

Smoking and Type 2 Diabetes

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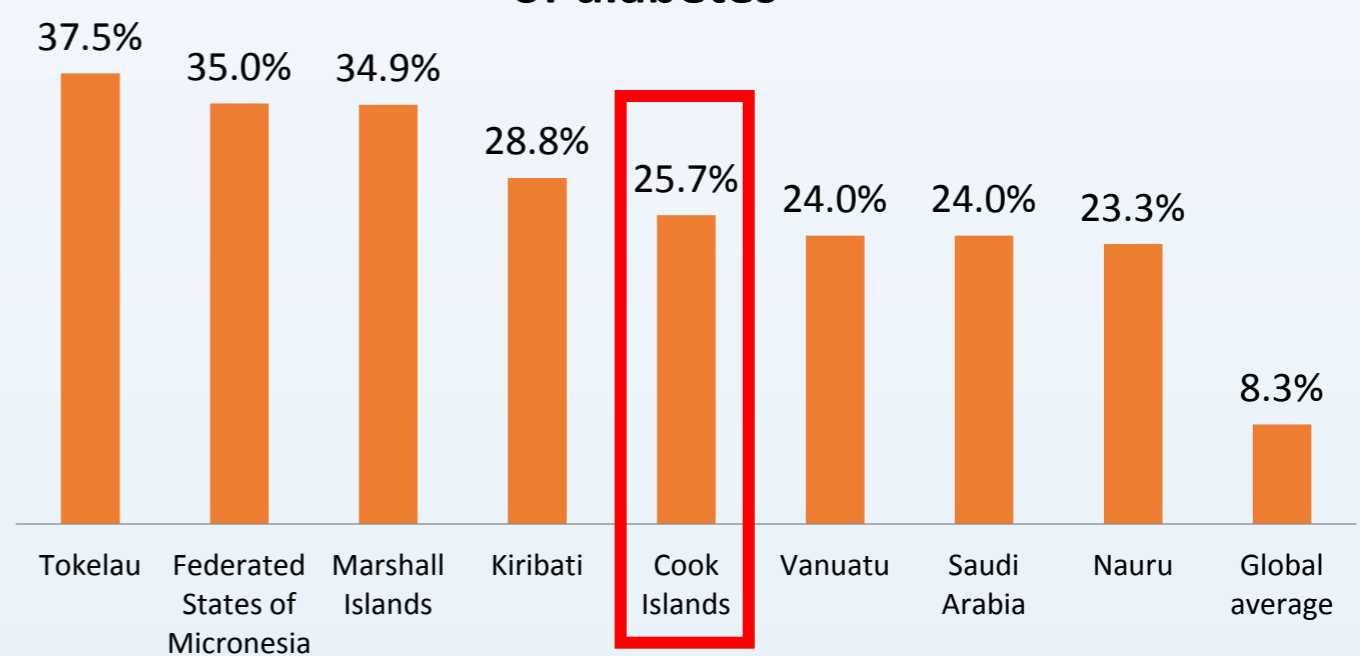
Research Question

Smoking, type 2 diabetes and stroke: what is the connection?

Why is type 2 diabetes an issue for the Cook Islands?

- The Cook Islands has a high rate of diabetes – 26% of Cook Islanders have diabetes
- The Cook Islands is rated one of the top 5 countries in the world for the risk of diabetes
- Unhealthy diet is one of the top risk factors for diabetes.
- 82% of Cook Island adults do not get the recommended 3 servings of vegetables and 2 servings of fruit every day.
- Diabetes will become a major health and economic problem in the Cook Islands if we continue to have a high prevalence of risk factors, such as the low consumption of fruit and vegetables, high cholesterol, high rates of smoking, etc.

Top 8 countries in the world with the highest rates of diabetes



What is type 2 diabetes?

- A disease caused by unhealthy lifestyle
- A disease where there is too much sugar in the blood

Impact:

- Too much sugar in the blood in addition to smoking increases your chances of having a stroke

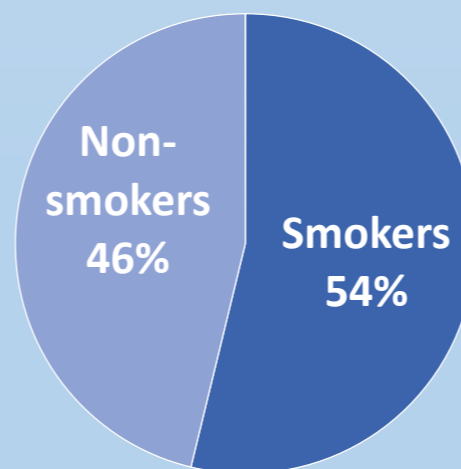


Smoking and diabetes: What's the connection?

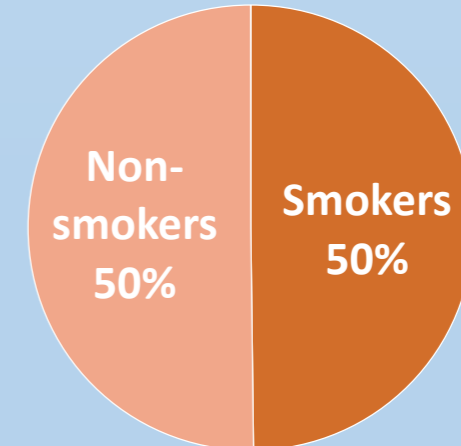


- Smokers have a higher (30–40%) chance of developing type 2 diabetes
- People with diabetes who smoke have more trouble controlling their blood sugar
- People with diabetes who smoke have increased chances of complications
- Complication caused by smoking include: retinopathy, amputations, peripheral neuropathy and stroke
- The 2011 national census found that 20% of the population smoked
- 19.7% of students aged 13–15 years smoke, according to Global School Health Survey

Percentage of Cook Island men aged between 25 and 34 who smoke



Percentage of Cook Island women aged between 25 and 34 who smoke



References:

- www.webmd.com/diabetes/guide/diabetes-stroke
- www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html
- Science Teacher: Mr Jacobs
- Does alcohol and tobacco use increase risk of diabetes – Mayo Clinic
- Smoking and diabetes; ASH fact sheet
- Tobacco tax rise makes an impact – Cook Islands news June 12 2014
- Smoking and Diabetes CDC website
- Global School Health Survey

My recommended action

- That the government ban all forms of tobacco from being sold in the stores in the Cook Islands

