

Disparities in Depression-Tobacco Comorbidity in Mexico

Rebecca Hebert¹, Luis Zavala-Arciniega¹, Luz Myriam Reynales-Shigematsu², Nancy Fleischer¹

¹University of Michigan School of Public Health; ²Instituto Nacional de Salud Pública

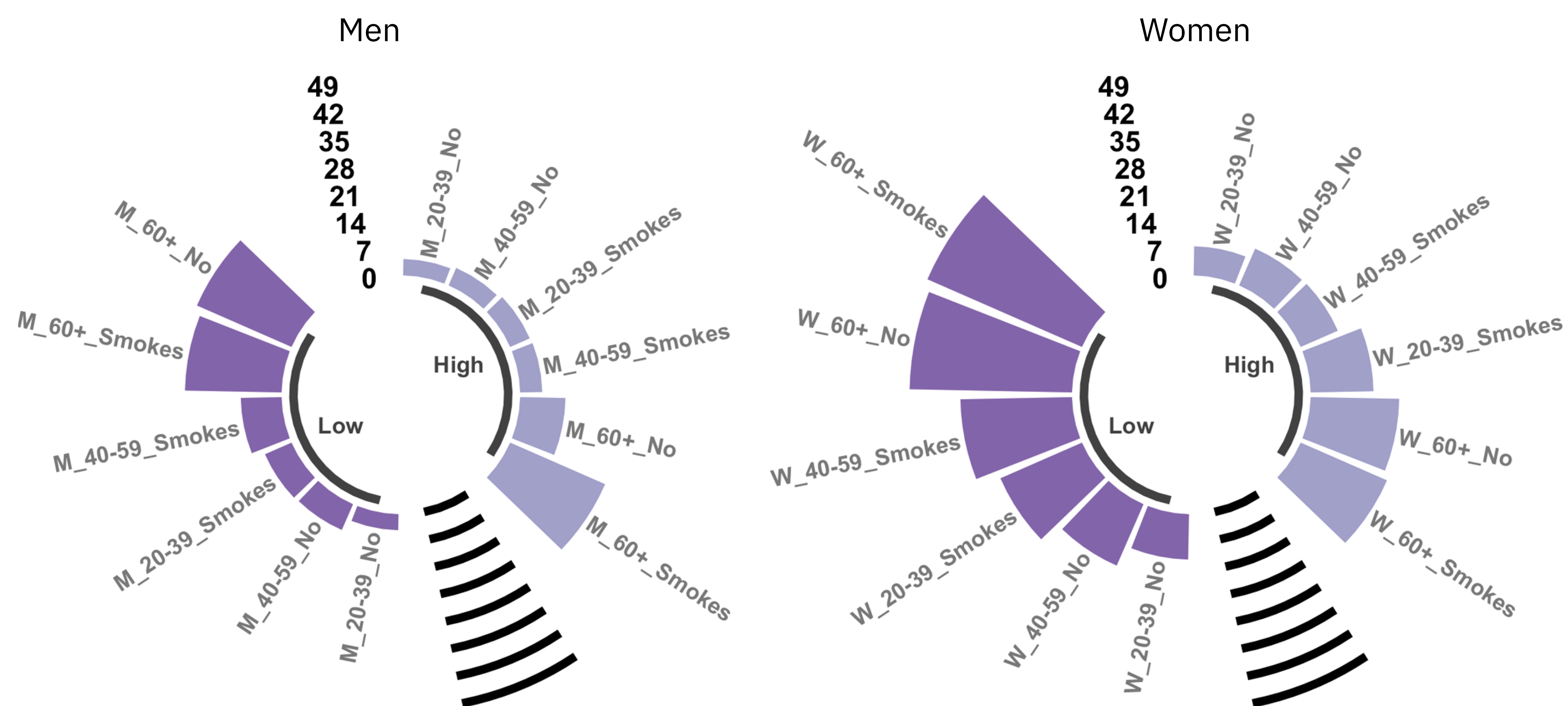


INTRODUCTION

- There is a high burden of depression and tobacco smoking in Mexico.
 - 5 million people have depression & there are 63,200 deaths from tobacco each year.
- Association is bidirectional.
- Prevalences vary across different identities.
 - Young people smoke tobacco more than older people.
 - Older people have higher prevalences of depression.
 - People with less education have higher prevalences of smoking and depression.

RESULTS

Prevalence of Depressive Symptoms by educational attainment



~14% of people had depressive symptoms.

~42% of older women without a high school degree & who smoked tobacco had depressive symptoms.

METHODS

- Merged multiple waves of national surveys.
 - Encuesta Nacional de Salud y Nutrición (2018-2023)
 - N = 75,157
- Created intersectional sub-groups using the following variables:
 - Gender
 - Age
 - Employment
 - Education
 - Depressive Symptoms
 - Tobacco Smoking
- Calculated population-weighted prevalences of depressive symptoms and tobacco smoking for 36 sub-groups.

Prevalence of Tobacco Smoking by employment



~19% of people smoked tobacco.

~57% of young men without a high school degree & with depressive symptoms smoked tobacco.