

Tobacco Users with Diabetes

Estimated adult tobacco users in SD

15,408







Diabetes*



199

Average number of SD QuitLine phone coaching participants per year who report ever having diabetes

HEALTH IMPACT**

-  Tobacco use causes or worsens diabetes and diminishes overall health.
-  Smoking cigarettes increases your risk of developing type 2 diabetes.
-  The high levels of nicotine from smoking cigarettes can make the cells in your body less responsive to insulin, which makes your blood sugar levels higher.
-  People who smoke are 30 to 40 percent more likely to develop type 2 diabetes than people who don't smoke.
- In fact, the more cigarettes you smoke, the higher your risk for type 2 diabetes.
-  Smoking cigarettes makes managing diabetes more difficult. People with diabetes are especially affected by tobacco smoke.
-  An estimated 9,000 people in the U.S. die each year from diabetes caused by cigarette smoking.

Demographics

Mean Age



54.9 years old

Race



80% White
14% American Indian
6% Other

Gender



Female 60%
Male 40%

Tobacco Use



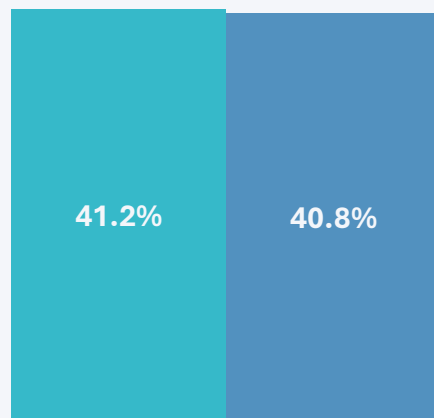
90.9% Cigarette use
8.6% E-cigarette use
10.3% Other types of tobacco use

Insurance Type



19% Medicaid

Quit Rate



■ Tobacco Users with Diabetes
■ Tobacco Users without Diabetes

Tobacco Users with Diabetes

What can you do?

Make a Referral to SD QuitLine Free Cessation Services

- Refer via Fax or Electronic Health Record
- Refer your patient online
- Provide a brochure



<https://quittobaccosd.com/quit-tobacco/healthcare-providers/referral-options>

SD QuitLine Free Service Options

Phone Coaching

- Weekly coaching sessions
- As many as 12 weeks of prescription cessation medication or Nicotine Replacement Therapy (NRT)

Kickstart Kit (medication only option)

- As many as 4 weeks of FREE NRT

2QuitSD (Coaching via text message)

- Approximately 8 weeks of personalized texting with limited phone calls
- As many as 8 weeks of FREE NRT

Interactive Quit Guide

- Identify reasons for quitting, learn coping techniques, set a quit date and more.



Who Qualifies for Services

- South Dakota residents
- Must be 13 years or older
- Have used any form of tobacco in the past 30 days (cigarettes, e-cigarettes, smokeless tobacco, chewing tobacco)

**Patients Scan Here to
Enroll in the SD QuitLine**



Visit: www.SDQuitLine.com

Call: 1-866-SDQuits

*Tobacco use prevalence among adults with diabetes was calculated using the US Census Bureau 2023 American Community Survey 5 years adult population estimates: 679,374 (S0101), rate of diabetes among SD adults of 9% (2018-2022 BRFSS), and adult tobacco use rate of 25.2% (2019-2023 SD Behavioral Risk Factor Surveillance Survey data, combined cigarette, smokeless tobacco, and e-cigarette use rate per Mark Gildemaster, Director, Office of Health Statistics.)

**Health Impact data was compiled from U.S. Department of Health and Human Services Food and Drug Administration. How Smoking Can Increase Risk for and Affect Diabetes. Silver Spring, MD: U.S. Food and Drug Administration, 2024. <https://www.fda.gov/tobacco-products/health-effects-tobacco-use/how-smoking-can-increase-risk-and-affect-diabetes> [accessed March 27, 2025.]

This report was produced in the Population Health Evaluation Center at South Dakota State University through a cooperative agreement with the SD Department of Health. Additional information on the SD QuitLine service is available from the Tobacco Control Program at (605) 773-2891.