MENTAL ILLNESS AND TOBACCO USE

Cigarette use among U.S. adults:

- 33% of adults with a serious mental illness
- 27.2% of adults with any mental illness
- 15.8% of adults without a mental illness

18 million people with mental illness use tobacco products.

As many as 70-85% of people with schizophrenia smoke.

As many as 50-70% of people with bipolar disorder smoke.

MORE SMOKERS AND MORE CIGARETTES

- People with a mental illness or substance use disorder represent 25% of the U.S. adult population, but they consume 40% of all cigarettes sold.
- People with a serious mental illness represent 6.9% of people who currently smoke, but they consume 8.7% of all cigarettes sold.
- Among current smokers, adults with any mental illness smoke about 2 more packs of cigarettes per month than adults who do not have a mental illness.

IMMEDIATE AND LONG-TERM RISKS

- Nicotine can alter mood in a way that may lead to increased use of tobacco products among those with underlying mental health conditions.
- Tobacco use can interact with psychiatric medications, often making them less effective or requiring higher doses.
- Heart disease, cancer and lung disease, which can all be caused by smoking, are the leading causes of death for people with mental illness.

YOUTH AND SMOKING

1.15 MILLION middle and high school students report using cigarettes.

2.5x People aged 12-17 are 2.5 times more likely to report using cigarettes in the past month if they experienced a major depressive episode in the past year.

Here’s what you need to know about smoking when you have a mental illness.