## **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

1221 Fulton Street, Fresno CA 93721

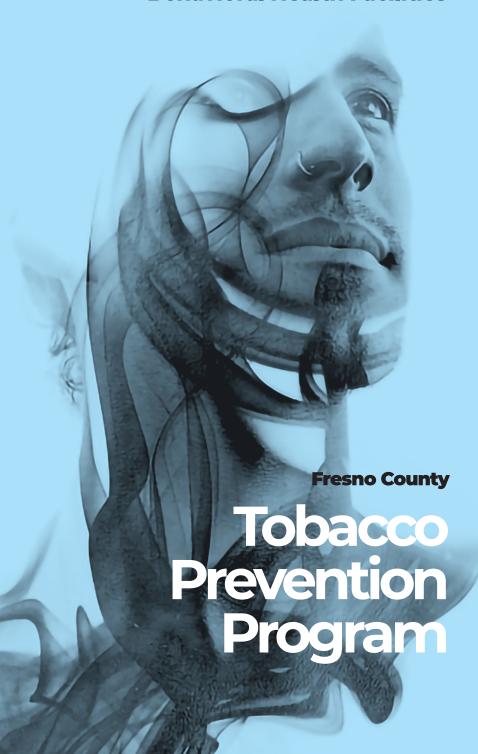
(559) 600-6449

For More Info Go To

**DontBlowItFresno.com** 







## 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.<sup>1</sup>

This high rate of cigarette use causes a higher rate of premature deaths. <sup>2</sup>

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

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

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.<sup>3</sup>

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

Facilities have even negotiated lower property insurance premiums.<sup>5</sup>

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

Williams, 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.

<sup>2</sup>Christiansen, 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.

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

"Stewart, 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.

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