

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.⁽¹⁾

While persons with any mental illness or substance use disorder represent

25% of the adult population, they consume over

40% of all cigarettes smoked.⁽²⁾

29% of Montana adults who use tobacco report having poor mental health compared to **15%** of those who do not use tobacco.

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



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

Sources:

- 1) 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.
- 2) 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.
- 3) Montana Behavioral Risk Factor Surveillance System, 2023.
- 4) 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.
- 5) Montana Tobacco Quit Line Outcomes Report, 2023.