FACTORS ASSOCIATED WITH SMOKING AND DIABETES MELLITUS RELATED TO MORE MORTALITY AND MORBIDITY: A RESEARCH IN GUANGDONG, CHINA.

Sun Xueming 1*, Datin Hafizah Che Hassan 1, Faridah Mohd Said 1

1 Lincoln University College, Petaling Jaya, Malaysia.

*Corresponding author: Sun Xueming, Lincoln University College, Petaling Jaya, Malaysia.

ABSTRACT

A major public health concern in Guangdong Province, China is the high prevalence of smoking (about 34% of the population) and diabetes (around 20.8% of the population), both of which are higher than or equal to the national standards. The general population's risk of illness or death is increased when cigarette smoking increases the possibility of developing diabetes mellitus. The purpose of this research was to answer such question. The purpose of this research was to find out if smoking increases the risk of developing diabetes. The correlation between smoking and diabetes in Chinese communities has not been well studied in case-control studies. The correlation between regular cigarette smoking and diabetes was investigated by researchers in Guangdong using a case-control study method. The data demonstrate a clear dose-response relationship and the increased incidence of diabetes among heavy smokers compared to non-smokers. These results are consistent with those of previous studies conducted in China and elsewhere. At the outset, it emphasises the fact that smoking is associated with metabolic illnesses like diabetes and more prevalent, but deadly, conditions like heart disease and lung disease. Following these procedures might potentially mitigate these consequences. A decrease in smoking rates and an improvement in the diabetes epidemic should be the goals of these treatments. In sum, the results of the Guangdong case-control studies add to the mounting evidence that cigarette smoking significantly increases the chance of developing diabetes.

Keywords: Morbidity, Mortality, Smoking, Diabetes Mellitus.

INTRODUCTION

The preventable causes of death and disability caused by tobacco smoking and diabetic complications have recently come to the forefront on a worldwide scale. Death and illness rates have risen dramatically, and these risk factors are to blame. This is a major issue in China: as a smoker, risk of developing type 2 diabetes increases by 30–40% and people life expectancy drops by almost 10 years after people start smoking regularly. Diabetes mellitus, and particularly type 2, is on the rise, and with it comes a host of complications that may last a lifetime. Concerns may arise in the areas of the heart, kidneys, nerves, and eyes (retinopathy). A reduced average lifespan is mostly attributable to these factors. As a whole, these impacts reduce people's lifespans and make it more difficult for medical professionals to provide

adequate treatment. Diabetes and cardiovascular disease, among other chronic non-communicable diseases (NCDs), have surpassed all others as China's leading killers (XUEMING & LETCHMI, 2024). The recent increase in urbanisation and changes in disease transmission in the nation are directly responsible for this. Increasing individuals are smoking and there are increasing cases of diabetes in Guangdong, which are nationwide phenomena that impact the whole country. Here, the potential combination of any of these reasons can make the negative health effects of each much worse. Few studies have looked at rural Chinese populations to see if smoking and diabetes interact to increase death and morbidity. According to the little study conducted in Guangdong, the risk of developing diabetes is inversely proportional to the number of cigarettes smoked each day. Despite the lack of comprehensive inquiry in Guangdong, this has still transpired. People with diabetes who smoke had a far higher risk of death and cardiovascular events, according to meta-analyses and cohort studies done in China. Smoking may raise the risk of cardiovascular events, according to some evidence. It is believed that the likelihood of smoking is around 1.5 times higher in those with diabetes compared to non-smokers (Ling et al., 2020).

BACKGROUND OF THE STUDY

More and more studies are pointing to chronic non-communicable diseases (NCDs) as the top killer globally. Particularly in regions experiencing rapid economic growth, this is the case. This broad topic encompasses a wide range of medical issues. The following are a few examples: diabetes, COPD, and heart disease. Furthermore, the insurance may cover a variety of medical issues. The terrifying increase in the number of Chinese people diagnosed with Type 2 Diabetes Mellitus (T2DM) might be explained by a variety of causes. An ageing population, lifestyle changes, and more urbanisation are just a few of the factors exacerbating the problem. Not everyone is included in this categorisation, however. Everything listed above probably had a role in the event under investigation (Alejandro et al., 2020). It is reasonable to assume that at least one of these factors might be responsible for the concerning increase when all of them are considered together. According to the International Diabetes Federation (IDF), about 140 million Chinese citizens have received a diabetes diagnosis in the last few years. Diabetes has been confirmed in each of these people. Those at high risk of developing diabetes must be identified and assisted. For the simple reason that more and more individuals are putting themselves at danger of developing diabetes. A major public health concern, particularly for men's health, is the high prevalence of smoking and tobacco usage in China (Zhou et al., 2022).

In terms of public health, this is a major concern. At the moment, this problem is having a greater impact on urban areas throughout the nation than on other regions. Since smoking has been lawful for quite some time, people have become used to it and even encouraged it. The gradual easing of smoking restrictions is largely to blame for the worsening of this issue. Type 2 diabetes, insulin resistance, glucose intolerance, cardiovascular disease, and obesity are among the many health problems that may be caused by smoking cigarettes. There is a correlation between metabolic issues and any of these diseases. Tobacco use accentuates nicotine's

negative effects on the cardiovascular system and the lungs. Nicotine is a chemical component of cigarette smoke (Calvo et al., 2024).

PURPOSE OF THE STUDY

The researchers in this study set out to learn more about the link between smoking and diabetes mellitus in Guangdong Province, China, and how it contributes to high rates of death and illness. Both smoking and diabetes are known to be risk factors for chronic disease, but there hasn't been enough research on how the two interact with each other. The public health of rural Chinese communities has so far not been well studied due to the combined effects of these two issues. More study is needed to determine if smoking significantly affects the onset and progression of diabetes mellitus, heart disease, and lung disease, all of which contribute to the rising death rate. The primary objective of this research is to establish a causal relationship between cigarette smoking and either the onset or the severity of diabetes. The gaps in our understanding of the subject are what our research is aiming to fill. Heart disease, renal failure, and premature mortality are substantially increased when high-risk behaviours, such as smoking, are combined with diabetes. Diabetes increases the risk of cardiovascular disease and renal failure, which is why this condition exists. When this is considered, knowing the connection between the two becomes crucial (Ding et al., 2023).

LITERATURE REVIEW

As indications of impaired health, smoking and diabetes mellitus (DM), especially type 2, exacerbate each other, according to research. The case of type 2 diabetes is a prime example of this. This stands out when thinking about type 2 diabetes. When thinking about type 2 diabetes, this is really crucial to have in mind. Adverse health outcomes such as cardiovascular disease, kidney failure, cerebrovascular accident, infection, and premature death are more likely when these risk factors are considered individually (Zhang et al., 2021). This issue becomes clear when these risk factors are considered independently. Current smoking rates are associated with an increased risk of type 2 diabetes, according to many meta-analyses and prospective cohorts. When compared to nonsmokers, this is a clear difference. Whether the dose-response gradient is expressed as a function of pack-years or the number of cigarettes smoked daily, it remains unchanged. It makes no difference whether the smokers have ever tried smoking or not; this is the correct reaction to give in every situation (Ertmann et al., 2020).

It is also thought that nicotine influences several other biological processes, including as the development of endothelial dysfunction, the activation of sympathetic nerves, extended systemic inflammation, and changes in the way adipocytes interact with each other. While smoking, the risk of microvascular and macrovascular problems increases. An outstanding illustration of this argument is the fact that those who smoke are more likely to acquire heart disease. Unique evidence pertaining to China is the same as evidence pertaining to global events that occur in any part of the world. There has been a notable increase in the number of

people diagnosed with diabetes, and research has shown that a substantial percentage of people, particularly men, smoke. That diabetes is becoming more common so quickly might be due to a number of things. Urbanisation, shifting eating patterns, and an ageing population are a few of these issues. Researchers often discover stronger correlations between the two variables when they account for both the intensity and duration of smoking (Khalil et al., 2023).

RESEARCH QUESTION

What is the effect of smoking on elevated morbidity?

RESEARCH METHODOLOGY

Research Design

The SPSS version 25 was used for the quantitative data analysis. A 95% confidence interval and odds ratio were used by the researchers to assess the direction and strength of the statistical association. A statistically significant criteria was established by the researchers at $p < 0.05$. The data's basic features were revealed via a thorough investigation. Quantitative methods are often used to evaluate data collected via polls, questionnaires, and surveys, as well as data analysed using computing tools for statistical evaluation.

Sampling

Research participants completed questionnaires to furnish data for the study. Utilising the Rao soft tool, researchers ascertained that the study comprised 657 individuals. Researchers disseminated 896 questionnaires to the public. The researchers obtained 823 replies, eliminating 45 due to incompleteness, yielding a final sample size of 778.

Data and Measurement

The study mostly utilised data acquired from a questionnaire survey. The participant's essential demographic information was requested first. Participants were subsequently given a 5-point Likert scale to evaluate the online and offline channels. The researchers rigorously analysed several resources, especially internet databases, for this secondary data acquisition.

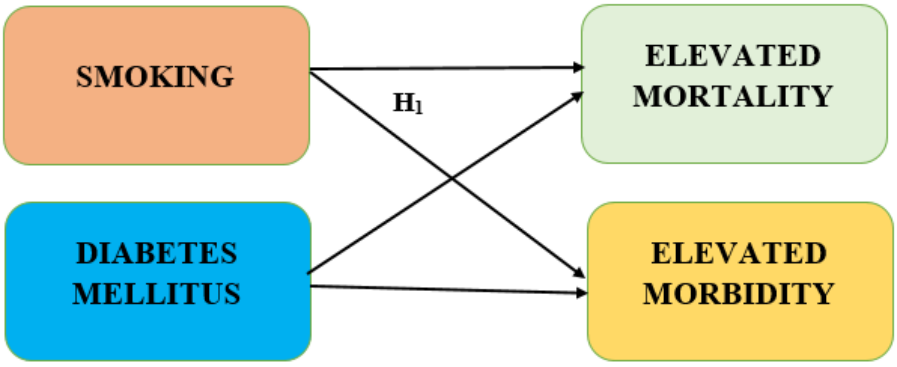
Statistical Software

The statistical analysis was conducted using SPSS 25 and MS Excel.

Statistical Tools

The primary characteristics of the data were understood via the use of descriptive analysis. Using ANOVA, the researcher must examine the data.

CONCEPTUAL FRAMEWORK



RESULT

Factor Analysis: Factor Analysis (FA) is often used to find hidden variables in observable data. It is common practice to use regression coefficients to generate ratings when there are no easily visible visual or diagnostic signs. Success in FA is highly dependent on models. The goals of modelling are to identify errors, intrusions, and apparent linkages. The Kaiser-Meyer-Olkin (KMO) Test is one tool for evaluating datasets that have been generated by numerous regression analyses. The representativeness of the model and the variables in the sample are checked by them. There seems to be data duplication based on the numbers. Data is more easily comprehensible when proportions are smaller. The output of KMO is an integer from 0 to 1. A sufficient sample size is defined as a KMO value between 0.8 and 1. According to Kaiser, these are the acceptable limits: The standards that Kaiser has established for admission are as follows:

A dismal 0.050 to 0.059, worse than the typical 0.60 to 0.69

The typical range for middle grades is between 0.70 and 0.79.

Having a quality point score between 0.80 and 0.89.

Between 0.90 and 1.00, they find wonder.

According to Bartlett's sphericity test, these are the results: chi-square, sig.=.000, about 190 degrees of freedom this proves that the statements made for sampling were legitimate. In order to determine whether the correlation matrices were relevant, the researchers used Bartlett's Test of Sphericity. An adequate sample is defined as one with a value of 0.917 according to the Kaiser-Meyer-Olkin measure. The results of Bartlett's sphericity test provide a p-value of 0.00. Researcher can tell the correlation matrix isn't an identity matrix if Bartlett's sphericity test returns a positive result.

Table 1. Testing for Bartlett's Sampling Adequacy and KMO (Kaiser-Meyer-Olkin) 0.917 scale.

KMO and Bartlett's Test		
Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.917
Bartlett's Test of Sphericity	Approx. Chi-Square	3252.974
	df	190
	Sig.	.000

In addition, the widespread use of correlation matrices was confirmed by Bartlett's Test of Sphericity. The sample adequacy measure, as measured by Kaiser-Meyer-Olkin, is 0.917. Using Bartlett's sphericity test, the researchers obtained a p-value of 0.00. A substantial result of Bartlett's sphericity test demonstrated that the correlation matrix was ineffective.

INDEPENDENT VARIABLE

Smoking: For many chronic diseases, including diabetes mellitus, smoking is one of the most significant modifiable risk factors. Smoking increases the risk of mortality and disease among people with diabetes in Guangdong, China. Nicotine and other cigarette chemicals have negative impacts on insulin sensitivity, inflammation, and the health of blood vessels, all of which make it more challenging to maintain a healthy blood sugar level. Diabetic smokers are at increased risk for disability and premature mortality due to cardiovascular concerns, renal illness, nerve disorders, and poor wound recovery. Even harmful for their health is the cultural norm of smoking among certain Guangdong residents. Diabetes is already a costly and socially disruptive condition, and smoking makes it worse by speeding up its progression and raising healthcare costs and other associated costs. Patients with diabetes in the region greatly benefit from reducing their risk of complications, mortality, and poor health outcomes if they simply quit smoking (Lin et al., 2020).

DEPENDENT VARIABLE

Elevated Morbidity: The term elevated morbidity describes a population that experiences a higher-than-average incidence of sickness, disease complications, or health impairments. Disease load and its effect on quality of life are the primary foci of morbidity, as opposed to mortality, which quantifies death rates. A number of risk factors, including sedentary lifestyle choices and long-term health problems including diabetes, hypertension, and respiratory illnesses, contribute to increased morbidity. Reduced everyday functioning, extended therapies, and repeated hospitalisations are all caused by these variables. Poverty, bad diet, and lack of access to healthcare are social variables that contribute to already high rates of illness. In research, variables such as hospital admission rates, disability-adjusted life years (DALYs), prevalence, and incidence are used to measure higher morbidity. For example, an

increased risk of cardiovascular disease, renal failure, infections, and other problems is associated with a greater morbidity rate among diabetic smokers. Improving health and lowering illness burden requires preventative policies, lifestyle change initiatives, and extensive healthcare treatments to address high morbidity (Muche et al., 2020).

Relationship between Smoking and Elevated Morbidity: As a result of the negative effects on health outcomes and quality of life brought on by the increased likelihood of developing both acute and chronic diseases, the link between smoking and increased morbidity is clear. Chronic obstructive pulmonary disease (COPD), lung infections, heart disease, and cancer are just some of the illnesses that may develop as a result of the damaged respiratory, cardiovascular, and immunological systems caused by smoking. Because they lead to disability, long-term pharmaceutical usage, and frequent hospital visits, these diseases contribute to high morbidity. Cigarette smoking also makes it harder to control pre-existing diseases, such as diabetes, hypertension, and asthma, and speeds up the rate at which these problems advance. Another factor that contributes to the higher morbidity rates among smokers is the slowed healing time after operations and infections. The risk of serious health problems increases in direct proportion to the amount of smoking one does. Therefore, it is critical to decrease high morbidity and improve population health by reducing smoking prevalence via cessation programs and public health measures (Niu et al., 2023).

On the basis of the above discussion, the researcher formulated the following hypothesis, which was analyse the relationship between Smoking and Elevated Morbidity.

"H_{01}: There is no significant relationship between Smoking and Elevated Morbidity."

"H_1: There is a significant relationship between Smoking and Elevated Morbidity."

Table 2. H1 ANOVA Test.

ANOVA					
Sum					
	Sum of Squares	**df**	**Mean Square**	**F**	**Sig.**
Between Groups	40612.620	353	5659.828	1037.358	.000
Within Groups	492.770	424	5.456		
Total	41105.390	777			

The outcome is substantial in this research. Statistical significance is achieved with a p-value of .000 (below the .05 alpha level), and the F value is 1037.358. This suggests that researchers might support the alternative view, ***"H_1: There is a significant relationship between Smoking and Elevated Morbidity"*** is accepted and the null hypothesis is rejected.

DISCUSSION

In Guangdong, a region in China that is seeing an ageing and fast urbanising population, this study shows how smoking and diabetes mellitus both raise the risk of mortality and disability.

The findings demonstrate that the two exposures have a cumulative and perhaps synergistic effect on the health of diabetics who smoke, which is in line with the fact that there are overlapping pathways of systemic inflammation, endothelial dysfunction, insulin resistance, and pro-thrombotic states. The elderly, heavy smokers, those with diabetes for extended periods of time or with poor glycaemic control seem to be at the greatest heightened risk. Rural and low-income communities may face healthcare access and socioeconomic gradients as intermediaries in the relationship between chronic illness treatment inequalities, poor cessation support, and possible diagnostic delays. Diabetes therapy that includes brief counselling, medicine, and follow-up with an emphasis on helping people stop smoking could immediately have a big effect. Greater enforcement of smoke-free laws, higher tobacco costs, and greater public health education in areas like workplaces and community clinics are all necessary. Strengthening diabetes primary care via measures such as team-based therapy, regular screening for complications, and the use of statins and antihypertensives may help reduce the threat. Remaining confounding from diet, exercise, and alcohol, as well as possible selection bias, are among the limitations. Participants also had to self-report their smoking habits. Given the congruence in direction of effects, it is advised that integrated therapies tackling both cigarette exposure and diabetes control take precedence in Guangdong's efforts to decrease preventable death and disability.

CONCLUSION

According to studies conducted in Guangdong, two of the leading causes of death and disability are smoking and diabetes mellitus. Increasing the risk of early death and disability, there is evidence that these factors have a cumulative effect that is significantly more detrimental than the individual effects. Tobacco use exacerbates diabetes-related complications include impaired glucose metabolism, elevated oxidative stress, and accelerated vascular damage, making smokers more likely to suffer cardiovascular events, stroke, and organ failure. A similar vicious cycle of poor health outcomes occurs when diabetes hinders the body's ability to recover from the harmful effects of smoking. These findings emphasise the vital relevance of coordinating efforts to cure and prevent illness. There should be a strong emphasis on improving diabetes awareness, early detection, and long-term treatment in public health initiatives, with quitting smoking being one of the main aims. Targeted therapies have the potential to significantly reduce disease burden, particularly in high-risk populations. Efforts to reduce tobacco use and improve and lower the cost of healthcare for persons with diabetes are equally critical in addressing these issues. The study's limitations, such as its reliance on self-reported smoking and unmeasured lifestyle factors, overshadow its strong support for emphasising integrated health measures. In the long run, the health of the Guangdong population and the number of needless deaths might be improved by reducing smoking rates and improving diabetes care.

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