

These Tips Have Helped Others With Diabetes or Prediabetes Improve Their Health

- Learn about diabetes to better manage it.
- Quit tobacco to reduce diabetic complications.
- Eat healthy with a solid diabetic meal plan, ask your healthcare provider for tips.
- Know the ABCs of diabetes management: Controlled **A**1c, **B**lood pressure and **C**holesterol will help lower the chance of heart attack, stroke and other related issues.
- Get active for at least 30 minutes most days—walks count!

“I am glad I called you guys. You helped me set a quit date that I am glad I kept. Now instead of continuing to delay my quit, I am celebrating **one month being tobacco free!**”

—Quitline participant



Keep This in Mind:

1. The first time is rarely the charm, but each time you try to quit you learn something.
2. Willpower, strength and a **solid support system** help beat tobacco addiction.
3. Millions of people have quit tobacco; picture yourself as one of them.

We Are Your Tobacco Quit Experts

Because quitting tobacco is a key step to managing diabetes.

Tap into our trained quit coaches' knowledge for free, and utilize these other great resources to better manage your diabetes or prediabetes.

American Association of Diabetes Educators

📍 diabeteseducator.org

American Diabetes Association

📍 diabetes.org

Partners N Health

📍 partnersnhealth.ne.gov

Ready to quit tobacco for good? Good. We're here to help!

1-800-QUIT-NOW (784-8669)

1-855-DÈJELO-YA (355-3569)

Available in 170 languages. Lines open 24/7.

QuitNow.ne.gov

Nebraska Department of Health and Human Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

NEBRASKA
TOBACCO
QUITLINE

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

LIVING WITH DIABETES?

Quitting Tobacco Use Can Improve Your Health

And the Nebraska Tobacco
Quitline can help.

Tobacco Use is Associated with an Increased Risk of Diabetes



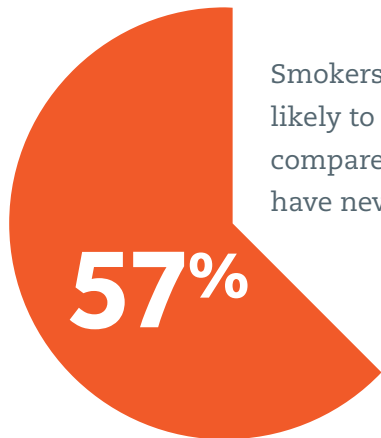
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E-CIGARETTES



CIGARETTES



Smokers are **57%** more likely to develop diabetes compared to those who have never smoked.

Globally,

11.7%

of Type 2 Diabetes cases in **men**

&

2.4%

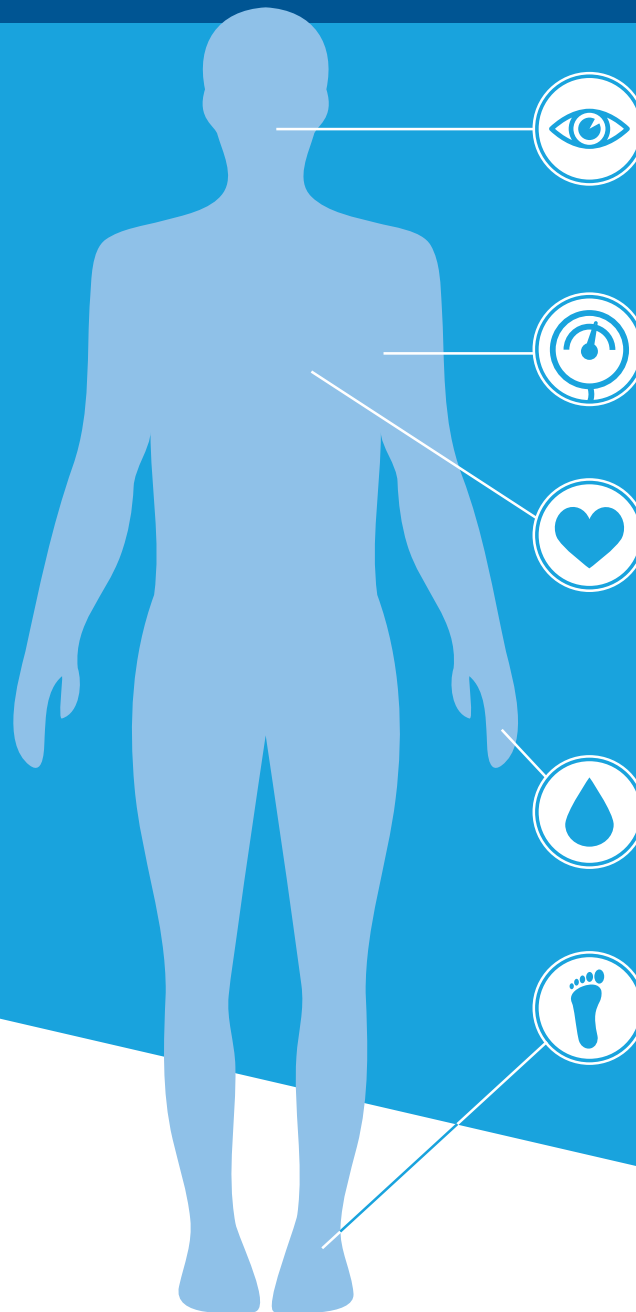
of Type 2 Diabetes cases in **women**

may be attributed to **active smoking.**

Source: Pan A et al. *Lancet Diabetes Endocrinol* 2015; 3(12):958-67

A Diabetes or Prediabetes Diagnosis is a Reason to Quit Tobacco

Your body and loved ones will thank you!



See the future.

Quitting reduces the risk of going blind because smoking raises diabetic eye disease risks, a leading cause of blindness.



Improve blood pressure.

Blood pressure drops 20 minutes after quitting.



Have a heart.

Heart attack and stroke risks are greatly increased by diabetes and smoking. Quitting smoking and managing your diabetes can reduce these risks.



Improve blood sugar control.

Smoking raises blood sugar levels. Quitting smoking can support more stable levels.



Get happy feet.

Smoking impairs circulation, so quitting reduces the chance of foot ulcers that can lead to amputation.

Let us help you quit. Call the Nebraska Tobacco Quitline for free today!

1-800-QUIT-NOW (784-8669)