

Smoking a pack or more a day increases diabetes risks among blacks

November 14 2016

Smoking 20 or more cigarettes a day increases the risk of diabetes among blacks, according to a preliminary study presented at the American Heart Association's Scientific Sessions 2016.

Researchers studied nearly 3,000 black participants in the Jackson Heart study, who reported their smoking status. During the study, 466 people were diagnosed with diabetes. While diabetes incidence was similar among those smoking less than a pack day, past smokers and never smokers, the risk of diabetes was 62 percent higher for those smoking more than a pack a day.

"Smoking cessation should be strongly encouraged in blacks with risk factors for [diabetes](#)," researchers said. Wendy White, Ph.D., Tougaloo College, Tougaloo, Mississippi.

Provided by American Heart Association

Citation: Smoking a pack or more a day increases diabetes risks among blacks (2016, November 14) retrieved 3 May 2024 from <https://medicalxpress.com/news/2016-11-day-diabetes-blacks.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--