

## Protective Factors

### Sacred Tobacco

- Only use tobacco for spiritual or ceremonial reasons.
- Work with a Quit Coach and use quit medications to have the best chance of quitting commercial tobacco use.

### Traditional Foods

- Decrease high starch, sugar and carbohydrate foods.
- Eat lean meat like wild game and buffalo.
- Increase use of leafy vegetables like dandelion greens and spinach.

### Native Games

- Get daily exercise. Pow Wow dancing, walking and Native Games are all good choices.

### Tribal Health

- Ask a medical provider or traditional healer for help with controlling blood sugars and quitting commercial tobacco use.

## SMOKERS HAVE A 30% TO 40% HIGHER RISK OF DEVELOPING TYPE 2 DIABETES THAN NONSMOKERS.<sup>1</sup>

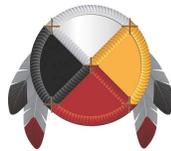
### Commercial Tobacco and Diabetes DON'T Mix – Keep tobacco sacred in your community and your life!

**Diabetes** is a disease in which the blood sugar levels are higher than normal because the body doesn't make enough insulin or can't use insulin very well. With this disease, less sugar gets into the cells and instead builds up in the blood.<sup>2</sup>

**Type 2 diabetes** is the most common in adults and accounts for more than 90% of all diabetes cases. Type 1 diabetes most often develops in children or young adults.<sup>3</sup>

**People with diabetes who smoke** are more likely to have trouble with insulin dosing and controlling their disease and have a higher risk for serious health complications, including kidney failure, blindness, amputations, and stroke.<sup>1</sup>

Almost **1 in 5**  
Montana  
American Indians  
have diabetes.<sup>4</sup>



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line  
**1-855-5AI-QUIT**  
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## SOURCES

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 on Smoking and Health, 2014 [accessed 2018 Mar 22].
2. Centers for Disease Control and Prevention. [Basics About Diabetes](#) [last updated 2017 Jul 20; accessed 2018 Mar 22].
3. National Institute of Diabetes and Digestive and Kidney Disease. Diabetes Overview [last updated 2014 Apr 2; accessed 2014 May 5].
4. Behavioral Risk Factor Surveillance System, 2018.