

Tobacco Users with Behavioral Health Conditions



HEALTH IMPACT**

- The most common causes of death among people with behavioral health conditions are heart disease, cancer, and lung disease, which can all be caused by smoking.
- People with mental health conditions who smoke cigarettes have two times the risk of premature death than people with behavioral health conditions who do not smoke.
- Almost 40% of all cigarettes smoked by U.S. adults are consumed by people with behavioral health conditions.

Demographics

Mean Age



45.7 years old

Race



83% White
11% American Indian
6% Other

Gender



Female 63%
Male 37%

Tobacco Use



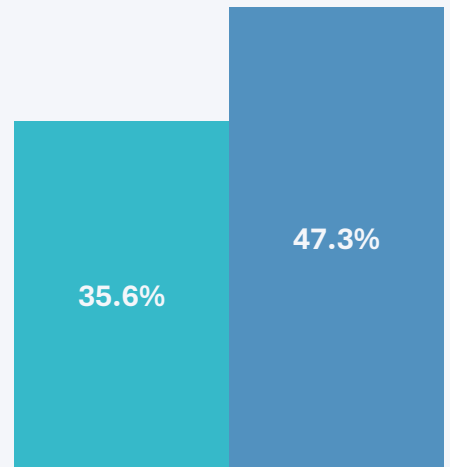
89.7% Cigarette use
13.8% E-cigarette use
11.4% Other types of tobacco use

Insurance Type



18% Medicaid

Quit Rate



■ Tobacco Users with BHC
■ Tobacco Users without BHC

Tobacco Users with Behavioral Health Conditions

What can you do?

Make a Referral to SD QuitLine Free Cessation Services

- Refer via Fax or Electronic Health Record
- Refer your patient online
- Provide a brochure



<https://quittobaccosd.com/quit-tobacco/healthcare-providers/referral-options>

SD QuitLine Free Service Options

Phone Coaching

- Weekly coaching sessions
- As many as 8 weeks of prescription cessation medication or Nicotine Replacement Therapy (NRT)

Kickstart Kit (medication only option)

- As many as 4 weeks of FREE NRT

2QuitSD (Coaching via text message)

- Approximately 8 weeks of personalized texting with limited phone calls
- As many as 8 weeks of FREE NRT

Interactive Quit Guide

- Identify reasons for quitting, learn coping techniques, set a quit date and more.



Who Qualifies for Services

- South Dakota residents
- Must be 13 years or older
- Have used any form of tobacco in the past 30 days (cigarettes, e-cigarettes, smokeless tobacco, chewing tobacco)

**Patients Scan Here to
Enroll in the SD QuitLine**



Visit: www.SDQuitLine.com

Call: 1-866-SDQuits

*Tobacco use prevalence among adults with behavioral health conditions was calculated using the US Census Bureau 2023 American Community Survey 5 years adult population estimates: 679,374 (S0101), rate of any mental illness among SD adults of 24.9% (2021-2022; Kaiser Family Foundation <https://www.kff.org/other/state-indicator/adults-reporting-any-mental-illness-in-the-past-year/>), rate of substance use disorder in the past year of 18.2% among 18 years and older (2021-2022 SAMHSA NSDUH State Estimates) and tobacco use rate of 30.0% among adults who report receiving treatment from for a mental health or emotional problem (2019-2023 SD Behavioral Risk Factor Surveillance Survey data, combined cigarette, smokeless tobacco, and e-cigarette use rate per Mark Gildemaster, Director, Office of Health Statistics.)

**Health Impact data was compiled from U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Tobacco and Health Equity, People with Behavioral Health Conditions Experience a Health Burden From Commercial Tobacco. <https://www.cdc.gov/tobacco-health-equity/collection/behavioral-health-health-burden> [accessed March 27, 2025].

This report was produced in the Population Health Evaluation Center at South Dakota State University through a cooperative agreement with the SD Department of Health. Additional information on the SD QuitLine service is available from the Tobacco Control Program at (605) 773-2891.