Adults with Mental Illness or Substance Use Disorder Account for 40 Percent of All Cigarettes Smoked

The mental illness estimates presented in this publication may differ from estimates in other publications due to revisions to the mental illness estimation methods in 2013. For more information, see “Revised Estimates of Mental Illness from the National Survey on Drug Use and Health” at http://samhsa.gov/data/default.aspx.
Adults with mental illness or substance use disorders are more likely than adults without those problems to use cigarettes. In addition, adults with these problems who do smoke tend to smoke more cigarettes. The 2009 to 2011 National Surveys on Drug Use and Health (NSDUHs) define any mental illness (AMI) as any diagnosable mental, behavioral, or emotional disorder other than a substance use disorder. The NSDUHs define substance use disorder (SUD) as dependence on or abuse of alcohol or illicit drugs. On an average day, adults aged 18 or older smoked 588 million cigarettes. Adults with AMI or SUD represent 24.8 percent of adults. However, they used 39.6 percent of all cigarettes smoked by adults (Figures 1 and 2).

These data show that, given the health issues associated with cigarette smoking, it is necessary to focus on smoking prevention for adults with AMI or SUD and help them quit smoking. For resources, please visit: http://www.kap.samhsa.gov/products/manuals/advvisory/pdfs/Advisory_Tobacco_for_Counselors.pdf and http://www.integration.samhsa.gov/health-wellness/tobacco-cessation.