

Smoking and Behavioral Health

More attention is needed to help people with mental illness quit smoking. ¹



1 in 4 adults have some form of mental illness or substance use disorder. ¹



About 40% of Illinois adults with mental illness or substance use disorder smoke cigarettes. ²



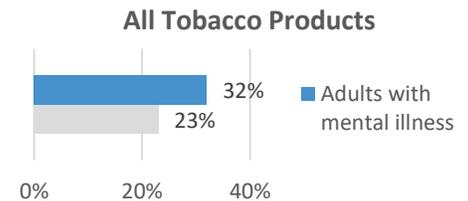
Nicotine has **mood-altering effects** that put people with mental illness at a higher risk for cigarette use and **nicotine addiction.**¹



Tobacco smoke can interact with and **limit how well medication works** for certain medications taken by mental health and substance abuse patients. ¹



The tobacco industry develops relationships with and **gives money** to organizations that work with mentally ill patients. ¹



More adults with any mental illness reported current use of tobacco products compared to adults with no mental illness. ¹

Adults with mental illness who smoke want to and are able to quit. ²



Culturally appropriate smoke-free health marketing strategies and mass media campaigns can help reduce the burden of disease among people with mental illness. ²



With careful monitoring, quitting smoking does not interfere with treatments for mental illness and can be part of the treatment. ¹



Mental health facilities should consider creating and implementing smoke-free policies which prohibit tobacco use among employees and patients.

Sources

1. Centers for Disease Control and Prevention(CDC). (2019). Tobacco use among adults with mental illness and substance use disorders. Retrieved from <https://www.cdc.gov/tobacco/disparities/mental-illness-substance-use/index.htm>

2. Centers for Disease Control (2013). Vital Signs. Retrieved from <https://www.cdc.gov/vitalsigns/smokingandmentalillness/index.html>



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