People who had higher levels of psychological distress were more likely to report drinking more than four standard drinks in one occasion (36%) than those with low levels of psychological distress (22%) in 2019.\[1\]

In 2019, people who reported high or very high levels of psychological distress were twice as likely to report drinking at risky levels as people without these conditions.\[1\]

People with a mental health condition were about 1.2 x as likely to report daily smoking as people without these conditions.\[1\]

People with a mental health condition were twice as likely to smoke daily as people who had not been diagnosed or treated for a mental health condition (20% compared with 9.9%).\[1\]

In 2019, people who reported high or very high levels of psychological distress were twice as likely to report daily smoking than those who reported low psychological distress (21% compared with 9.5%).\[1\]

National Drug Strategy Household Survey findings relate to people aged 14 or older unless specified. An adult is a person aged 18 or older.\[1\]

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For more detail, see the full report, Alcohol, tobacco and other drugs in Australia, which is available from the AIHW website.