



Alcohol, Tobacco, Other Drugs & Mental Health



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

PHI is building the evidence base for what works to reduce the rates of substance abuse and mental health issues, with nationally recognized epidemiological research and an eye on inequities across populations.

We also focus on substance abuse-related concerns such as physical injury, violence and mental health issues—and on improving interventions in primary care and treatment settings.

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Our Approach

PHI examines the role of gender, ethnicity, sexual orientation and socioeconomic status in drinking and drug use. We evaluate treatment readiness and access. And we work on tobacco addiction and policy approaches to reduce its spread.



Provide technical assistance to health care providers and institutions, policymakers, health departments and community advocates



Research the economic and health impacts of substance use and mental health issues, exposing disparities among certain populations



Build the capacity of the next generation of top-notch investigators in tobacco control and alcohol research



Disseminate new approaches to prevention, treatment and recovery

Our Priority



Building Health Equity

Research can inform guidelines and policies that impact large-scale inequities. PHI's Center for International Tobacco Control found that a small tax increase on cigarettes in China would prompt 4 million smokers to quit—saving 1 million lives. This recommendation was adopted by the WHO, World Bank and the Chinese Centers for Disease Control and Prevention.

Since 1959, the Alcohol Research Group (ARG) has conducted epidemiological studies of alcohol consumption and related problems, services and policies—while also training future generations of researchers.

In the first-ever study to compare how simultaneous and concurrent use of alcohol and cannabis relate to drunk driving and other social consequences among adults, ARG scientists found that, compared to adults who solely used alcohol, simultaneous users had

double the odds of drunk driving, social consequences and harms to self.



Our Work

Resources for Policy Makers

PHI's Berkeley Media Studies Group and the Public Health and Tobacco Policy Center **provide strategic media guides for policy advocates** to use as they discuss tobacco-free initiatives and explain their work.

Tracking Alcohol Use & Its Consequences Around the Globe

PHI's Alcohol Research Group produces **more than 40 peer-reviewed publications a year**. It is also home to the National Alcohol Research Center, one of 18 such centers funded by the US National Institute on Alcohol Abuse and Alcoholism, and the only one of its kind specializing in the epidemiology of alcohol use and problems.

Increasing Depression Screening for At-Risk Women

— PHI helped implement depression screening among low-income women participating in a Women, Infant and Children (WIC) program. Almost 1 in 4 women screened were identified with depression (7,000 total) and **were more likely to get the care they needed as a result**.

Mobilizing Global Leaders to Develop Smoke-Free Policies

— PHI has trained physicians, health officials and ministries of health from countries including the **United States, Brazil, Egypt and China** in the development and implementation of smoke-free policies.

For more examples of our work, visit phi.org.