

Smoking and Vaping Among People with Disabilities



September 2026

People with Disabilities and Health

Everyone should have the chance to be healthy. This is true for people with disabilities too. But people with disabilities can have more health problems than people without disabilities. This is because they face more health risks and sometimes can't get the care they need.³ People with disabilities may also do things like smoke that hurt their health.^{3,4}

In Indiana, about **3 out of 10 adults** say they have a disability.¹

32%

of Indiana adults say they have a disability.

Why do Some People with Disabilities Smoke or Vape?

People with a disability are more likely to smoke or vape than people without a disability. There are many reasons why people with a disability are more likely to smoke or vape.^{3,4}

People with a disability deal with hard things, like discrimination or going to the doctor a lot. It can be hard for people with disabilities to work or pay their bills. It can be hard to see friends or play sports. This can cause mental health issues like stress, anxiety, and depression.



Some people smoke or vape to try to feel better. But smoking and vaping hurts your mental health.^{3,5}

People with Disabilities and Smoking

Adults with disabilities are **more likely to smoke cigarettes** than adults without disabilities.^{1,2}

In Indiana, adults with a disability are **twice as likely to smoke cigarettes**.¹

This is also true across the United States.²

20%

of Indiana adults with a disability smoke cigarettes.

10%

of Indiana adults without a disability smoke cigarettes.

About **1 in 5** (20%) of adults **with a disability** smoke cigarettes in Indiana.¹

About **1 in 10** (10%) of adults **without a disability** smoke cigarettes in Indiana.¹

Smoking is **more common among people with some types of disabilities**. In Indiana, smoking is highest among people with these types of disabilities:¹



- People who have trouble **dressing or bathing**.
- People who are **blind** or have lots of trouble seeing.
- People who have a lot of trouble **focusing, remembering things, or making decisions**.
- People who have trouble **running errands alone**.

People with Disabilities and Vaping

Adults with disabilities are **more likely to vape** than adults without disabilities.^{1,2}

In the United States, **adults with a disability** are **twice as likely to vape** as **adults without a disability**.²

In Indiana, vaping is also **common** among **adults with disabilities**. Vaping is also common among **adults without a disability** in Indiana.¹

8% of adults with a disability vape in the United States

4% of adults without a disability vape in the United States

11% of adults with a disability vape in Indiana

8% of adults without a disability vape in Indiana

In Indiana, vaping is highest among adults with **these types of disabilities**:¹

- People who have a lot of trouble **focusing, remembering things, or making decisions.**
- People who have trouble **running errands alone.**

People with Disabilities and Quitting Smoking or Vaping

Quitting is possible and help is available. Quitting is good for your health. You will likely live longer. Quitting helps you breathe better. Quitting can help you run and play sports. Quitting can help your mood.

People with disabilities who want to quit can:

- **Talk to a doctor.**
- **Ask a doctor about a medicine that can help you quit.**
- **Get support from friends, family, and caregivers.**
- **Call 1-800-QUIT-NOW**

Quit Tips from Tony: A Hoosier with a Disability

- **Get involved** in your community through Special Olympics, Best Buddies, The Arc of Indiana, or employment.
- **Spend time with friends** so you aren't lonely.
- **Move your body.**
- **Get support online** through Quit Now Indiana, eBuddies, Buddy Up Network, or MyQuillo.

Quit Now Indiana helps people quit for free. Some people get free medicine to help them quit. People can get help over the phone, through text or on the computer.

The website is accessible to people who have trouble seeing. People who have trouble hearing can call **1-877-777-6534** for the TTY line.

People with disabilities who want to quit can call **1-800-784-8669** or visit **QuitNowIndiana.com**.

What to Expect: They will ask question about you, like your name, age, and how much you smoke or vape. They will give you advice and help you make a plan to quit. They won't judge you or ask for money. They will schedule a time to call you again to help.

For additional information on Indiana Tobacco Prevention and Cessation: in.gov/health/tpc



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1. 2024 Indiana Behavioral Risk Factor Surveillance System (BRFSS).
2. 2024 U.S. Behavioral Risk Factor Surveillance System (BRFSS).
3. Centers for Disease Control and Prevention. Disability and Health Overview. 2025. Available at <https://www.cdc.gov/disability-and-health/about/index.html>
4. Centers for Disease Control and Prevention. Cigarette Smoking among Adults with Disabilities. 2025. Available at <https://www.cdc.gov/disability-and-health/conditions/cigarette-smoking.html>
5. Centers for Disease Control and Prevention. The Mental Health of People with Disabilities. 2025. Available at <https://www.cdc.gov/disability-and-health/articles-documents/mental-health-of-people-with-disabilities.html>