

Smoking and Mental Illness a Neglected Population

Did You Know

People living with mental illness are more likely to smoke and be at greater risk for smoking-related health problems than the general population.



Smoking rates in mental health & substance use disorder populations are 2-4 times higher than the general population. [2]



Individuals with mental illness die an average of 25 years earlier and suffer increased medical complications often due to tobacco related diseases. [2]



Smokers with schizophrenia spend as much as 1/4 of their income on cigarettes. [1]

A Targeted Group



Almost 1/3 of all cigarettes smoked in the U.S. are consumed by people with mental illness. [1]



The tobacco industry has targeted those with mental illness by directly funding research to support the idea that the group was less susceptible to the harms of tobacco and in need of tobacco as self-medication. [3]



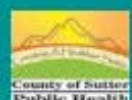
The tobacco industry promoted smoking in psychiatric settings by providing cigarettes and supporting efforts to block hospital smoking bans. [6]




175 billion cigarettes are sold each year to people with mental health disorders, earning tobacco companies \$39 billion dollars annually. [4]





For more information or a free quit kit please contact Sutter County Tobacco Control Program at (530) 822-7215 or visit our website at: www.suttercounty.org/tobacco




Debunking Myths

 **MYTH:** People with mental illness & substance use disorders don't want to quit.

 **FACT:** The majority of persons with mental illness & substance use disorders want to quit smoking & want information on cessation services and resources. [5]

 **MYTH:** Persons with mental illness & substance use disorders are unable to quit smoking.

 **FACT:** Persons with mental illness & substance use disorders can quit using tobacco. [5]

 **MYTH:** Smoking cessation worsens psychiatric symptoms.

 **FACT:** Smoking cessation does not worsen psychiatric symptoms, and can improve them. [5]

 **MYTH:** Smoking cessation threatens recovery for persons with substance use disorders.

 **FACT:** Smoking cessation can enhance long-term recovery for persons with substance use disorders. [5]

Reducing Tobacco Use



Ask patients if they use tobacco. If they do, help them quit. [1]



Include quitting treatments as part of the mental health treatment and wellness plan. [1]



Monitor and adjust mental health medicines as needed in people trying to quit. [1]



Stop practices that encourage tobacco use (e.g. providing cigarettes to patients and allowing staff to smoke with patients). [1]



Make the entire campus 100% smoke-free. [1]

References:

1. CDC Vital Signs, Feb 2013, Adult Smoking: <http://www.cdc.gov/vitalsigns/SmokingAndMenalIllness/>
2. CDPH, June 2012, De-normalizing Tobacco Use in the Mental Health & Substance Abuse Setting
3. Steinburg, M.L., Williams, J.M. Ziedonis, D.M. (2004). Financial implication so cigarette smoking among individuals with schizophrenia Tobacco Control, 13, 206.
4. Legacy. (2011). A hidden epidemic: Tobacco use and mental illness. Washington, DC, p 8.
5. California Smokers Helpline - Tobacco Cessation for Persons with Mental Illness or Substance Abuse Use Disorders
6. California Smokers Helpline - Tobacco Dependence Treatment & Behavioral Health