2013 Diabetes and Smoking Data Summary

Smoking may increase the risk of diabetes\(^1,2\) and diabetes complications, including cardiovascular disease-related mortality\(^3,6\), coronary artery disease\(^6\), stroke\(^7\), nephropathy\(^8\), neuropathy\(^9\), and retinopathy\(^10\). Diabetics who smoke have an increased prevalence of peripheral artery disease, which can lead to lower extremity amputations.\(^11\)

Smoking among diabetics decreases blood glucose control and increases insulin resistance.\(^12-14\) Additionally, tobacco use increases hemoglobin A1C levels, an indicator of chronically-elevated blood glucose.\(^15\)

SMOKING AMONG ADULT GEORGIA DIABETICS

Healthy People 2020 has the objective of reducing the national prevalence of current cigarette smokers to 12.0%.\(^16\) In 2011, of the approximately 10.2% (734,200 persons) of Georgia adults that had been diagnosed with diabetes, \textbf{16.8% (123,000 persons) were current smokers}. (Table 1)

<table>
<thead>
<tr>
<th>Smoking Status</th>
<th>Percent (% (95% CI))</th>
<th>Estimated Number of Diabetics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Smoker</td>
<td>16.8 (14.1, 20.0)</td>
<td>123,000</td>
</tr>
<tr>
<td>Former Smoker</td>
<td>34.6 (31.2, 38.2)</td>
<td>253,400</td>
</tr>
<tr>
<td>Never Smoked</td>
<td>48.6 (45.0, 52.2)</td>
<td>355,600</td>
</tr>
</tbody>
</table>

**Time Trend**

- Although the prevalence of adult Georgia diabetics who currently smoke had significant fluctuations between 2000 and 2010, the difference in the prevalence of adult Georgia diabetics currently smoking in 2010 was not significantly different than the smoking prevalence in 2000.
Geography

The following Public Health Districts had the highest prevalence of adult diabetics who currently smoked cigarettes in 2011 (Map 1):
- 4 (LaGrange) at 24.2%, or 14,300 persons
- 9-2 (Waycross) at 23.3%, or 12,300 persons
- 1-2 (Dalton) at 22.5%, or 7,800 persons
- 7 (Columbus) at 21.6%, or 7,500 persons
- 9-1 (Savannah) at 21.3%, or 9,000 persons

The following Public Health Districts had the lowest prevalence of adult diabetics who currently smoked cigarettes in 2011 (Map 1):
- 10 (Athens) at 5.8%, or 2,000 persons
- 2 (Gainesville) at 9.5%, or 4,700 persons
- 3-2 (Fulton) at 9.7%, or 4,000 persons
- 5-2 (Macon) at 9.7%, or 4,200 persons
- 3-1 (Cobb-Douglas) at 10.9%, or 4,300 persons

Demographics

- There were no significant differences in the prevalence of smoking among adult Georgia diabetics by gender or race/ethnicity. (Figure 2)
- Adult diabetics that were 18-44 years old (26%; 29,900 persons) or 45-64 (20%; 69,000 persons) years old had 3 and 2.3 times the prevalence of currently smoking than adult diabetics 65 years of age or older, respectively.
Adult diabetics that had not graduated from high school (23%; 45,900 persons) had a 95% greater prevalence of smoking than diabetics that had some college or more (12%; 202,100 persons). (Figure 3)

Adult diabetics with annual incomes less than $25,000 (23%; 74,200 persons) and incomes of $25,000-$50,000 (17%; 29,300 persons) had a 144% and 84% greater prevalence of smoking, respectively, than diabetics with annual incomes greater than $50,000 (9%; 12,100 persons).

Adult diabetics that were employed (18%; 37,600 persons) did not have a significantly different prevalence of smoking than diabetics who were out of work (13%; 5,100 persons), unable to work (28%; 49,700 persons), or with other (10%; 29,600 persons) employment statuses.

There was not a significant difference in the prevalence of smoking among adult Georgia diabetics by insurance status.

REFERENCES
11 Norman PE. “Peripheral Arterial Disease and Risk of Cardiac Death in Type 2 Diabetes: The Fremantle Diabetes Study.” Diabetes Care 29(3): 575-580.