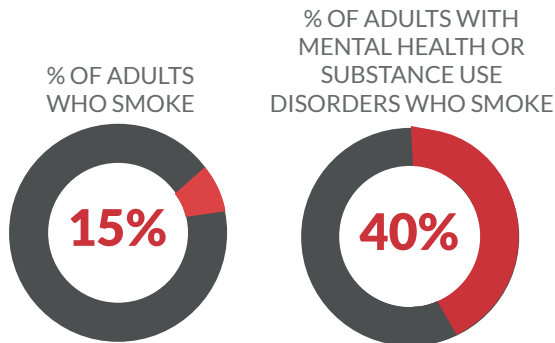


# Mental Health & Tobacco Use

## BEHAVIORAL HEALTH AND TOBACCO USE RATES

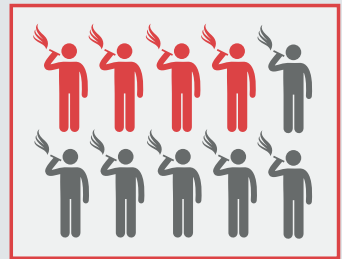
Despite the national cigarette smoking rate being 15% among adults, for individuals with mental illness and substance use disorders, 40% reported smoking tobacco. <sup>2</sup>



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

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

**40% HAVE A BEHAVIORAL HEALTH DISORDER**

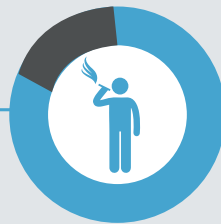


## TOBACCO AND MENTAL HEALTH

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

70%–85% of individuals with schizophrenia use tobacco. <sup>6</sup>

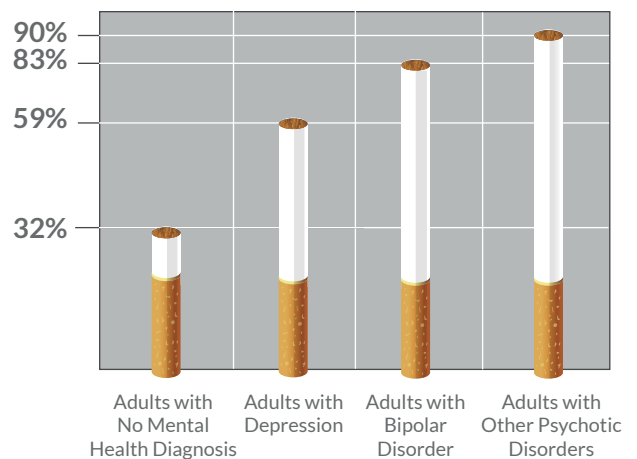
**70-85%**  
individuals with schizophrenia use tobacco



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. <sup>7</sup>

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%).<sup>4,12</sup>

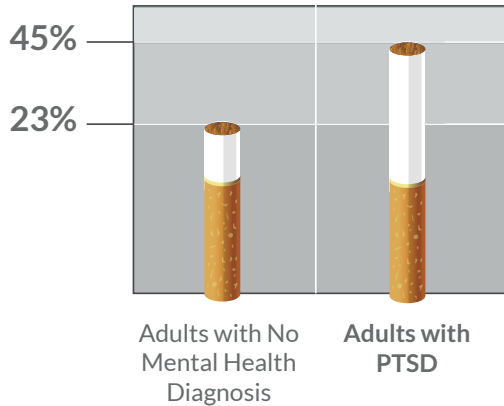
### LIFETIME SMOKING RATES



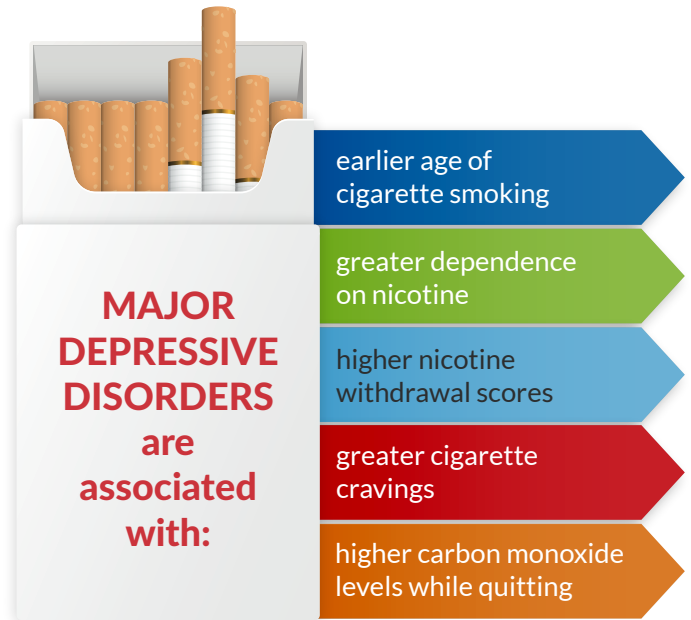
## TOBACCO AND MENTAL HEALTH CONTINUED...

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%).<sup>7</sup>

### SMOKING RATES among adults with PTSD



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

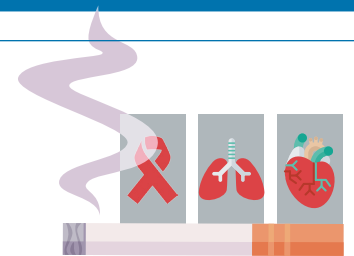


Individuals with social anxiety are more likely to engage in heavy smoking and are less likely to successfully quit in comparison to individuals without social anxiety, depression, and other substance use disorders.<sup>8</sup>

## 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.<sup>10</sup>

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



1 Lasser K, Wesley B, Woolhandler S. Smoking and mental illness: a population-based prevalence study. *JAMA*. 2000; 284(20):2606-2610. doi:10.1001/jama.284.20.2606

2 Substance Abuse and Mental Health Services Administration. *The NSDUH report: adults with mental illness or substance use disorder account for 40 percent of all cigarettes smoked*. Rockville, MD. U.S. Dept. of Health and Human Services. U.S. Public Health Service. 2013.

3 Schroeder SA, & Morris CD. Confronting a neglected epidemic: Tobacco cessation for persons with mental illnesses and substance abuse problems. *Annu Rev Public Health*. 2010; 31:297-314. doi: 10.1146/annurev.publhealth.012809.103701

4 Kalman D, Morissette SB, George TP. Co-morbidity of smoking in patients with psychiatric and substance use disorders. *Am J Addict*. 2005;14(2):106-123. doi: 10.1080/10550490590924728

5 Cuffel BJ & Chase P. Remission and relapse of substance use disorder in schizophrenia: Results of a one-year prospective study. *Journal of Nervous and Mental Disease* 1994; 182(6): 342-348. doi: 10.1097/00005053-199406000-00006

6 Ziedonis DM, Hitsman B, Beckham JC, Zvolensky M, Adler LE, Audrain-McGovern J. Tobacco use and cessation in psychiatric disorders: National Institute of Mental Health report. *Nicotine Tob. Res.* 2008; 10:1691-1715. doi: 10.1080/14622200802443569

7 Tosclair, A & Dube SR. Smoking among adults reporting lifetime depression, anxiety, anxiety with depression and major depressive episode, United States, 2005-2006. *Addict Behav*. 2010; 35(5):438-443. doi: 10.1016/j.addbeh.2009.12.011

8 Cogle JR, Zvolensky MJ, Fitch KR, Sachs-Ericsson NS. The role of comorbidity in explaining the associations between anxiety disorder and smoking. *Nicotine Tob Res.* 2010; 12(4):355-364. doi: 10.1093/ntr/ntq006

9 Soone S, Nunes EV, Jiang H, Tyson C, Rotrosen J & Reid MS. The relationship between depression and smoking cessation outcomes in treatment-seeking substance abusers. *Am J Addict*. 2010; 19(2):111-118. doi: 10.1111/j.1521-0391.2009.00015.x

10 Colton CW & Manderscheid RW. Congruencies in increased mortality rates, years of potential life lost, and causes of death among public mental health clients in eight states. *Prev Chronic Dis*. 2006; 3(2): A42.

11 Druss BG, Zhao L, Von Esenwein S, Morrato EH, Marcus SC. Understanding Excess Mortality in Persons With Mental Illness: 17-Year Follow Up of a Nationally Representative US Survey. *Medical Care*. 2011;49(6):599-604. doi: 10.1097/MLR.0b013e31820bf86e

12 Smith PH, Mazure CM, McKee SA. Smoking and mental illness in the US population. *Tob Control*. 2014; 23(0): e147-e153. doi: 10.1136/tobaccocontrol-2013-051466