a representative sample (n=1,016) of adult New Mexicans in December 2020. The survey included questions on commercial tobacco-related behaviors and behavioral health.

Tobacco Use* and Mental Distress

During the pandemic, 48% of tobacco users who experienced 14 or more days of mental distress in the past month said that their tobacco use increased, compared to 23% of people with fewer than 14 days of mental distress (figure below). Mental distress was defined as experiencing stress, depression, and problems with emotions.

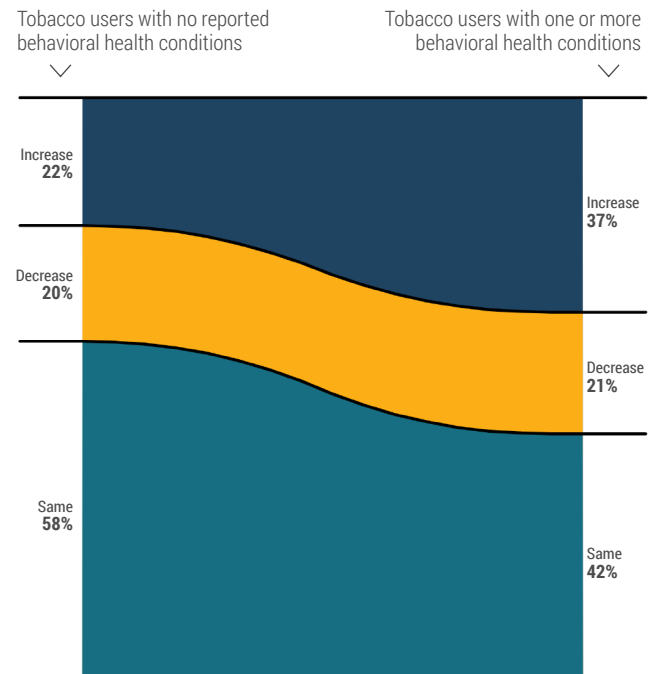
Tobacco users who reported 14 or more days of mental distress in the previous month were more likely to have increased their use of tobacco during the COVID-19 pandemic*



Tobacco Use* and Behavioral Health Conditions

During the pandemic, 37% of tobacco users experiencing behavioral health conditions said that their tobacco use increased (figure below). Experiencing a behavioral health condition is defined as self-reported bi-polar disorder, depression, generalized anxiety disorder, schizophrenia, attention deficit hyperactivity disorder, drug or alcohol use disorder, or post-traumatic stress disorder.

Tobacco users who reported having one or more behavioral health conditions were more likely to have increased their tobacco use during the COVID-19 pandemic*



*Includes e-cigarette use.

Point estimates for behavioral health conditions $\pm 9\%$, $X^2(1, N = 262) = 8.4, p = .015$. Point estimates for frequent mental distress $\pm 13\%$, $X^2(1, N = 254) = 13.0, p = .001$. Point estimate for smokers with no reported behavioral health challenges $\pm 7\%$.

Suggested citation: 2020 New Mexico Tobacco Evaluation Survey (NM-TES). Tobacco Use Prevention and Control Program, NM Department of Health.