

Smoking can be especially harmful for people with learning differences.



- Did you know that **1 out of 4** of adults in the U.S. have a disability?
- Out of those, some **have an intellectual or developmental disability (IDD)**. IDD is also called a learning difference.
 - Currently, about **half of adults** with these learning differences smoke. This is more than the **1 out of 7** adults who don't have disabilities.
- What are some reasons that **adults with learning differences smoke**?
 - It's because they often have **difficulties finding good jobs**, which means they have lower incomes. This can make them feel stressed, which might lead them to smoke.

Adults with an IDD have a greater risk of smoking.



Adults between 18 and 49 with disabilities **smoke twice as much** as those without disabilities.



About a third of adults with **physical disabilities smoke**.



Close to half of adults **with learning differences smoke**.



A bit more than a third of adults **who can't live on their own smoke**.



- **Smoking is the #1 cause of death and disability in the US that can be prevented. People with learning differences have a harder time quitting; they also:**
 - Need to go to the hospital more often.
 - Have more emergencies because smoking worsens other sicknesses.
 - Die more often from diseases caused by smoking like heart and lung problems.
- **Smoking can cause more health issues for people with learning differences. Smoking can also make their delays worse:**
 - Like trouble reading, talking, doing physical exercise, managing their weight, dental/oral hygiene, and remembering things.



Fact or Fiction?

- **Is it true that people with these disabilities don't want to quit smoking because it worsens their psychiatric health?**
 - **FICTION** – No, that's not true. People with learning differences want to quit but don't always get the help they need from doctors.
- **Do smokers with disabilities get less help from doctors and counselors to quit smoking than non-disabled smokers?**
 - **FACT** – Yes, that's true. Doctors and counselors should provide more regular care and make sure that they use clear language that their disabled patients can understand.
- **Does quitting smoking improve the lives of people with disabilities?**
 - **FACT** – Yes, it does. Just as with anyone else, quitting smoking means having fewer health problems. Quitting smoking gives you a better quality of life.

How to seek help:

- If you want to quit smoking, it's important to ask your doctor or counselor to talk to you clearly and simply. Think about how you'll get to your appointments and how much counseling might cost you.
- Ask your doctor or counselor for help quitting.
- Call 1-800-Quit-Now (1-800-784-8669) for free help.
- Explore the resources at:
 - <https://smokefree.gov/>
 - <http://www.thearc.org/>