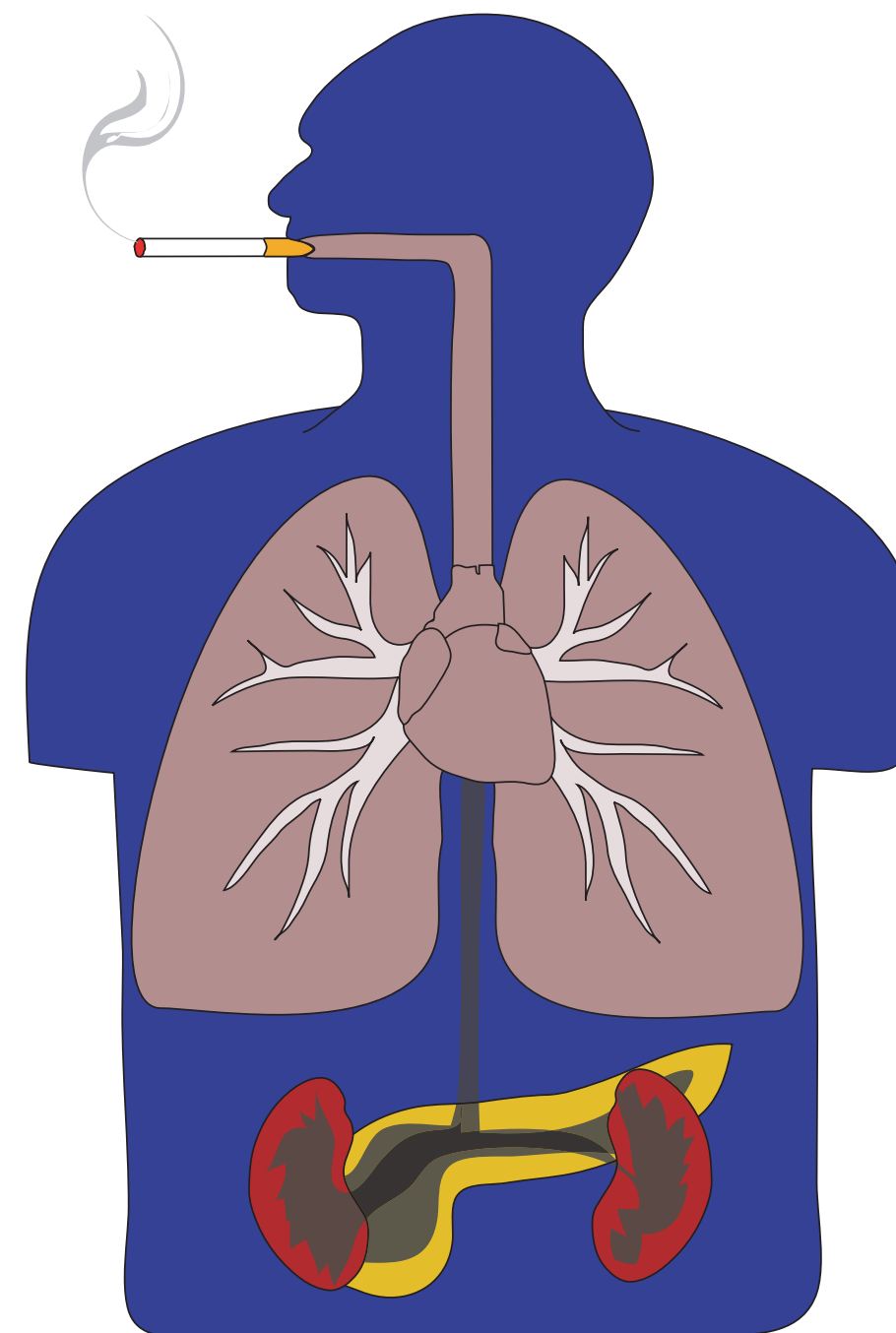


# Smoking and diabetes

- Aboriginal and Torres Strait Islander people have high rates of a disease called **type 2 diabetes**.
- This type of **diabetes** happens when a chemical in the body called insulin is out of balance.
- Insulin can get out of balance for many reasons. Some of the main ones are eating too much sugar or junk food, and not exercising enough. These things can make your insulin get out of balance and may cause **diabetes**.
- Smoking can also make it easier to get **diabetes** because the chemicals in cigarettes change the blood sugar and the way insulin works in the body.
- When someone has diabetes, the body has trouble getting energy from food.
- If you have diabetes and you smoke, it will have a negative effect on your health. You are more likely to have a stroke or eye problems, and your kidneys may stop working.



Smoking can also make it easier to get **diabetes**.

If you have diabetes and smoke, smoking can make diabetes worse.