Tobacco Impact

• Pat McKone, Director
  Tobacco Control Programs and Policy
Overview

• Impact of tobacco – behavioral health
• Barriers and perceptions
• Creating the future
50 Years

• 1965 – 42% of adults smoked
• Since 1964 – eight million lives have been saved
Adult Cigarette Smoking Trends

Trends in Current Cigarette Smoking by High School Students* and Adults** — United States, 1965-2011

*Percentage of high school students who smoked cigarettes on 1 or more of the 30 days preceding the survey (Youth Risk Behavior Survey, 1991-2011).
**Percentage of adults who are current cigarette smokers (National Health Interview Survey, 1965-2011).
Minnesota Adult Smoking

Figure 1. Cigarette smoking is decreasing in Minnesota.

Source: NHS 1999 to 2007; MATS: 1999 to 2007
A Closer Look…

**Percent of adults who are current cigarette smokers**

- American Indian
- Black, African American
- Asian American
- Hispanic
- White

**Higher Prevalence Smoking Among Patients With Mental Disorders**

- Current smokers

Data in graph from the 1989 U.S. National Health Interview Survey (Lasser et al., 2000).

Minnesota Behavior Risk Factor Surveillance System (BRFSS) 2011

Tribal Tobacco Use Project (TTUP) 2013
Causes of Death..tobacco is still #1
Annual deaths in U.S.

- Lung Cancer: About 128,900 (29%)
- Ischemic Heart Disease: 126,000 (28%)
- Chronic Obstructive Pulmonary Disease: 92,900 (21%)
- Other Diagnoses: 44,000 (10%)
- Stroke: 15,900 (4%)
- Other Cancers: 35,300 (8%)

About 443,000 U.S. Deaths Attributable Each Year to Cigarette Smoking.
Persons with a mental health disorder

• Consume about half (44.3%) of cigarettes smoked in the United States.

Lasser et al, JAMA 2000
People with Severe Mental Illness

• Die (on average) 25 years earlier than the general population

  – National Association of State Mental Health Program Directors, Medial Directors Council, July 2006
    • Miller et al., 2006
Alcoholics

• More alcoholics die from smoking related diseases than from alcohol related diseases.
Other impacts of tobacco..
Community Integration

- Employment
- Housing
Impact on Finances

Cigarettes 27%

Food, Shelter, Misc Living Expenses 73%
Barriers / Myths and Beyond

• Seeing tobacco use as a problem
• Minimize the health risks
• Systems have been slow to change
• Lack of knowledge about effectiveness of treatment
Provider Survey Results

• Helping patients stop smoking is part of the role of a mental health professional?......90%
• Usually ask about smoking status…80%
• Usually recommend Nicotine replacement.. 34%
• Usually prescribe pharmacotherapy to smokers…29%
• Referred smokers to a quitline….26%
• Felt well prepared from prior education to treat tobacco….12%
  – Williams et al., JAPNA 2009
Desire to quit tobacco treatment is part of recovery

- 52% of cocaine addicts
- 50% of alcoholics
- 42% of heroin addicts were interested in quitting smoking at the time they started treatment for their other addictions

  - Sullivan, M.A. , Covey, L.S. 2002 Current Psychiatry Reports
My mental health center, counselor or psychiatrist should give me treatment to quit smoking.

- Yes: 58%
- No: 36%
- Missing: 6%
Does your mental health program offer any tobacco treatment?

- No: 58%
- Yes: 30%
- Don't Know: 12%
Tobacco …everywhere?

- 60% of mental health consumers report living with smokers (smoking indoors)
- Part of the mental health culture
- Staff tobacco use
  - Rate their ability to help patients as lower
  - Provide less cessation services
    - Williams et al., 2010; McNeill 2001
Mixed messages?
Policy, systems and environmental changes

- Assessment
- Access to cessation counseling and medications (staff and patients)
- Tobacco free environments
  - Buildings
  - Grounds
  - Living environments
Changing times…
Resources to support your efforts

- Partnership4 Health
- NAHMI model policy
- www.cdc.gov/vitalsigns
- www.samhsa.gov
- http://smokingcessationleadership.ucsf.edu