

Tobacco and Mental Illness Project



- y Initiated in 1998, currently in phase 4
- y Funded by Tobacco Control Unit, DASSA
- y Managed by Mental Health, CNAHS
- y Working in partnership with Quit SA and Tobacco Control Unit

Addressing 3 Key Areas



1. Awareness Raising
2. Policy and Practice Change
3. Smoking Cessation Programs

How many people with mental illness smoke?



- z 40-70% of people with mental illness.
- z Up to 80% of people with schizophrenia. McNeill 2001

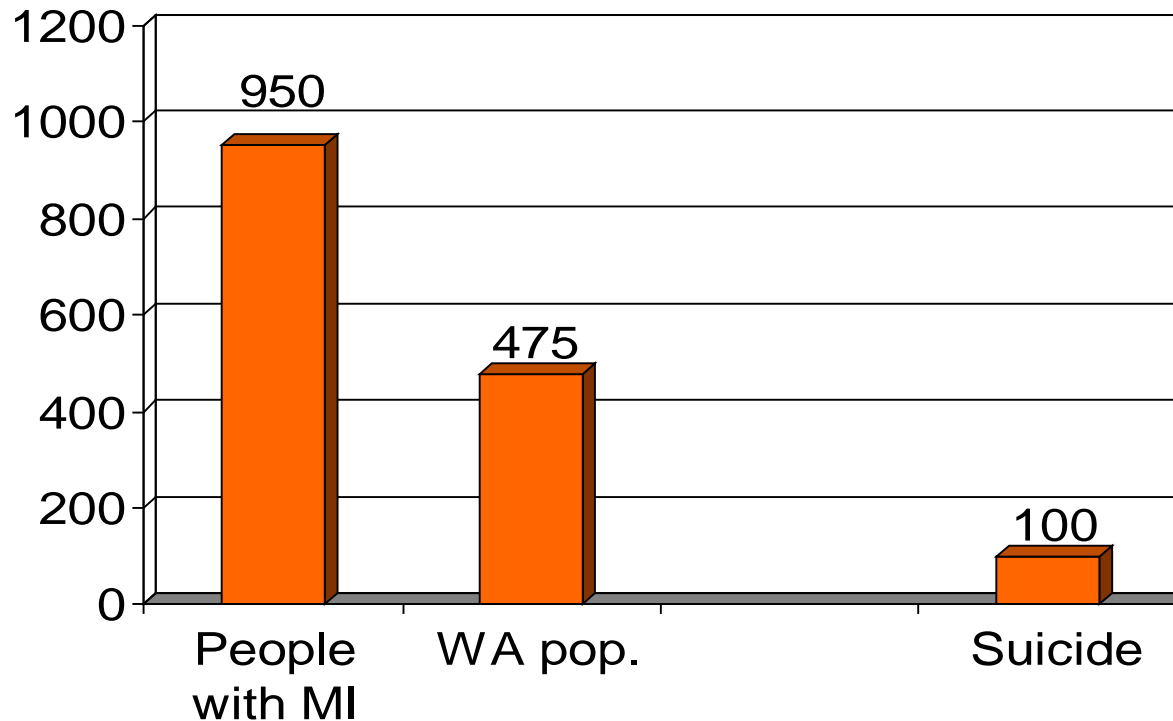
- z 53.5% of those on a DSP for psychiatric illness, SA Health Omnibus SA

What are the effects for people with mental illness?



- z Higher cardiovascular disease
- z Higher respiratory disorders
- z Poverty
- z Increased medication
- z Restricted access to community activities
- z Stigma

The Busselton Health Study



Deaths per 100,000 per year from smoking related illness ie. cancer, heart attack, other heart disease, stroke, other circulatory diseases, respiratory diseases.

-Tobacco smoking identified as a major risk factor.


Community Costs of Tobacco



- z** \$21 billion in health care, business and other social costs in 12 months,
 - over 60% of total costs of drug abuse in Australia.
- z** Tobacco kills more than 19,000 Australians each year,
 - 80% of all drug related deaths.
- z** 140,000 hospital separations each year,
 - nearly 10 times that of illicit drugs.

Collins and Lapsley (2002)

How many smokers have mental illness?



- z Studies suggest that between 20-40% of tobacco smokers also have mental health problems.
- z -in Aust. 35% of smokers between 18-39 years Jorm, 1999
- z -in Victoria, 23% of people ringing the Quitline report as having a mental illness Kee 2003
- z 44.6% of all cigarettes are smoked by people with mental illness in the US. Lasser et al

What do people with mental illness need to address tobacco??



Z THE 5 A'S

- y** Ask -about tobacco use
- y** Assess -readiness to change
- y** Advise -smokers about the health effects and encourage them to consider addressing it
- y** Assist -to get information and support
- y** Arrange -follow up

Be Smoke Free!! Programs



- z Since 1998, 30 courses, 350 participants
- z 10 week courses, with 15 sessions
- z Within Govt and Non-Govt services
- z Peer workers involved
- z Included NRT, healthy snacks, support, information, extra support for individuals, linking with Quitline, phone support, follow up and evaluation.

Are we making a difference??



20 courses were completed in SA in 2003-2005,
-223 participants attending at least 3 sessions.

x-80% psychotic illness

x-32 cigarettes (average no. smoked per day)

x-23 years (average years smoking)

x-71% high nicotine dependency (Fagerstrom Rating Scale)

z Course ran over 10 weeks 2 sessions per week for 5 weeks followed by
1 session per week for 5 weeks

z Attendance rate at first 10 sessions or core sessions was 73.7%

Smoking Status:



At Week 10:

- y 28.2% of participants were not smoking
- y 76.1% had reduced by at least 20%

At 12 months:

- y 14% of participants were not smoking
- y 33.1% had stopped for 30 or more days

At 3 months:

77% of the smokers said they really wanted to quit and were going to try again within the next 12 months.

Comments



- z "I've bought a microwave, a new mat, I'm saving to visit relatives in England and my Dr. is thrilled"
- z "Thankyou, with all my heart, which is now working better"
- z "I remember having a lasagne after I had quit, I couldn't believe how good it tasted"

Comments



- z "Quitting helped me to know that I can take positive steps in all areas of my life."
- z "When I quit, my psychiatrist asked me how I did it so I told him and last time I saw him he hadn't had a smoke for 3 weeks."

Contact details:



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