



## The Tobacco Stats: Mental Health Edition

It is estimated that **35% of cigarette smokers have a behavioral health disorder** and account for **38% of all U.S. adult cigarette consumption**.

**Lifetime smoking rates are higher** in patients who are diagnosed with **major depression disorder (59%), bipolar disorder (83%), or schizophrenia and other psychotic disorders (90%)** compared to 32% among adults with no mental illness.

**Smokers with serious mental illness have increased risk of dying from cancer, lung disease, and cardiovascular disease** and account for more than **200,000 of the 520,000 tobacco-related deaths each year**.

References: Centers for Disease Control and Prevention. National Center for Health Statistics. National Health Interview Survey, 2017. Analysis performed by the American Lung Association Epidemiology and Statistics Unit using SPSS software.

Quitting smoking is linked with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life compared with continuing to smoke.



# Resources to Help You Quit



**Tobacco Free Adagio Health**  
tobaccofree.adagiohealth.org



**1-800-QUIT-NOW**  
Pennsylvania Free Quitline



**quitSTART App**



**Crisis Text Line**  
Text "HOME" to 741741 from anywhere  
in the U.S. to connect with a volunteer  
crisis counselor by text