

# Tobacco Use & Behavioral Health

## The Alarming Statistics

On average, people with a serious mental illness die **15 years earlier** than the general population largely due to conditions caused or worsened by smoking.<sup>(1)</sup>

While persons with any mental illness or substance use disorder represent

**25%** of the adult population, they consume over

**40%** of all cigarettes smoked.<sup>(2)</sup>

In Montana, the smoking rate for people with poor mental health is

**2X** higher than for those without poor mental health.<sup>(3)</sup>

Smoking tobacco causes more deaths among clients in substance abuse treatment than the alcohol or drug use that brings them to treatment.<sup>(4)</sup>



Over half of Montanans who called the Montana Tobacco Quit Line reported having a behavioral health condition.<sup>(5)</sup>

#### Sources:

- Centers for Disease Control and Prevention, Tobacco Use and Quitting Among Individuals With Behavioral Health Conditions. Retrieved from: Tobacco Use and Quitting Among Individuals With Behavioral Health Conditions. Accessed December 2021.
- Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2013). The NSDUH Report: Data Spotlight: Adults with Mental Illness or Substance Use Disorder Account for 40 Percent of All Cigarettes Smoked. Rockville, MD.
- Montana Behavioral Risk Factor Surveillance System, 2020.
- Tobacco Use Cessation During Substance Abuse Treatment Counseling. SAMHSA Advisory. <https://store.samhsa.gov/sites/default/files/d7/priv/sma11-4636clin.pdf> Retrieved November 2021.
- Montana Tobacco Quit Line Outcomes Report, 2020.

MONTANA TOBACCO

**QUIT** LINE  
1-800-QUIT-NOW  
1-800-784-8669