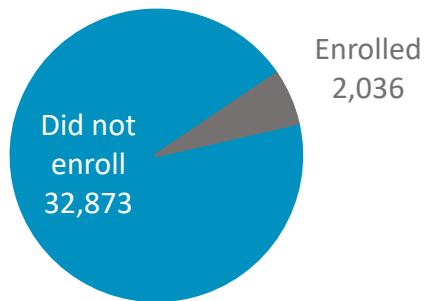


# Tobacco Users with a Behavioral Health Condition

Nearly one in three (29.8%) South Dakota adults with a behavioral health condition (BHC) use tobacco. Due to higher rates of tobacco use, adults with a BHC die five years earlier than those without a BHC from tobacco-related diseases such as heart disease, cancer and lung disease.

Only 5.8% of SD adult tobacco users with a BHC enrolled into SD QuitLine services in 2019.



Most SD QuitLine participants with a BHC enrolled by phone. Just 2.4% were referred by a healthcare professional in 2019.



**76.4%**  
enrolled by  
phone



**2.4%**  
were referred by a  
healthcare provider



**21.2%**  
enrolled on  
the website

The SD QuitLine offers a variety of options for quitting.  
Among adults with a BHC, the phone service was the most popular option in 2019.



**1,679**  
Enrollees

**PHONE SERVICE**  
Up to 12 phone coaching sessions, up to 12 weeks of Nicotine Replacement Therapy (NRT), Zyban or Chantix, and a Quit Guide



**353**  
Enrollees

**KICKSTART KIT**  
A two or four-week supply of NRT with a Quit Guide



**4**  
Enrollees

**QUIT GUIDE**  
A self-directed cessation workbook available through online order

Adults with a BHC had a quit rate of 34.3%. This is lower than the quit rate of SD QuitLine participants without a BHC, and higher than the quit rate across national quitlines.

Quit Rate among Adults with BHC*	<b>34.3%</b>
Quit Rate among Adults <u>without</u> BHC*	<b>41.6%</b>
National Quit Rate	<b>31.5%</b>

\*Combined 2018 & 2019 data used for quit rate calculation.

To enroll visit  
**[www.SDQuitLine.com/enroll](http://www.SDQuitLine.com/enroll)**  
or call **1-866-SDQuits!**

Tobacco use prevalence among adults with a BHC was calculated using the US Census Bureau 2019 American Community Survey adult population estimates (<https://data.census.gov/tables/S0101>): 669,390, rate of any mental illness among SD adults of 17.5% from the Kaiser Family Foundation ([www.kff.org/statedata/mental-health-and-substance-use-state-fact-sheets/south-Dakota](http://www.kff.org/statedata/mental-health-and-substance-use-state-fact-sheets/south-Dakota)), and adult tobacco use rate of 29.8% among adults who report receiving treatment from a professional for a mental health or emotional problem (2015-2019 SD Behavioral Risk Factor Surveillance Survey data, combined cigarette and spit tobacco rate per Mark Gildemaster, Director, Office of Health Statistics, <https://doh.sd.gov/statistics>.) National quit rate from the North American Quitline Consortium 2019 Annual Survey of Quitlines at <https://www.naquitline.org/page/2019survey>.

This report was produced in the Population Health Evaluation Center at South Dakota State University through a cooperative agreement with the SD Department of Health. Additional information on the SD QuitLine service is available from the Tobacco Control Program at (605) 773-3737.