Cigarette Smoking among Rural Veterans

• VA researchers looked at data on 3,229 Iraq and Afghanistan Veterans to learn about the links between cigarette smoking, rural residence, and mental health.

• They found higher smoking rates among rural Vets, compared with urban Vets, and among those with psychiatric diagnoses. Those living in “extremely rural areas” and those with psychiatric conditions were also “more severely dependent on nicotine.”

• The findings “underscore the need to reduce barriers for treatment both for smoking cessation and mental healthcare for veterans residing in the most rural areas.”