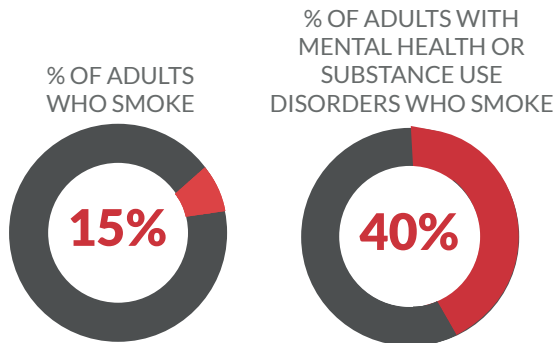


Mental Health & Tobacco Use

BEHAVIORAL HEALTH AND TOBACCO USE RATES

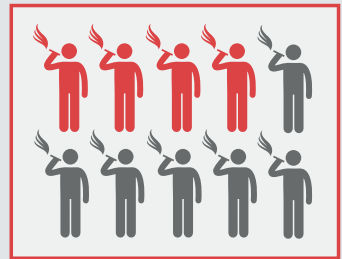
Despite the national cigarette smoking rate being 15% among adults, for individuals with mental illness and substance use disorders, 40% reported smoking tobacco. ²



The nicotine dependency rate for individuals with behavioral health disorders is 2-3 times higher than the general population. ¹

It is estimated that 40% of smokers have a behavioral health disorder and comprise 44% of the U.S. tobacco market. ¹

40% HAVE A BEHAVIORAL HEALTH DISORDER

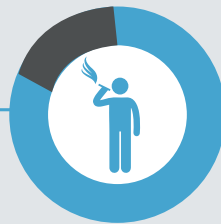


TOBACCO AND MENTAL HEALTH

Individuals with schizophrenia are addicted to nicotine at rates that are up to 3x greater than the general population. ⁵

70%–85% of individuals with schizophrenia use tobacco. ⁶

70-85%
individuals with schizophrenia use tobacco



Among current smokers with a lifetime history of depression, anxiety, anxiety with depression or major depression, they smoke more cigarettes, smoke more frequently and have a higher level of dependence. ⁷

Lifetime smoking rates are higher in individuals who are diagnosed with major depression disorder (59%), bipolar disorder (83%), or schizophrenia and other psychotic disorders (90%).^{4,12}

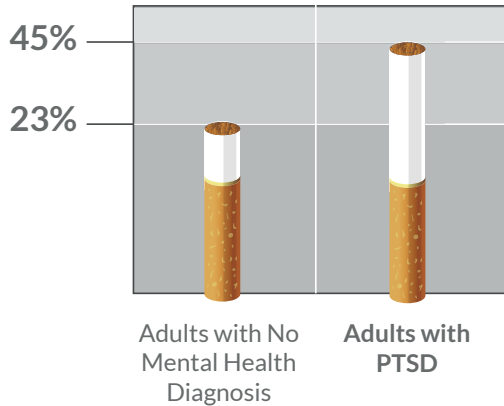
LIFETIME SMOKING RATES



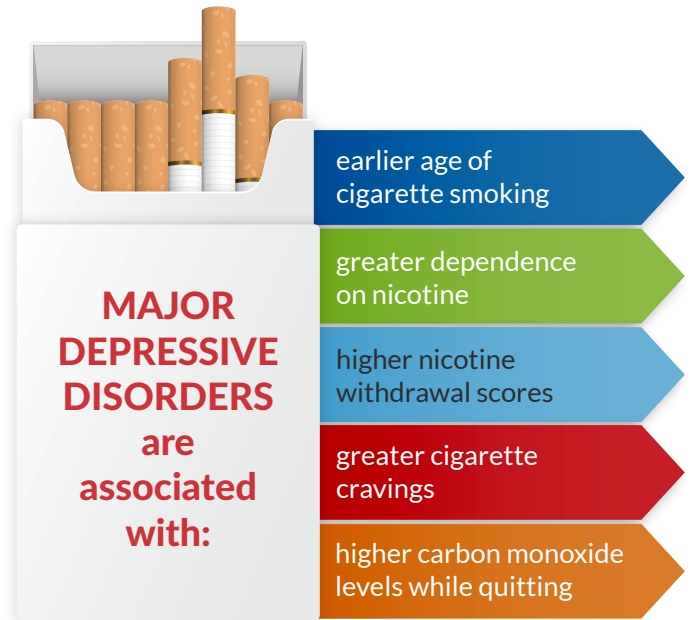
TOBACCO AND MENTAL HEALTH CONTINUED...

Individuals with a diagnosis of post-traumatic stress disorder (PTSD) have higher rates of smoking (45%) when compared to individuals with no mental health diagnosis (23%).⁷

SMOKING RATES among adults with PTSD



The presence or history of depression is associated with greater smoking severity and poorer smoking outcomes.⁹

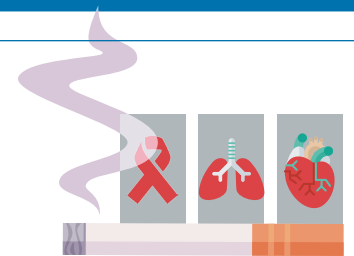


Individuals with social anxiety are more likely to engage in heavy smoking and are less likely to successfully quit in comparison to individuals without social anxiety, depression, and other substance use disorders.⁸

MORBIDITY AND MORTALITY

Individuals with serious mental illness die years earlier when compared to the general population. Smoking and the use of other tobacco products are related risk factors.¹⁰

Smokers with serious mental illness have increased risk of cancer, lung disease, and cardiovascular disease.¹¹



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