

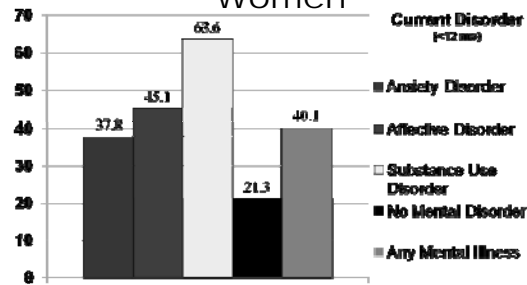
Women and Mental Health: What is the Connection to Smoking?



Jill Williams, MD

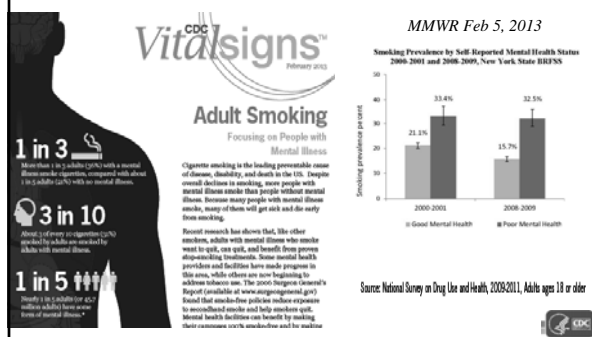
Professor of Psychiatry and Director of the
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Higher Smoking Rates in Mental Illnesses Common in Women



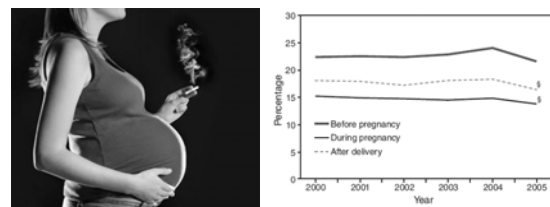
NCS-R 2001-2003; Diagnoses using CIDI
Lawrence et al, BMC Public Health 2009, 9:285

Smoking is much more common in adults with mental illness than other adults.

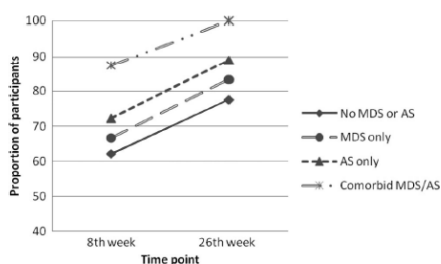


Women's Reproduction and Smoking

↑ Infertility, ectopic pregnancy, miscarriage
↑ Placental abnormalities
Low birth weight, ↑ preterm birth and stillbirth
↑ SIDS, asthma, ADHD

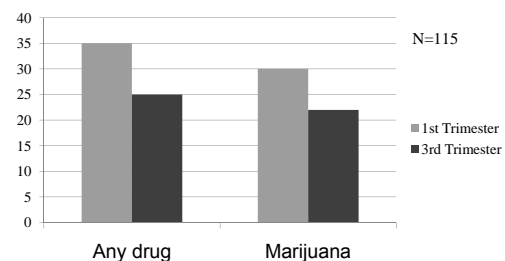


Higher Smoking Relapse Rates Postpartum in Women with Anxiety and Major Depression



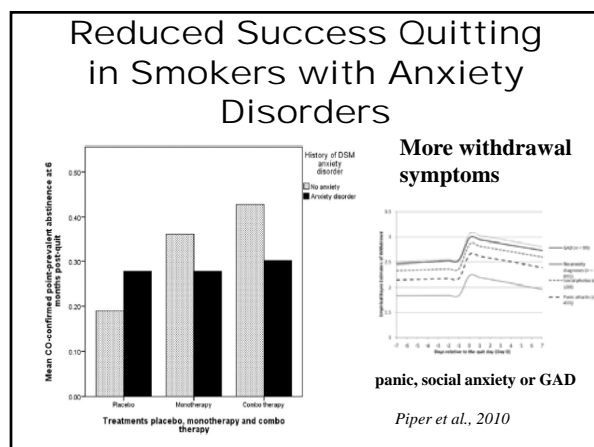
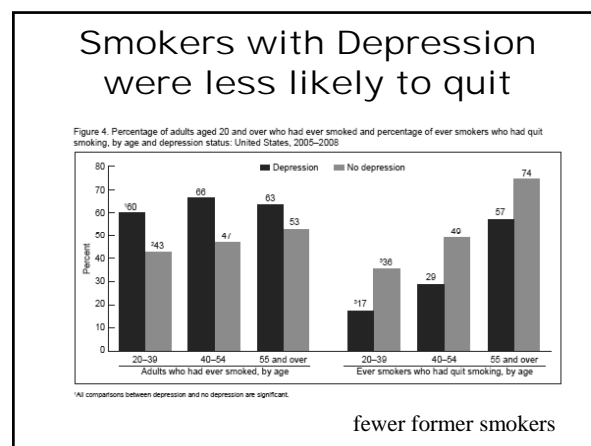
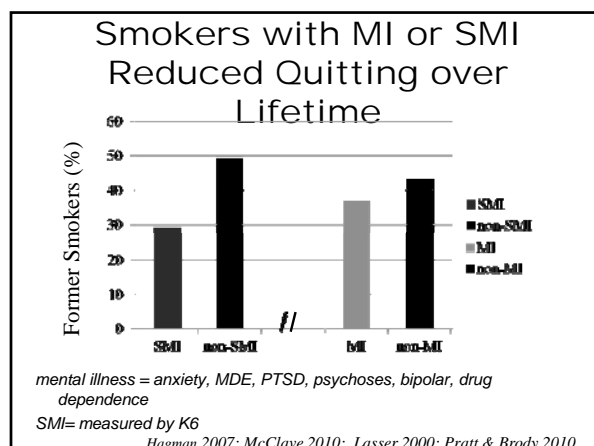
Correa-Fernandez et al., JCCP, 2012

One Third of Pregnant Smokers Using Illicit Drugs



Results of Urine Toxicology; Excluded those on methadone maintenance

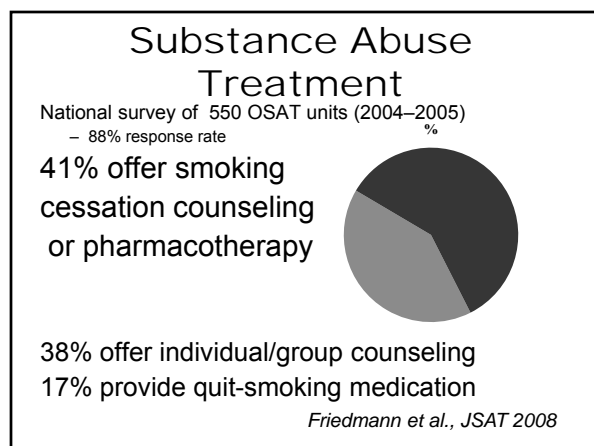
Gaalema et al., NTR 2013

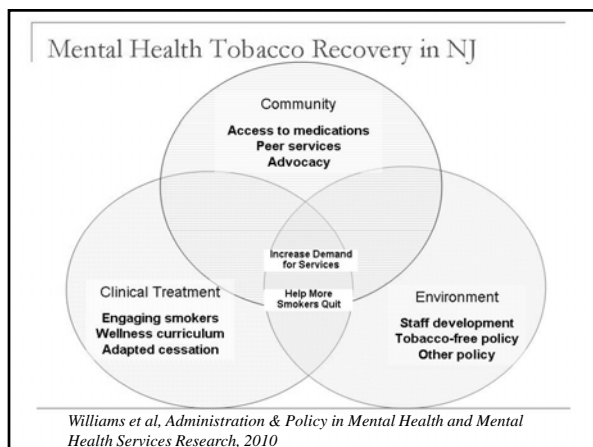
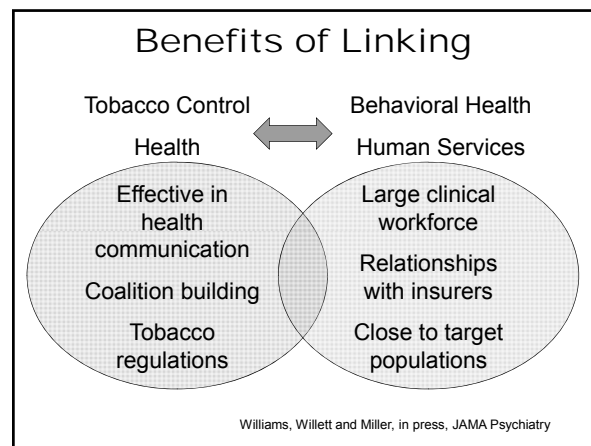


Reduced Access to Tobacco Treatment in Behavioral Health Settings

- Nicotine dependence documented in 2% of mental health records
- Less than 2% of patients seeing a psychiatrist received treatment for smoking

Peterson 2003; Montoya 2005

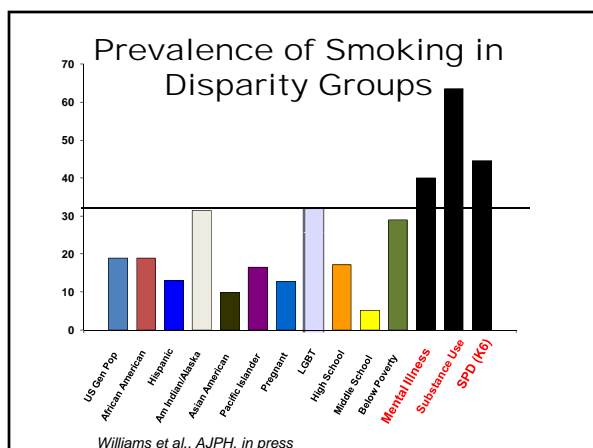




Smokers with Behavioral Health Comorbidity are a Tobacco Use Disparity Group

Differences in tobacco use/ nicotine dependence	✓
Differences in tobacco initiation/ progression	✓
Differences in cessation rates	✓
Disproportionate health burden	✓
Disproportionate tobacco purchasing/economic burden	✓
Targeted marketing by the tobacco industry	✓
Reduced access to treatment/ resources	✓

Williams et al., AJPH, in press

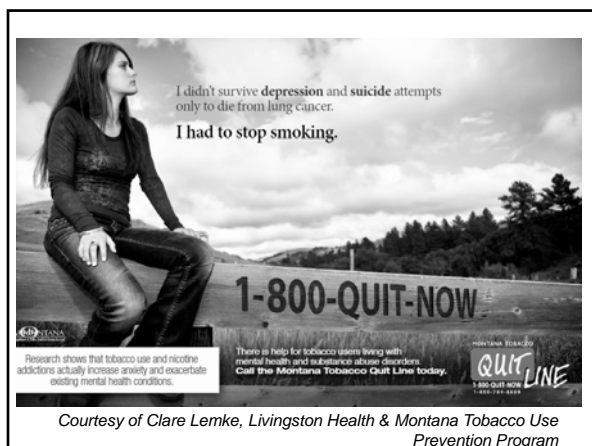


Why Designate Disparity?

- ↑ Access to scientific funding
- ↑ Access to treatment resources
- Problem will worsen over time
- Disparities demand change- paradigm shift

The combined effects of programs universally available to everyone and programs **targeted to communities with special needs** are essential to reduce disparities.

Williams et al., AJPH, in press



Next Steps

- Reductions in Women's Smoking will Require a Improved Understanding and Awareness of Mental Health Issues
- Smokers with Mental Illness or Addictions Comorbidity Should be Designated a Tobacco Use Disparity Group