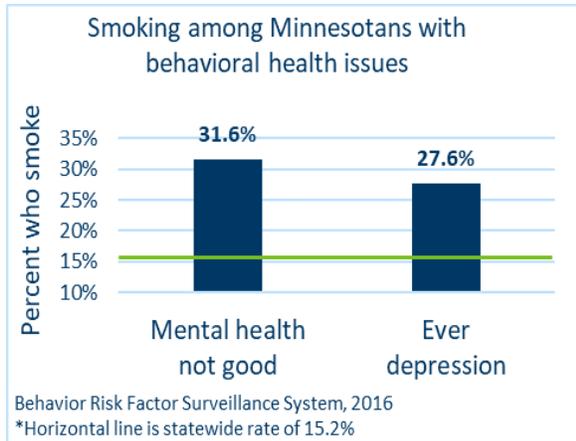


Mental Well-Being: Nicotine Use and Behavioral Health

Nicotine use seems to be in many headlines recently, from the *StarTribune* reporting that “FDA moves to snuff teen vaping”, or Minnesota Department of Health reporting that “Survey shows Minnesota youth tobacco use rising for the first time in 17 years”, to some cities going flavor product free or even tobacco 21.



Much of the focus has been on teens or adolescents; however we must not forget that smoking rates among those that have behavioral health concerns are disproportional to the state of Minnesota average smoking rate. According Minnesota Department of Health, the average rate of smoking across the overall state is roughly 15%. When it comes to those with behavioral health concerns, specifically if they have self-identified as their “mental health (being) not good” or as “ever depression”, they are smoking at rates of 31% and 27% respectively. This puts individuals who have behavioral health issues, at a greater likelihood to be smokers, which in turn leads to consequences in physical health.

According to the Minnesota Department of Health, “Minnesota adults with serious mental illness and a tobacco-related disease die approximately 32 years sooner”. With this statistic, and the increase availability of E-Cigarettes, it may leave those with behavioral health concerns, wondering what they can do, or what someone may be able to do for a loved one who is struggling with tobacco or nicotine addiction.



Thankfully, in Minnesota, we have services that can assist with managing and reducing an individual’s need for tobacco or nicotine. If you are a resident of Minnesota, there is free help with quitting that is available through www.quitplan.com. This services includes coaching, quitting guides, and starter kits with patches or lozenges to start residents on the path of reducing nicotine dependence. Along with this service many insurance providers will be able to offer aid when it comes to quitting or reducing tobacco use. With much of the discussion nationally being about adolescent use of nicotine, we must not forget those that have behavioral concerns are affected are great rates and can benefit from the services that available.

Source:

<http://www.health.state.mn.us/divs/hpcd/tpc/topics/behavioral.html>



I'm no Quitter!!

Not ready to kick your tobacco habit yet? That's ok! Come to the Health Integration Program's **Healthy Living for tobacco users Group**. As a group, we will work together to support one another, gain knowledge, and learn more about a healthier lifestyle **without** any pressure to quit. Group starts Wednesday January 2, we hope to see you there.

- **FREE!!**
- **INCENTIVES!**

WHEN: Every Wednesday 1:00 – 2:00

WHERE: Building “B” CMMHC main campus
1321 13th St N St. Cloud

Call 320.257.4222 for more information

“Giving up tobacco is the easiest thing in the world. I know because I've done it 1,000 times.” – Mark Twain