

# Tobacco Facts

- Individuals diagnosed with a mental illness are twice as likely to smoke than someone without a mental illness
- About 70% of individuals with mental illness smoke cigarettes. Studies show that they live 8 to 20 years less than the general population. (Williams & Ziedonis, 2004; Dembling et al., 1999; Koranyi, 1977)
- In NYS \$6.4 billion is spent every year treating diseases caused by tobacco use. (RTI International, 2004)
- Cigarettes kill **1 in 3** people who begin smoking, and **1 in 2** people who continue to smoke.
- Tobacco kills more people every year than all other leading causes of death COMBINED, and is responsible for 1 out of every 5 deaths.
- Nicotine does not cause cancer, lung disease or heart attacks, the tar from the cigarette smoke does
- Someone who smokes 1 pack of cigarettes per day is exposed to the same amount of radiation as they would be if they got 300 chest x-rays in 1 year
- Light and Ultra Light cigarettes contain the same amount of tar, nicotine and chemicals as “regular” cigarettes.
- 44% of cigarettes purchased in the U.S. are consumed by individuals with mental illness (JAMA, 2000)
- 70% of smokers want to quit although few are successful without treatment. (Fiore et al., 2000)

