

TOBACCO USE AND BEHAVIORAL HEALTH: BENEFITS OF CESSATION



1 in 4 adults experience behavioral health issues, living with mental illness and/or substance use disorders¹

Those with behavioral health conditions smoke at rates **2 to 3 times** higher than the general population¹



Adult smokers with behavioral health conditions are **more likely** to:^{2,3}

- Have started smoking at earlier ages
- Smoke more cigarettes
- Contract tobacco-related diseases

Research shows the majority of smokers with behavioral health conditions are **highly motivated** to quit using tobacco!⁴

DESPITE MISCONCEPTIONS:

25%

increased likelihood of sobriety associated with quitting tobacco during substance use treatments⁶

Quitting tobacco does not jeopardize recovery from substance use and mental illness⁵

Quitting tobacco can decrease depression and anxiety and enhance quality of life among those with behavioral health conditions^{5,6}



Integrating tobacco cessation efforts into substance use treatment enhances long-term abstinence from drugs and alcohol^{7,8}

41%

of outpatient substance use programs offer smoking cessation programs⁹



Incorporating smoking cessation into behavioral health programs compliments mental illness and substance use recovery efforts!

Encourage tobacco users to access Tobacco Free Florida's free Quit Your Way tools and services, including: free patches, text messaging, emails, phone, group and web coaching. Visit tobaccofreeflorida.com for more information.



¹ Lipari R, Van Horn S. Smoking and Mental Illness Among Adults in the United States. The CBHSQ Report: March 30, 2017. Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.

² 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.

³ 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.

⁴ Szatkowski L, McNeill A. Diverging trends in smoking behaviors according to mental health status. Nicotine Tob Res. 2014;17(3):356-360. doi:10.1093/ntr/ntu173.

⁵ Prochaska, J.J. (2011). Smoking and mental illness--Breaking the link. The New England Journal of Medicine, 365(3).

⁶ Prochaska, J.J. et al. (2017). Smoking, mental illness, and public health. Annual Review of Public Health, 38(1).

⁷ Apollonio D1, Philipps R, Bero L. Interventions for tobacco use cessation in people in treatment for or recovery from substance use disorders. DOI: 10.1002/14651858.CD010274.pub2.

⁸ Bobo, J. K., McIlvain, H. E., Lando, H. A., Walker, R. D., & Leed-Kelly, A. (1998). Effect of smoking cessation counseling on recovery from alcoholism. Addiction, 93, 877-887.

⁹ Friedmann, P.D. et al. (2008). Cigarette smoking cessation services in outpatient substance abuse treatment programs in the United States. Journal of Substance Abuse Treatment, 34(2).