

Indiana: Diabetes and Smoking

Smoking can aggravate health conditions that people with diabetes already face. Adults with diabetes are significantly less likely to report current smoking than adults without diabetes (24.7%). Smoking increases cholesterol and blood pressure, which lead to an increased risk of heart complications. Individuals who smoke have less energy, due to a variety of factors including an increase of carbon monoxide, which takes oxygen out of their blood. With limited oxygen in one's blood, an individual can also develop respiratory problems. Energy and a healthy respiratory system are needed for individuals with diabetes to stay physically active. Sensory impairment also results from using tobacco, which impacts an individual's ability to enjoy life. Blurred vision, blindness, and cataracts can result from diabetic eyes that are not treated. The risk for these conditions are also increased by using tobacco.

Heart Health

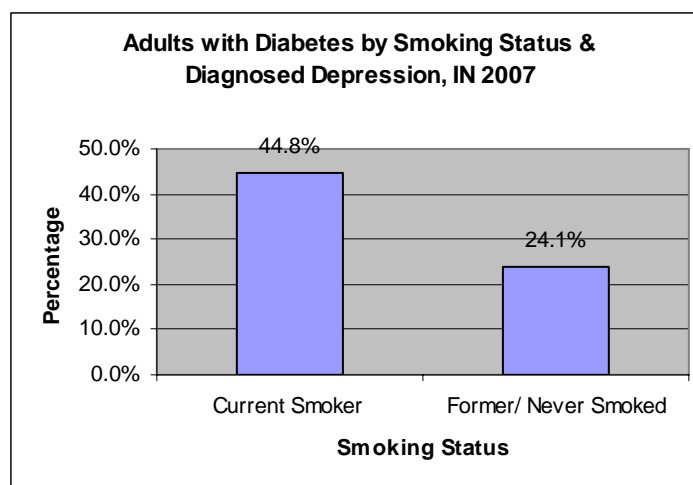
- In 2007, the combined prevalence for current and former smokers experienced more coronary heart disease (9.7%) than those who had never smoked (3.4%).
- Smoking diminishes the amount of oxygen reaching tissues, which can lead to a heart attack, stroke, vascular disease, miscarriage, stillbirth, or other birth defects.
- Smoking increases cholesterol levels and the levels of other fats in the blood, which increases the risk of a heart attack.
- Smoking triples the risk of dying from cardiovascular disease in those with diabetes who smoke compared to those with diabetes who do not smoke.

Nerve Damage

- Smoking damages and constricts the blood vessels, which leads to vascular disease.
- Smoking increases the risk of nerve damage, which can lead to kidney, leg, feet and eye complications.

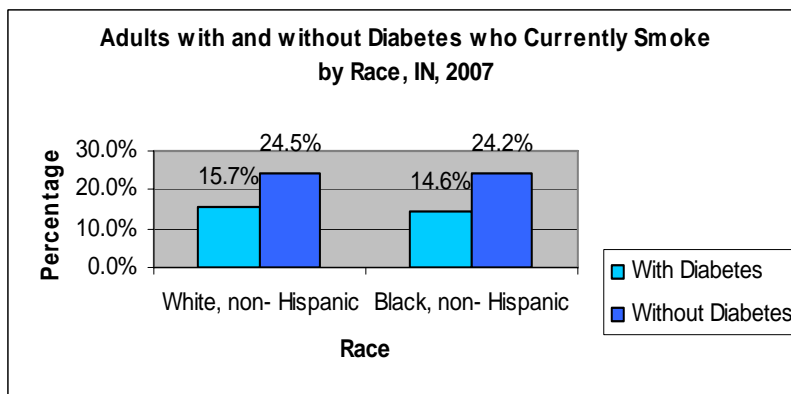
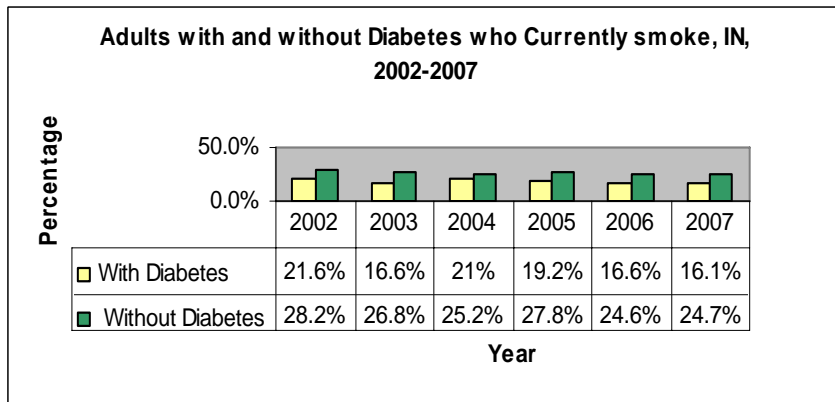
Other Health Conditions

- Smoking raises the blood sugar level, making it harder to control diabetes.
- Smoking can lead to more frequent colds and respiratory infections, which may result in COPD and/or emphysema.
- Smoking increases the risk for limited joint mobility.
- Smoking can cause cancer of the mouth, throat, lung, breast, bladder, and more.
- Those adults with diabetes who currently smoke have the highest percentage of depression in 2007 (44.8%) compared to former and never smokers (24.1%).



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- In 2007, 16.1% of Indiana adults with diabetes were current smokers.
- 17.4% of those adult females with diabetes are smokers, compared to 14.8% males.



- Adults without diabetes were more likely to smoke and those with diabetes.
- The proportion of Blacks who smoke is similar to that for Whites among those with and without diabetes.

- Adults with diabetes were more likely to smoke (25.5%) if their annual income was below \$15,000.
- Adults with diabetes were less likely to smoke (7.7%) if they held college degrees.

