



## What impact does a hospital-wide tobacco ban have on patients' substance use?

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### OVERVIEW

- This research evaluated the impact of a tobacco ban on substance use among patients receiving inpatient addiction treatment.
- Researchers found that the tobacco ban had a positive effect on reducing tobacco use and did not impact alcohol and/or other substance use in the first three months following treatment.
- These findings provide support for the adoption of tobacco bans within similar treatment settings.

### WHAT IS THIS RESEARCH ABOUT?

Hospital-wide tobacco bans can play an important role in promoting tobacco cessation during inpatient addiction treatment; however, the impact of tobacco bans on other treatment outcomes (such as alcohol or other substance use) is largely unknown.

On September 6, 2016, Homewood Health Centre (HHC) in Guelph, Ontario, introduced a hospital-wide tobacco ban.

The goal of this study was to evaluate the impact of HHC's ban on patients' use of tobacco, alcohol and/or other substances for up to three months following treatment.

### WHAT DID THE RESEARCHERS DO?

As part of the Recovery Journey Project, a study examining the long-term recovery outcomes of addiction treatment,

researchers collected data from 480 patients in the Addiction Medicine Service at HHC between April 2015 and March 2017.

Data were collected upon entry to treatment, at the end of treatment, one month after treatment, and three months after treatment.

Researchers compared a group of patients who were exposed to the tobacco ban (having entered treatment on or after September 6, 2016) to patients who were not exposed to the ban (having entered treatment before September 6, 2016).

Analyses examined whether the tobacco ban changed patients' likelihood of using tobacco, alcohol, and other substances over the four time periods as compared to patients who were not exposed to the ban.

### WHAT DID THE RESEARCHERS FIND?

Patients exposed to the tobacco ban were 93% less likely to use tobacco compared to those who were not exposed to the ban. In addition, patients exposed to the ban reported an approximate 20% decrease in how often they used tobacco and how much tobacco they used, and they were 75% more likely to make a quit attempt.

Importantly, exposure to the tobacco ban did not increase patients' use of alcohol and/or other substances.

# RESEARCH SNAPSHOT

## WHY IS THIS IMPORTANT?

This research shows that hospital-wide tobacco bans can promote tobacco cessation among patients, while not increasing a patient's likelihood to use alcohol or substances following treatment.

These findings provide support for other treatment providers who may wish to adopt similar tobacco cessation approaches.

## VIEW THE FULL ARTICLE

Romano I, Costello MJ, Sousa S, Li Y, Bruce D, Roth D, MacKillop J & Rush B. (2020, in press). Evaluating the associations between exposure to tobacco interventions during inpatient treatment and substance use outcomes: Findings from a natural experiment. *Journal of Addiction Medicine*. <https://doi.org/10.1097/adm.0000000000000737>

## ABOUT THE RESEARCHERS

Isabela Romano, BSc, PhD Candidate<sup>1</sup> and Research Trainee<sup>2</sup>

Mary Jean Costello, PhD, Research & Evaluation Scientist<sup>2</sup>

Sarah Sousa, MSc, Senior Research Associate<sup>2</sup>

Yao Li, MMath, Data Analyst<sup>2</sup>

Dominique Bruce, MHS, Tobacco Cessation Specialist<sup>3</sup>

Don Roth, MA, Vice President, Clinical Operations & Programs<sup>3</sup>

James MacKillop, PhD, Director, Peter Boris Centre for Addiction Research<sup>4</sup> and Senior Scientist<sup>2</sup>

Brian Rush, PhD, Scientist Emeritus<sup>5</sup> and Senior Scientist<sup>2</sup>

<sup>1</sup> School of Public Health and Health Systems, University of Waterloo, Waterloo, ON

<sup>2</sup> Homewood Research Institute, Guelph, ON

<sup>3</sup> Homewood Health Centre, Guelph, ON

<sup>4</sup> Peter Boris Centre for Addiction Research, St. Joseph's Healthcare Hamilton, Hamilton, ON

<sup>5</sup> Centre for Addiction and Mental Health, Toronto, ON

## KEYWORDS

Tobacco use cessation; smoke-free policy; addiction; substance use disorder; substance abuse treatment centre; inpatient

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