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**Tobacco and Diabetes Educators:
We Can Make a Difference!**

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Washington State Department of

Health

Presentation Overview

- Literature review of tobacco and diabetes
- Role of the Diabetes Educator in tobacco cessation
- How to use the 2A's and R method with your patients
- Resources

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The Burden of Diabetes in WA

- >426,000 people in WA have diabetes
- 99,000 adults have undiagnosed diabetes
- >1.3 million have pre-diabetes
- Diabetes prevalence increased in WA by 75% between 1993 and 2007; 7% of adults have diabetes

2007 Washington State Department of Health Diabetes Prevention and Control Program

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The Burden of Tobacco and Diabetes in WA

- 16.5% of Washingtonians smoke
- 50,000 people with diabetes smoke!
- The rate of smoking among people with diabetes may be higher than the general population

2007 Washington State Department of Health, Tobacco Prevention and Control Program and Diabetes Prevention and Control Program

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Did you know?

- **Cigarette smoking remains the leading preventable cause of death (1 of every 5) in the United States:**
 - **Over 440,000 deaths each year**
 - **5.5 million years of potential life lost each year nationally due to smoking**
 - **50,000 deaths due to second-hand smoke exposure**

CDC Office of Smoking and Health, 2007 Fact Sheet Adult Cigarette Smoking in the US: Current Estimates

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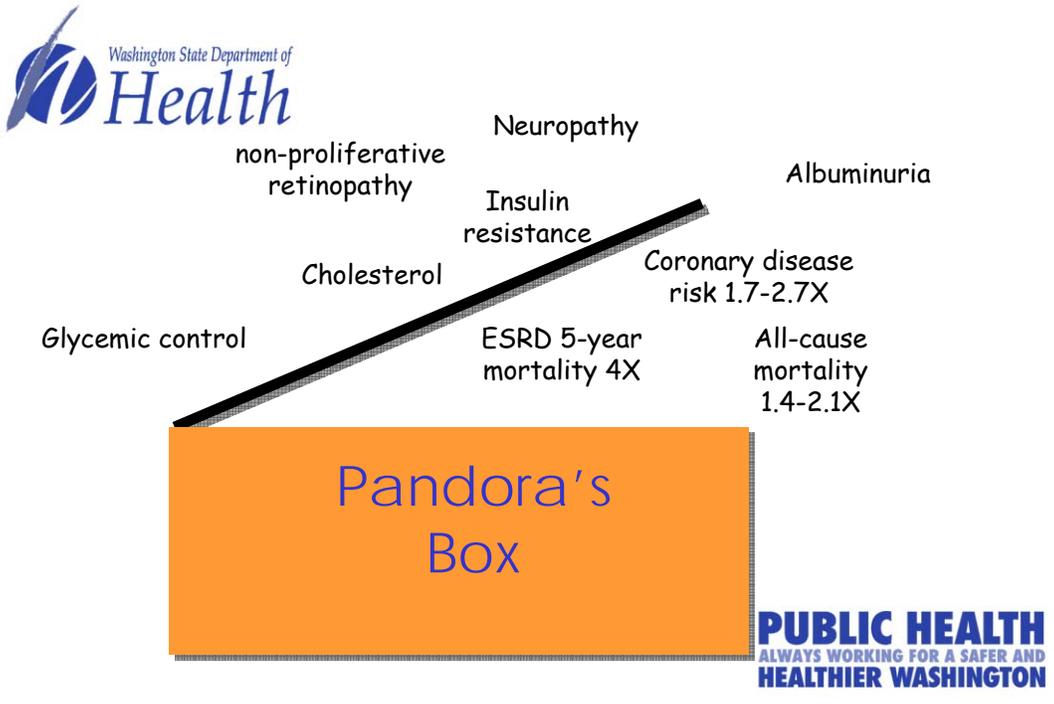


Tobacco and Health

- Causes cancer
- Reduces amount of oxygen reaching tissues, leading to heart attack, stroke, miscarriage, stillbirth
- Increases cholesterol level
- Damages and constricts blood vessels
- Increases blood pressure
- Can cause impotence
- More colds and respiratory infections
- Shortens life 5-10 years (or more)

Treating Tobacco Use and Dependence. Quick Reference Guide For Clinicians.
Rockville, MD: U.S. Department of Health and Human Services.
Public Health Service October 2000

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Washington State Department of Health

Smoking and Diabetes: A Dangerous Combination

- Smoking exacerbates diabetes by:
 - Increasing insulin resistance
 - Deteriorating diabetes control
 - Increasing diabetes-related complications
 - vascular disease, nephropathy, retinopathy, and neuropathy
- Type1 and smoking: 2.6x chance of developing severe hypoglycemia

Diabetes Care; Vol 30 number 6 June 2007; 1437-1441

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Cardiovascular Disease

- Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.
 - *2005 U.S. Department of Health and Human Services CDC National Diabetes Fact Sheet*
- Cigarette smokers are 2 to 4 times more likely to develop coronary heart disease than nonsmokers.
 - *2006 U.S. Department of Health and Human Services. CDC Smoking and Tobacco Use Fact Sheet*

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Did you know?

- **Although the prevalence of smoking has decreased over the last decade in the U.S. one in 6 adults with diabetes still smokes**
 - Diabetes Care 30: 1883-1885, 2007

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Peripheral Vascular Disease

- Smokers are more than 10 times as likely to develop peripheral vascular disease.
2006 U.S. Department of Health and Human Services. CDC Smoking and Tobacco Use Fact Sheet
- More than 60% of non-traumatic lower-limb amputations occur in people with diabetes.
2005 U.S. Department of Health and Human Services CDC National Diabetes Fact Sheet
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
American Diabetes Association
- Of people with diabetes who need amputations, 95% are smokers.
California Smoker's Helpline

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High Cholesterol

- Smoking is associated with increased triglycerides and decreased HDL.
Lancet. 1992 May 9;339(8802):1128-30
- Diabetes is also associated with adverse lipid profile of increased triglycerides and decreased HDL leading to risk for heart attack and stroke.
American Heart Association

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More reasons not to smoke

- Secondhand smoke causes heart attacks and strokes
- Periodontal disease
- Pregnancy and Smoking:
 - low birth weight
 - placental problems
 - stillbirth/miscarriage
 - SIDS
 - preterm labor

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Smoking May Be An Independent Risk Factor for Type 2 Diabetes

JAMA meta-analysis 2007

- 12% of diabetes attributable to smoking
- Despite lower weight in smokers, more central adiposity
- Smoking increases inflammation, oxidative stress, and impairs endothelial function
- Smoking cessation should be a key facet of diabetes prevention and treatment

*Willi et al JAMA 2007;298:2654-64; Ding and Hu editorial 2675-76

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Smoking and Youth

- Majority of adult smokers started by age 18
- Tobacco exposure is associated with metabolic syndrome in adolescents
- 4-fold risk of metabolic syndrome among smoker/exposed to smoke overweight/at risk for overweight teens

Circulation 2005: 112;862-869

Disparities in Diabetes Care: smokers vs. non-smokers?

- Smokers with diabetes less likely to receive recommended diabetes care
- Age/sex/race-matched non-smokers with diabetes
- Smokers unable /unwilling to acknowledge increased risk?
- Bottom line: need to be more active in assessing /educating

Diabetes Care, Vol 30, number 7, June 2007 p 1883-85



Including Tobacco Cessation in Diabetes Education

- Most folks attempt to quit 8-10x before they are successful
- Advice from a clinician (you) can double chances of successful quitting
- You don't have to become a tobacco cessation provider, but you can be a tobacco cessation PROMOTER
- You are in a unique position to be a powerful motivator!

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What can Diabetes Educators do?

- Recognize that tobacco addiction is a chronic condition that needs treatment, monitoring and follow-up
- Keep records; assessment sheet or registry, including notes on quit attempts, counseling

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What can Diabetes Educators do?

- **Help your patients quit smoking by:**
 - **Ask** – every patient, every visit, “*Do you smoke or use tobacco?*”
 - **Advise** – them to quit, “*Make it a priority to quit, it’s important to your health.*”
 - **Refer** – to the Washington Quit Line

800 QUIT NOW

Time Spent: About 30 seconds!

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What can Educators do?

- Ask your patients to set a quit date
- Encourage patients to make a list
 - Of reasons to quit
 - Reasons for smoking
- Learn about and offer referral
- Learn about and offer resources

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It is as simple as:

- Identify smokers
- Advise them to quit
- Refer them to personal telephone quit coach
- You can help save THOUSANDS of lives!

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