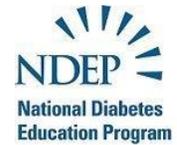


Topic: Diabetes and Cardiovascular Disease

Format: Talking Points for NDEP partners to promote awareness about the critical link between diabetes and cardiovascular disease



A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Diabetes and Cardiovascular Disease Messages

1. There is a strong link between diabetes, heart disease, and stroke.
2. People with diabetes can lower their chances of having a heart attack or stroke by managing their Diabetes ABCs.
3. Talk to your doctor and develop an action plan.
4. If you have prediabetes, you are at risk for type 2 diabetes and heart disease.
5. Visit YourDiabetesInfo.org to learn more about the link between diabetes and heart disease. *If asked to provide a phone number: 1-888-693-NDEP (1-888-693-6337).*

Talking points to support the 5 key messages listed above:

Key Message #1:

There is a strong link between diabetes, heart disease, and stroke.

- Many people with diabetes do not realize that having diabetes increases their chances of having a heart attack or stroke.
- Having diabetes means that you are likely to have certain conditions, or risk factors, that increase your chances for having heart disease or stroke, such as high blood pressure or high cholesterol.
- While most people may think about diabetes-health problems such as kidney disease, blindness, and amputation, adults with diabetes are nearly 2 times more likely to die from heart disease or stroke than a person without diabetes.

Key Message #2:

People with diabetes can lower their chances of having a heart attack or stroke by managing their Diabetes ABCs:

- **A** is for the A1C test (A-one-C). This is a blood test that measures your average blood sugar (glucose) level over the past three months. *It is different from the blood sugar tests that a person with diabetes would do each day.*
- **B** is for Blood pressure.
- **C** is for Cholesterol.
- **S** is for Stopping Smoking. For help, call 1-800-QUITNOW (1-800-784-8669)

Key Message #3:

Talk to your doctor and develop an action plan:

- People with diabetes should talk to their doctor about ways that they can manage their Diabetes ABCs and develop an action plan that works best for them. *Goals for blood sugar, blood pressure and cholesterol are different for each person and should be based on your diabetes and health status.*
- Some questions to ask your doctor include:
 1. What are my blood sugar, blood pressure, and cholesterol numbers?
 2. What should they be?
 3. What actions can I take to reach my ABC goals?
- Your action plan should also include weight management through healthy eating, regular physical activity, and taking medications, as needed.

Key Message #4:

If you have prediabetes, you are at risk for type 2 diabetes and heart disease.

- People who have prediabetes, a condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes, have a greater chance for developing type 2 diabetes. They also have a greater chance for heart disease.
- The good news is that research has shown that you can delay or prevent the development of type 2 diabetes by making simple, but important lifestyle changes.
- Losing just 7 percent of your body weight (which is about 15 pounds if you weigh 200 pounds) and being more physically active by walking 30 minutes a day for at least 5 days a week can reduce your chances of developing type 2 diabetes by more than half (58 percent).
- These same lifestyle changes also go a long way to prevent or delay health problems associated with diabetes, such as heart disease and stroke.

Key Message #5:

Visit YourDiabetesInfo.org to learn more about the link between diabetes and heart disease.

Reference Information – If Needed:

Diabetes Stats (including diabetes-CVD stats):

- More than 29 million people, or about 9 percent of the U.S. population, have diabetes.
- 86 million Americans aged 20 years or older have prediabetes, a condition that increases their chances of developing type 2 diabetes and heart disease.

- It is estimated that 1 in 4 people with diabetes does not even know they have the disease. If left undiagnosed or untreated, diabetes can lead to serious health problems such as heart disease, stroke, blindness, kidney disease, amputation, and even death. With early diagnosis and treatment, people with diabetes may prevent the development of these health problems.
- Heart disease death rates are nearly 2 times higher among adults with diabetes than among adults without diabetes.
- Hospitalization rates for heart attack are also nearly 2 times higher among adults with diabetes than among adults without diabetes.
- Hospitalization rates for stroke are about one-and-a half times higher among adults with diabetes compared with those without diabetes.

Diabetes Risk Factors

There are a number of factors that increase a person's chances for developing type 2 diabetes, including:

- Having a family history of diabetes (such as a mother, father, brother, or sister with the disease)
- Being overweight or obese
- Being of African-American, Hispanic/Latino, American Indian, Alaska Native, Asian- American, or Pacific Islander ancestry
- Being 45 years old or older
- Having diabetes during pregnancy or having a baby weighing more than 9 pounds at birth
- Having high blood pressure
- Having prediabetes

Diabetes Symptoms

While people with diabetes will have symptoms, too often those symptoms are ignored or dismissed. Some symptoms of diabetes include:

- Being very thirsty
- Urinating often
- Blurred vision
- Losing weight without trying

Lifestyle Behaviors to Prevent (type 2) or Manage Diabetes

Don't think that you have to run a marathon to stay healthy or lose weight. There are lots of things you can do to maintain a healthy lifestyle.

Eat well.

- Choose foods that are lower in calories, fat, sugar and salt.
- Eat food with more fiber, such as whole grain cereals and breads.
- Choose foods such as fruits, vegetables, low-fat or skim milk and cheese.
- Drink water instead of juice and regular soda.

Be active.

- Set a goal to be more active most days of the week.
- Start slow by taking 10 minute walks, 3 times a day.
- Walking is a great way to get started and you can do it almost anywhere at any time.
- Gardening, bike riding, swimming, and dancing are also good ways to move more.

Ask for help from a family member, friend, or member of the clergy if you feel down.

- It's common to feel overwhelmed, sad, or angry when you are living with a health condition such as diabetes. Talking with someone who will listen to your concerns may help you feel better.

Warning Signs of a Heart Attack or Stroke:

Warning signs of a heart attack may include:

- Pain or tightness in your chest, shoulder, neck or jaw
- Shortness of breath
- Sweating or light-headedness
- Indigestion or nausea

Warning signs of a stroke include sudden:

- Weakness or numbness of the face, arm, or leg on one side of your body
- Confusion or dizziness
- Trouble talking or seeing
- Severe headache

**** If you have warning signs of a heart attack or stroke, call 911 right away.**

Ethnicity Statistics

Age-adjusted percentage of people aged 20 years or older with diagnosed diabetes, by race/ethnicity, United States, 2010–2012:

- Non-Hispanic whites 7.6 percent
- Asian Americans 9.0 percent
- Hispanics 12.8 percent
- Non-Hispanic blacks 13.2 percent
- American Indians/Alaska Natives 15.9 percent
- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was 8.5 percent for Central and South Americans, 9.3 percent for Cubans, 13.9 percent for Mexican Americans, and 14.8 percent for Puerto Ricans.
- Among Asian American adults, the age-adjusted rate of diagnosed diabetes was 4.4 percent for Chinese, 11.3 percent for Filipinos, 13.0 percent for Asian Indians, and 8.8 percent for other Asians.
- Among American Indian and Alaska Native adults, the age-adjusted rate of diagnosed diabetes varied by region from 6.0 percent among Alaska Natives to 24.1 percent among American Indians in southern Arizona.

About the National Diabetes Education Program

Overview of the N-D-E-P:

The National Diabetes Education Program (N-D-E-P) is a federally funded program sponsored by the U.S. Department of Health and Human Services' National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC). The NDEP includes more than 200 partners at the federal, state and local levels, working together to reduce the morbidity and mortality associated with diabetes by changing the way diabetes is treated. For more information about the NDEP, visit www.YourDiabetesInfo.org.

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