

## Mental Health Awareness

Smoking is a lot more common in adults with mental illnesses such as depression, anxiety, or bipolar than adults who do not have any mental illness. What is being done to help?<sup>1</sup>

Federal agencies and national partners are:<sup>1</sup>

- Helping states develop action plans to reduce smoking by people with mental illness.
- Providing funding to state and local programs that promote smoking-cessation treatments as part of a mental health treatment.
- Making smoking cessation treatments more available.
- Conducting research focused on the health and longevity of people with mental illness.

Mental Health Professionals can:<sup>1</sup>

- Ask their patients if they use tobacco and help them quit if they do.
- Offer quitting treatments using these resources:
  - o 1-800-QUIT-NOW
  - o [www.smokefree.gov](http://www.smokefree.gov)
- Provide more counseling, support, and smoking cessation medicines.
- Make quitting part of the overall approach to treatment and wellness.

Mental health facilities should:<sup>1</sup>

- Include cessation treatments as part of mental health treatment and wellness.
- Stop practices that encourage tobacco use.
- Make their entire campus 100% smoke free.

Those who smoke and that may have a mental illness need to:<sup>1</sup>

- Choose to quit using tobacco as soon as possible. The sooner they stop, the sooner their bodies can start healing and reduce their risk of illness.
- Ask their doctors and mental health treatment providers for help to quit.
- Use available resources that mental health professionals can provide.
- Avoid secondhand smoke and create a smoke-free environment.
- Support your friends and family who are trying to quit.

## How stressed out are you?

Some people smoke to try to deal with stress. Understanding the connection between stress and smoking can help you find better ways to deal with stress while quitting and after.

In the last month have you often felt...

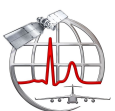
- ☐ Unable to control important things in your life
- ☐ Unable to handle your personal problems
- ☐ That things are not going your way
- ☐ Overwhelmed by the difficult things in your life



## 1-800-QUIT-NOW

We can help you draw the line.

1 N/A. (2013). Adult Smoking: Focusing on People with Mental Illness. Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/vitalsignssmokingandmentalillness/index.html>



## Wellness Weekly Bulletin Board

More than 1 in 3 adults with mental illness smoke compared to the 1 in 5 with no mental illness.<sup>1</sup>

Nearly 1 in 5 adults (45.7 million adults) have some form of mental illness.<sup>1</sup>

About 3 of every 10 cigarettes smoked are by adults with a mental illness.<sup>1</sup>

Lifetime smoking rates are higher in patients who are diagnosed with major depression disorder (59%) and Bipolar Disorder (83%) compared to 32% of adults with no mental disorders.<sup>2</sup>

Those diagnosed with post-traumatic stress disorder are 22% more like to be current smokers than those without a PTSD.<sup>2</sup>

Adults who smoke and have a mental disorder make up 7.1% of the U.S. population but consume 34.2% of all cigarettes smoked.<sup>3</sup>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to [usaf.ibsa.afmsa.mbx.afmra-hpo@mail.mil](mailto:usaf.ibsa.afmsa.mbx.afmra-hpo@mail.mil). For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

2 N/A. (2023). Behavioral Health & Tobacco Use. American Lung Association. Retrieved from <https://www.lung.org/quit-smoking/smoking-facts/impact-of-tobacco-use/behavioral-health-tobacco-use>

3 NIDA. (2023). Do people with mental illness and substance use disorders use tobacco more often? National Institute on Drug Abuse. Retrieved from <https://nida.nih.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/do-people-mental-illness-substance-use-disorders-use-tobacco-more-often>.



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## Community Events

HERE'S WHAT'S GOING  
ON WHERE YOU LIVE

Your Local Health  
Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday