

Tobacco-Free Recovery for Behavioral Health Facilities

For Tools and Resources to Help
Your Clients Quit Successfully Visit

nobutts.org

Tobacco Prevention Program
Fresno County Department of Public Health
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For More Info Go To
DontBlowItFresno.com



**Department of
Public Health**

Fresno County
**Tobacco
Prevention
Program**



Did You Know?

Only **1 in 4 adults** in the United States have a behavioral health disorder, but they smoke **40%** of all cigarettes in the United States.¹

This high rate of cigarette use causes a higher rate of premature deaths.²

Those diagnosed with behavioral health disorders account for **200,000 of the 443,000** tobacco-related deaths each year.²

This population also has a reduced life expectancy, dying **25 years sooner** than the general population, due to tobacco-related illnesses.²

Harm reduction strategies are not enough to help tobacco users under your care lead healthier, longer lives.

The Case for Tobacco-Free Facilities

Behavioral health treatment settings that go tobacco-free improve the health of their clients and employees.

Quitting smoking is associated with improved mental health symptoms. It is also connected to an increase in long-term abstinence from other substances.³

Employees who quit smoking saw an increase in productivity time and a decrease in hospital admissions.⁴

Facilities have even negotiated lower property insurance premiums.⁵

Contact us today for assistance and resources to help your facility go tobacco-free.



¹Williams, Jill M., and Douglas Ziedonis. "Addressing Tobacco among Individuals with a Mental Illness or an Addiction." *Addictive Behaviors*, vol. 29, no. 6, 2004, pp. 1067-1083., doi:10.1016/j.addbeh.2004.03.009.

²Christiansen, Bruce A., et al. "Measuring the Integration of Tobacco Policy and Treatment into the Behavioral Health Care Delivery System: How Are We Doing?" *Journal of Health Care for the Poor and Underserved*, vol. 27, no. 2, 2016, pp. 510-526., doi:10.1353/hpu.2016.0069.

³ Substance Abuse and Mental Health Services Administration. *Tobacco and Behavioral Health: The Issue and Resources*. Cdc-pdf[PDF-247 KB]External. Maryland:SAMHSA; 2017.

⁴Stewart, WF, Ricci, JA, Chee, E, Morganstein, D. Lost productivity work time costs from health conditions in the United States: Results from the American Productivity Audit. *Journal of Occupational and Environmental Medicine* 2003;45(12):1234-1246.

⁵ HealthNowMA. *Health Now! And the Business Community*. <http://www.healthnowma.org>. Accessed May 13, 2004.