



Southwest Alliance for Tobacco Prevention
416 College St. Beloit, WI 53511

*Mission is... to empower healthy behaviors through education and advocacy
to sustain a tobacco free life.*

American Diabetes Month
November, 2019

For Immediate Release:
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Quitting smoking can help prevent, manage Diabetes

November is American Diabetes Month, an annual observance that bring attention to the disease affecting more than one in 10 Wisconsin adults (with one in three Wisconsin adults also at risk for developing type 2 diabetes). This year, the Southwest Alliance for Tobacco Prevention coalition want to remind the public that smoking is one of the leading risk factors for type 2 diabetes, and that quitting can help lower your risk, or if you have diabetes, help you better manage the disease.

People who smoke are 30-40% more likely to develop type 2 diabetes than those that do not, according to the U.S. Centers for Disease Control and Prevention. Additionally, people with diabetes who smoke are more likely than nonsmokers to encounter difficulties with insulin dosing and managing their disease.

According to Debbie Fischer/Southwest Alliance for Tobacco Prevention Director, "the good news is that quitting smoking can reduce your risk for type 2 diabetes, or if you already have type 2 diabetes, quitting can help you get better control over your blood sugar, and help your insulin be more effective as quickly as eight weeks after quitting."

Free resources are available to help tobacco users quit. People who are ready to be tobacco free can call the Wisconsin Tobacco Quit Line at 1-800-QUIT NOW (784-8669). If they're on Medicaid, they can also talk to their doctor about the free support provided by the Medicaid Cessation benefit.

"Quitting is not easy, but worth it. Within 20 minutes after smoking your last cigarette, your body will begin a series of changes that will continue for years", states Debbie Fischer.

Individuals can also reduce their risk of type 2 diabetes by regularly checking their blood pressure and cholesterol levels, being physically active, maintaining a healthy diet, and taking medicines as prescribed by their doctor.

For more on tobacco prevention and control efforts in your county contact Southwest Alliance for Tobacco Prevention at debtfk@aol.com or like us on facebook at Southwest Alliance for Tobacco Prevention.

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