

# 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.”**

From “[Cigarette smoking rates among veterans: Association with rurality and psychiatric disorders](#),” *Addictive Behaviors*, March 2019. Infographic by VA Research Communications, January 2019. Photo: © iStock/ImagineGolf.