



SMOKERS HAVE A
30% - 40%
HIGHER RISK OF
DEVELOPING
TYPE 2 DIABETES
THAN
NONSMOKERS.¹



GET IN TOUCH

**Rocky Mountain Tribal Leaders Council
Good Health and Wellness in Indian Country**

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(406) 252 - 2550
www.rmtlc.org/ghwic/



**Montana Tobacco Use Prevention Program
American Indian Tobacco Education**

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DIABETES FACT SHEET

*for
American Indian Commercial
Tobacco Users*

1 in 6 Montana American Indians have Diabetes.²

40% of Montana American Indians Adults smoke cigarettes.²



DIABETES

If you have **diabetes**, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. When there isn't enough insulin or cells **stop responding to insulin**, too much blood sugar stays in your bloodstream.³

SMOKING & DIABETES

Insulin helps blood sugar enter cells, but nicotine changes cells so they don't **respond to insulin**, which increases blood sugar levels. Chemicals in cigarettes harm cells in your body and cause inflammation. This also makes cells stop responding to insulin. People who smoke have a higher risk of belly fat, which increases the risk for type 2 diabetes even if they aren't overweight.⁴

PROTECTIVE FACTORS



Traditional Healing & Health

- Only use tobacco for spiritual or ceremonial reasons.
- Offer traditional tobacco to a healer for help to control blood sugars and quitting commercial tobacco.
- Eat traditional foods or eat healthy while attending pow wows.
- Play Native games with family.



Daily Activity



- Increase your physical activity everyday: go running, walking, Pow Wow dancing, harvesting, and participate in Native Games.
- Decrease consumption of foods that contain high starch, sugar, and carbohydrates.
- Eat lean meat like buffalo or wild game.
- Increase leafy vegetables like spinach into your diet.



Tribal Health

- Reach out to Tribal Health for information on healthy lifestyle choices.
- Ask a medical provider or commercial tobacco Quit Coach on how to use quit medications to have the best chance of quitting commercial tobacco use.



AMERICAN INDIAN
Commercial Tobacco Quit Line
1-855-5AI-QUIT
MTAmericanIndianQuitLine.com



Preserve traditions.
Quit commercial tobacco.

AIQuitline.com
855.5AI.QUIT

Developed from information provided by Montana Tobacco Use Prevention Program (MTUPP) and Montana Department of Public Health and Human Services (MT DPHHS):

1. U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 2014 [accessed 2021 May 21].

2. Behavioral Risk Factor Surveillance System, 2020

3. Centers for Disease Control and Prevention. What is diabetes? | CDC; page last reviewed: June 11, 2020

4. Centers for Disease Control and Prevention. Smoking and Diabetes | Diabetes | CDC; page last reviewed: August 10, 2021