

MENTAL ILLNESS AND SMOKING



In the U.S., people with mental illness who smoke die an average of **15 years** earlier than people without mental illness who do not smoke.

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

MENTAL ILLNESS AND TOBACCO USE

Cigarette use among U.S. adults:



33% of adults with a serious mental illness

18 million people with mental illness use tobacco products.



27.2% of adults with any mental illness

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



15.8% of adults without a mental illness

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.