On average, 80% of respondents were aware that smoking is among the risk factors for type 2 diabetes and can have an impact on the management and control of all types of diabetes, worsening health outcomes and increasing the chances of complications.

100% of respondents without diabetes reported being aware of the link between diabetes and tobacco— the highest level of awareness.

The lowest level of awareness was found among respondents with diabetes who used to smoke—74%.

The main sources of information for all groups of respondents were media, books and medical journals—ranging from 29% in respondents with diabetes who have never smoked, to 54% in respondents who are carers of people with diabetes.

The combination of doctor and diabetes association as main sources of information did not exceed 50% in any respondent group, which indicates that most respondents searched for information on the link between diabetes and tobacco on their own.

Other sources of information mentioned included: school, medical school, and family and friends.
Current smokers reported that the main reason why they did not stop smoking was because they did not want to (39%), followed by the difficulty to handle nicotine withdrawal (32%). The main reasons selected by former smokers were not wanting to stop (32%) and other reasons (32%), which included stress and anxiety, and unwillingness. Two former smokers reported that no reasons prevented them to stop smoking.

Respondents who have never smoked believed that the main reason why people with diabetes do not stop smoking is because they cannot handle nicotine withdrawal (42%), followed by not wanting to stop (26%).

Statistics on respondents who currently smoke

Average age (N=24): 37.6 years. Average age when starting smoking (N=24): 20.7 (ranging from 14 to 45 years).

Average years with diabetes (N=24): 14.9 (ranging from 1 to 42 years). Average years smoking (N=24): 19.5 (ranging from 1 to 41 years).

More than half of the respondents (58%) reported smoking 10 cigarettes or less daily. 13% smoked more than 20 cigarettes daily.

58% reported that smoking did not have any negative impact on their health. A majority of respondents (63%) indicated they were never offered support from a health professional to stop smoking.

A majority of respondents (67%) indicated they have tried to stop smoking in the past.

Statistics on respondents who used to smoke

Average age (N=19): 43.3 years. Average age when starting smoking (N=19): 17.5 (ranging from 11 to 24 years).

Average years with diabetes (N=19): 16 (ranging from 7 to 36 years). Average years smoking (N=19): 15.4 (ranging from 1 to 54 years).

More than half of respondents (62%) reported smoking 10 cigarettes or less daily. 9% smoked more than 20 cigarettes daily.

Less than half of the respondents (48%) reported that their diabetes diagnosis influenced their decision to stop smoking.

A majority of respondents (86%) indicated they were never offered support from a health professional to stop smoking.

Average number of times respondents tried to stop smoking: 2.8, ranging from 1 to 13 times (N=20). 60% of respondents reported having succeeded to stop smoking the first time they tried.

A majority of respondents (81%) reported having noticed an improvement in their health after stopping smoking. Average time to notice an improvement in health: 7.2 months, ranging from 0 to 24 months.