

Diabetes & Tobacco

FACT SHEET



Diabetes

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.¹ Diabetes damages the vascular system. When people with diabetes smoke, the risks of developing cardiovascular diseases rises dramatically.² In Maine the smoking rate among people with diabetes has declined from 20.5% in 2002 to 16.5% in 2007.³

National Facts and Trends

- Diabetes now affects nearly 24 million people in the United States, an increase of more than 3 million in approximately two years, according to 2007 prevalence data estimates by the Centers for Disease Control and Prevention (CDC).
- 7.8% of the United States population has diabetes.¹
- Overall, the risk of death among people with diabetes is about twice that of people without diabetes of similar age.¹
- An estimated 5.7 million people in the U.S. have undiagnosed diabetes.¹
- An estimated 20.8% of all adults (45.3 million people) in the United States said they are current smokers.³
- 25.9% of the adult population in the U.S. had pre-diabetes in 2007 or at least 57 million adults.¹
- Men and women who smoke are at approximately 50% greater risk of developing diabetes compared to men and women who do not smoke.⁴

Maine Facts and Trends

- Recent survey data estimate that 7.8% of the adult population (82,709 adults) in Maine is reported to have been diagnosed with diabetes.³
- Of adults in Maine with diabetes, 16.5% have said they are current smokers. Of non-diabetic adults, 20.2% are smokers.¹
- 17% of those 65 years and older have diabetes, suggesting that Maine will likely face a continued increase in diabetes, considering the state's increasing older population.
- Diabetes-related, age-adjusted hospitalization increased from 126 to 135 per 10,000 population between 1994 and 2005.²
- 1 in 4 adults hospitalized for Cardiovascular Disease (CVD) also had diabetes.²

The Story Behind the Facts: Why this Information Is Important

- Diabetes is the 7th leading cause of death in the U.S.¹
- Smokers with diabetes are 11 times more likely to die of a heart attack or stroke.^{5,6}
- In 2007, the estimated total cost of diabetes in the United States was \$174 billion.¹
- Smoking raises your blood sugar levels and cuts your body's ability to use insulin. Smoking one cigarette reduces the body's ability to use insulin by 15%.^{5,6}
- People with diabetes are three times as likely to die of cardiovascular diseases. Smoking and diabetes together make you 11 times more likely to die of a heart attack or stroke.^{5,6}
- People with diabetes who smoke are twice as likely to have circulation and wound healing problems. These problems can lead to leg and foot infections, sometimes requiring amputation.^{5,6}
- Diabetes is the most common cause of kidney failure, accounting for nearly 44 percent of new cases.⁷ Medications that successfully prevent kidney failure in most nonsmoking diabetics (ACE Inhibitors) may not help tobacco users with diabetes.⁸
- Smokers with diabetes are more likely to suffer the complications of diabetes:^{5,6}
 - o Nerve damage (neuropathy)
 - o Kidney damage (nephropathy)
 - o Vision loss or blindness
 - o Dental disease, bleeding gums, and ulcers
 - o Circulation problems, wound healing problems, which may lead to amputation
 - o Muscle and joint pain
 - o Impotence

References:

- ¹ National Diabetes Fact Sheet 2007. http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf
- ² Health Fact Sheet: Diabetes in Maine 2009. <http://www.maine.gov/dhhs/bohdcflh/sources/Factsheet.pdf>
- ³ Behavioral Risk Factor Surveillance System, Maine crude rate 2007 survey: Centers for Disease Control and Prevention.
- ⁴ Willi, C., Bodenmann, P., Ghali, W.A., Faris, P. & Cornuz, J. (2007). Active Smoking and the Risk of Type 2 Diabetes. *The Journal of the American Medical Association*, 298(22), 2654-2664.
- ⁵ Rhode Island Department of Health, August 2003. <http://www.health.ri.gov/disease/diabetes/diabetes-smoking.pdf>
- ⁶ American Diabetes Association. <http://www.diabetes.org/diabetes-statistics/prevalence.jsp>
- ⁷ United States Renal Data System. USRDS 2007 Annual Data Report. Bethesda, MD: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, U.S. Department of Health and Human Services; 2007.
- ⁸ Chuahirun, T., Khanna, A., Kimball, K. & Wesson, D.E. (2003). Cigarette smoking and increased urine albumin excretion are interrelated predictors of nephropathy progression in type 2 diabetes. *American Journal of Kidney Disorders*, 41(1), 13-21.



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