

# Alcohol, Tobacco, Other Drugs and Mental Health at the Public Health Institute



## Building the evidence base for what works to reduce rates of drinking, smoking and substance abuse

With more than 1,000 peer-reviewed publications, PHI's Alcohol Research Group is internationally recognized for its epidemiological research on substance and alcohol abuse and its relationship to physical injury, violence and mental health indicators. PHI applies its expertise in the economics of tobacco control to advance policies to reduce smoking in various countries around the world.

Since 1964, the Public Health Institute's partners, programs and researchers have focused on what they do best: their work. They rely on PHI's comprehensive operational infrastructure to quickly move their public health programs from concept to implementation to impact.

## PHI's approach includes:

**Researching** the economic and health impacts of alcohol, drug, tobacco use and mental health problems in order to inform prevention and policy strategies.

**Evaluating** new approaches to prevention, treatment and recovery and disseminating what works.

**Building capacity** by training the next generation of top-notch investigators in tobacco control and alcohol research.

**Providing technical assistance** to health care providers and institutions, policy makers, health departments and ministries, and community advocates working to reduce rates of alcohol and drug abuse and smoking.

**Exposing health disparities** through research that reveals the role of gender, ethnicity, sexual orientation and socioeconomic status in drinking and drug and tobacco use as well as mental health status.

The **Public Health Institute (PHI)** is an independent, nonprofit organization dedicated to promoting health, well-being and quality of life throughout California, across the nation and around the world.



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## The impact of PHI's work in alcohol, tobacco, other drugs and mental health

**Tracking alcohol use and its consequences around the globe** Measures developed by PHI's **Alcohol Research Group (ARG)** are now used in surveillance surveys in over 40 countries, providing critical data on drinking patterns and health impacts. ARG is both a World Health Organization (WHO) Collaborating Center on Alcohol Epidemiology and Injury and one of only 25 alcohol research centers funded by the National Institutes on Alcohol Abuse and Alcoholism.



**Making the case for tobacco policy** PHI's **Center for International Tobacco Control (CITC)** called for a 1-yuan (US \$0.15) cigarette tax increase in China after its research projected that this would cause 4 million smokers to quit and save 1 million lives. CITC's recommendation was adopted by the WHO, the Chinese Centers for Disease Control and Prevention, and the World Bank.

**Building the movement for smoke-free environments** PHI has trained physicians, health officials and

ministries of health from countries as diverse as Brazil, Egypt and China in the development and implementation of smoke-free policies.

**Improving diagnostic tools** ARG data from multiple countries is being used to revise the Diagnostic and Statistical Manual of Mental Disorders and the International Classification of Diseases-11, two critical tools used worldwide to diagnose alcohol abuse and dependence and guide health care decision making.

**Increasing depression screening for at-risk women** PHI helped to implement depression screening among low-income women participating in a Bay Area county Women, Infant and Children (WIC) program. Almost one in four women screened were identified with depression (7,000 total) and were more likely to get the care they needed as a result.

**Advancing best practices in recovery** ARG's work to evaluate outcomes at sober living houses (SLHs) has been used by advocates to support expansion of SLHs in the face of opposition and has informed new national guidelines for residential recovery services.

**Other PHI programs working on alcohol, tobacco, other drugs and mental health** Berkeley Media Studies Group • California Health Interview Survey • Child Health and Development Studies • Public Health Trust • Youth InFor(u)m: Promoting Youth Health Through Health Policy Information Sharing

For more information about PHI programs working on alcohol, tobacco, other drugs and mental health, visit [www.phi.org](http://www.phi.org) or contact PHI communications at [communications@phi.org](mailto:communications@phi.org).