

# Diabetes and Tobacco

## FACT SHEET



## Diabetes

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Diabetes is a chronic disease marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. If left untreated, diabetes can lead to serious complications and premature death. Diabetes is the 7th leading cause of death in Maine<sup>1</sup> and the U.S.<sup>2</sup> Cigarette smoking increases the risk of type II diabetes. People with diabetes who smoke dramatically increase their risk of cardiovascular disease and other diabetes complications.<sup>3</sup> In Maine, the smoking rate among people with diabetes declined from 20.5% in 2002 to 16.6% in 2010.<sup>4</sup>

## National Facts and Trends

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- Diabetes now affects nearly 26 million people in the U.S. and about 7 million have undiagnosed diabetes.<sup>2</sup>
- In the U.S. in 2010, 8.3% of the population had diabetes.<sup>2</sup>
- In 2007, the estimated total cost of diabetes in the U.S. was \$174 billion.<sup>2</sup>

## Maine Facts and Trends

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- Survey data from 2010 estimate that 8.7% of the adult population (approximately 88,000 adults) in Maine has been diagnosed with diabetes.<sup>4</sup>
- In 2010, the prevalence of smoking among Maine adults with diabetes (16.6%) was similar to those without diabetes (18.4%).<sup>4</sup>
- Diabetes-related hospitalization rates in Maine increased steadily from 130.9 per 10,000 in 1993 to 163.8 in 2004. Since then, rates have decreased significantly to 155.6 per 10,000 population in 2009. While the 2009 rate is significantly lower than the 2004 rate, it still significantly higher than the 1993 rate (130.9 per 10,000 population).<sup>5</sup>
- Of the approximately 22,000 hospitalizations for major cardiovascular diseases in Maine during 2009, one in four (approximately 5,500) was diabetes-related.<sup>5</sup>
- Since 2002, diabetes-related death rates have declined faster in Maine than the U.S. As a result, Maine's diabetes-related death rate has been lower than that of the U.S. since 2006. In 2008, Maine's diabetes-related death rate (65.1 per 100,000 population)<sup>1</sup> was significantly lower than that of the U.S. (72.2 per 100,000 population).<sup>1</sup>

# The Story Behind the Facts: Why Is this Information Important?

- The U.S. Surgeon General states that, “tobacco use remains the single largest preventable cause of death and disease both for men and women.”<sup>3</sup>
- Smoking impairs the body’s ability to use insulin and smokers with diabetes have a harder time keeping their blood glucose levels under control.<sup>3</sup>
- People with diabetes who smoke are at a greater risk for developing complications due to diabetes such as:<sup>3</sup>
  - Cardiovascular disease (heart disease and stroke)
  - Kidney damage (nephropathy)
  - Eye damage (retinopathy)
  - Nerve damage (neuropathy)
- Within 5 years of quitting, smokers can reduce their risk of developing diabetes.<sup>3</sup>

## References

<sup>1</sup> Maine Center for Disease Control and Prevention. *Maine Vital Records Data (Birth and Death Certificates)*. Analyzed by University of Southern Maine, Department of Applied Medical Sciences: Augusta, ME. 2012.

<sup>2</sup> Centers for Disease Control and Prevention. *National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011. Accessed at <http://www.cdc.gov/diabetes/pubs/factsheet11.htm> on 11th Aug 2012.

<sup>3</sup> U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion; Office on Smoking and Health; 2010.

<sup>4</sup> Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010. Analyzed by University of Southern Maine, Department of Applied Medical Sciences: Augusta, ME. 2012.

<sup>5</sup> Maine Health Data Organization. *Maine Hospital Discharge Data (Inpatient and Outpatient/ Emergency Department)*. Analyzed by University of Southern Maine, Department of Applied Medical Sciences: Augusta, ME. 2012.

<sup>6</sup> Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2009. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2009. Accessed at <http://wonder.cdc.gov/cmfi-icd10.html> on Aug 10, 2012.



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