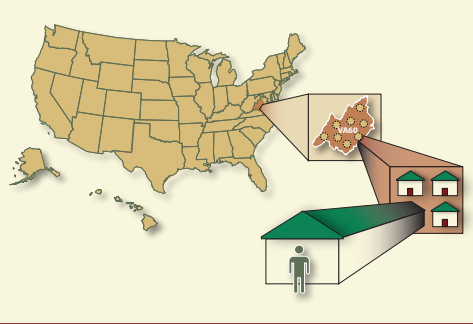




The NSDUH Report

Data Spotlight

March 20, 2013



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

Adults with mental illness or substance use disorders are more likely than adults without those problems to use cigarettes.¹ In addition, adults with these problems who do smoke tend to smoke more cigarettes.² 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.³ 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/advisory/pdfs/Advisory_Tobacco_for_Counselors.pdf and <http://www.integration.samhsa.gov/health-wellness/tobacco-cessation>.

1. Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (February 5, 2013). *The NSDUH Report: Smoking and mental illness*. Rockville, MD.
2. Lasser, K., Boyd, J. W., Woolhandler, S., Himmelstein, D. U., McCormick, D., & Bor, D. H. (2000). Smoking and mental illness: A population-based prevalence study. *JAMA: Journal of the American Medical Association*, 284(20), 2606-2610; Lasser and colleagues studied adults aged 18-54, but this study focuses on all adults aged 18 or older.
3. Definitions for AMI and SUD are based on the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*. For further information, see Substance Abuse and Mental Health Services Administration. (2012). *Results from the 2011 National Survey on Drug Use and Health: Mental health findings* (NSDUH Series H-45, HHS Publication No. SMA 12-4725). Retrieved from http://www.samhsa.gov/data/NSDUH/2k11MH_FindingsandDetTables/2K11MHFR/NSDUHmfr2011.htm

Figure 1. Any Mental Illness (AMI) or Substance Use Disorder (SUD) in the Past Year among Adults Aged 18 or Older: 2009 to 2011

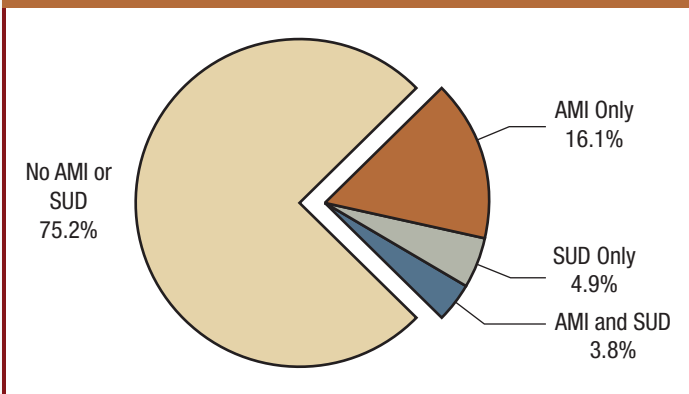
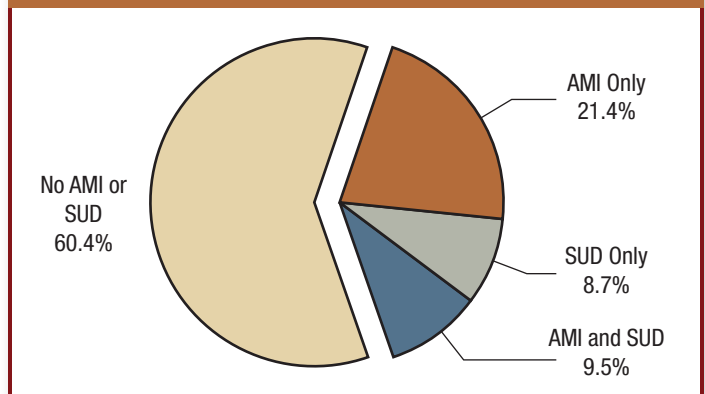


Figure 2. Percentage of Cigarettes Smoked in the Past Month among Adults Aged 18 or Older, by Any Mental Illness (AMI) or Substance Use Disorder (SUD) in the Past Year: 2009 to 2011



Source: 2009 to 2011 National Surveys on Drug Use and Health (NSDUHs). NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

