

Alcohol and Tobacco Use

Young Adult Fact Sheet #23

For more information or to view other fact sheets, visit
www.cyanonline.org.



- Of both college and straight to work young adults 18-29 years of age:
 - 73.1% reported any drinking in the past year.
 - 39.6% reported any heavy drinking (at least five drinks in one sitting) in the past year.
 - 21.1% reported heavy drinking more than once a month.
 - 11.0% reported heavy drinking more than once a week.¹
- The current daily prevalence of cigarette use by straight to work young adults is 25.8%.²
- Adults who have abstained from alcohol throughout their lifetime, for reasons including health and religion, are rarely tobacco users.³
- Binge-drinking adults are two times more likely to be current smokers than adults who don't binge drink.³
- Research has shown that smokers report an expectation to increase smoking while drinking and for smoking to enhance reinforcement from alcohol. Smokers were most likely to report this positive reinforcement from smoking while under the influence of alcohol.⁴
- Smoking and drinking have both been associated with depression and feelings of loneliness or upset. Research has not been conclusive whether alcohol and/or nicotine dependence are a result of these feelings or the cause of them.³
- Research suggests that adults use tobacco and alcohol for similar coping reasons. Whereas alcohol helps the user forget their problems or distract them, cigarettes assist in focusing or increasing attention span to complete the tasks at hand.³
- Despite the fact that many adults dependant on alcohol are also current smokers, there are currently no smoking cessation guidelines for alcohol-dependant adults.

¹ Dawson, D.A., Et al. Another look at heavy episodic drinking and alcohol use disorders among college and noncollege youth. *Journal of Studies on Alcohol*, Vol 65, 477-88. 2004.

² Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2007). *Monitoring the Future national survey results on drug use, 1975-2006: Volume II, College students and adults ages 19-45* (NIH Publication No. 07-6206). Bethesda, MD: National Institute on Drug Abuse.

³ Bobo, J.K. And Husten, C. Socio-cultural influences on smoking and drinking. *Alcohol and Health Research*, Vol.4 225-32. 2000.

⁴ McKee, S.A. Et al. Survey of subjective effects of smoking while drinking among college students. *Nicotine and Tobacco Research*, Vol 6, 111-7. 2004.

⁵ "Drinking, smoking, and quitting." *Harvard Mental Health Newsletter*. June 2008. Available: <http://www.medicalnewstoday.com/articles/109971.php>