



Behavioral Health and Tobacco Use Rates

- Despite the national cigarette smoking rate being 14.0%¹ 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.³
- It is estimated that 35% of cigarette smokers have a behavioral health disorder and account for 38% of all U.S. cigarette consumption.⁴
- In 2016, 63.5% of adult cigarette smokers reported co-use of alcohol compared to 52.8% of adult non-smokers.⁵
- Current illicit drug and alcohol use among cigarette smokers compared to nonsmokers⁵:

	Smokers (%)	Non-Smokers (%)
Current illicit drug use (in past month)	25.3	7.1
Marijuana	21.8	5.9
Cocaine	2.5	0.3
Heroin	0.8	0.0
Hallucinogens	1.5	0.3
Inhalants	0.4	0.1
Non-medical use of prescription drugs	5.9	1.5
Current alcohol use (in past month)	66	48
Binge Drinking	43	17
Heavy Drinking	15	4

Tobacco and Substance Use

- More than half (53.6%) of adults with a lifetime substance use disorder diagnosis and more than two-thirds (66.7%) of adults with a past substance use disorder diagnosis are current smokers.⁶
- People who have substance use disorders tend to be heavy, highly nicotine dependent smokers.⁷
- 77-93% of individuals receiving care in substance use treatment settings use tobacco.⁸
- More than 80% of youth with substance use disorders report current tobacco use, most reporting daily smoking, and many become highly dependent, long-term tobacco users.⁷
- Addiction to nicotine is the most common form of substance use in people with schizophrenia.⁹
- Individuals with alcohol use disorders smoke at rates between 34 and 80%; people with other substance use disorders smoke at between 49 and 98% prevalence.¹⁰
- Current cigarette smokers in the past month were more likely than those who were not nicotine dependent to have engaged in alcohol use (66% vs. 48%), binge alcohol use (43% vs. 17%), and heavy alcohol use (15% vs. 4%) in the past month.¹¹

Morbidity and Mortality

- Tobacco use causes more deaths among individuals receiving substance use treatment than alcohol or other substance use.¹²
- Individuals with substance use disorders who also smoke are four times more likely to die prematurely relative to individuals with substance use problems who do not use tobacco.¹³

Recovery

- A study found that people with alcohol use disorders who quit smoking reduced their rate of relapsing on alcohol three years later.¹⁴
- Treating tobacco use during substance use treatment increases the likelihood of abstinence from alcohol and substance use by 25%.¹⁵
- 80% of individuals receiving substance use disorder treatment have expressed an interest in tobacco cessation.¹⁶
- Participation in smoking cessation efforts while engaged in substance use treatment has been associated with a 25% greater likelihood of long-term abstinence.¹⁷

How to Quit

Freedom From Smoking®

Freedom From Smoking® is a great fit for individuals in recovery, as it provides additional support needed, focuses on the rewards of abstinence, and provides the groundwork for a strong relapse prevention program. Freedom From Smoking Plus® also provides 12 full months of ongoing support for quitters, which increases the length and duration of counseling and continual support services to assist in long-term sustainability rates. Should you have any questions or would like additional support in developing a treatment plan please visit us on lung.org or give us a call at 1-800-LUNGUSA.

Pennsylvania Quitline

1 (800) QUIT-NOW (784-8669)
Spanish-speaking: 1 (855) DEJELO-YA (335-3569)

The Pennsylvania Quitline is a free local resource for quitting smoking. It provides over-the-phone counseling services with a certified quit coach, nicotine patches and lozenges (for qualified callers), and support for all Pennsylvania residents.

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