

Diabetes

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Kick off your program with a warm welcome and your opening remarks. This could include an inspiring quote or reading. You can also share with the group why this topic is important to you and your reason for offering to host this lesson.

DIABETES HEALTH LESSON | Lesson Overview

Welcome

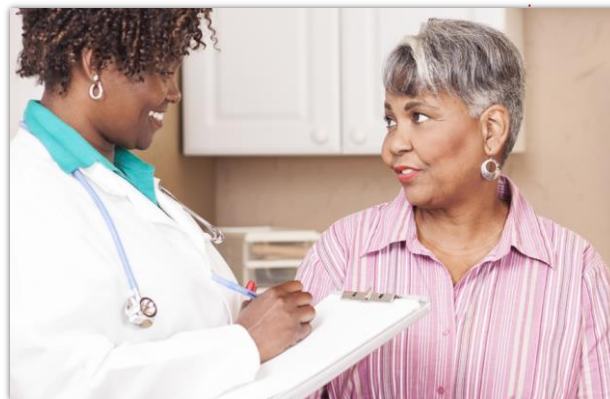
- Program Topic

Health Lesson

- What is Diabetes?
- The Link to Heart Disease and Stroke
- Taking Charge to Reduce Your Risk

Closing Thoughts

- Living with Type 2 Diabetes
- Create a Culture of Health
- Online Resources



Get everyone focused by reading through the lesson overview.

Let participants know that the lesson takes 30 minutes to complete.

WHAT IS KNOW DIABETES BY HEART?

Know Diabetes by Heart™, the joint initiative of the American Heart Association (AHA) and American Diabetes Association® (ADA), aims to help people living with type 2 diabetes to lower their risk for cardiovascular disease.

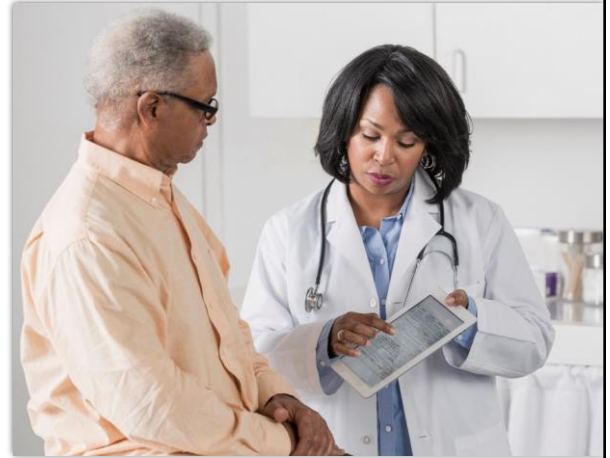
Visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) to learn more.



PROGRAM OBJECTIVES

After today's lesson, you will:

- Understand what diabetes is.
- Know about its link to heart disease and stroke.
- Understand how to take charge of your health to reduce your risk.



4



Review the program objectives.

Explain the importance of today's lesson:

- To understand what diabetes is and its link to heart disease and stroke.
- Learning how to take charge of your health so you can reduce your risk.
- Encourage the participants to join Know Diabetes by Heart initiative so they can learn more and share the information with their family and friends.

POINT 1 | What is Diabetes?

Diabetes is a condition that causes your blood glucose (or blood sugar) levels to rise too high.

These high blood glucose levels can cause damage in different ways, and diabetes makes you more likely to develop heart disease or a stroke.



More than 37+ million Americans have diagnosed and undiagnosed diabetes.

5



Ask the group: Does anyone know what diabetes is? How many people in the room have been told they have diabetes? How many of you have family members or friends that have diabetes?

Review the information on the slide.

References:

1. Prevent Complications. (2018, April 23). Retrieved from <https://www.cdc.gov/diabetes/managing/problems.html#heart>.
2. Support for 30 million graphic – from KDBH approved supplemental talking points

POINT 1 | What is Diabetes?

How it works:

Your body makes and uses insulin (a hormone) to keep your blood glucose in the normal range.

When you have diabetes, your body doesn't make enough insulin or can't use insulin it does make well. This causes your blood glucose levels to go too high.



Review the information on the slide.

Share the handout "What is Diabetes" and briefly discuss. Ask someone in the group to read the common symptoms.

TYPES OF DIABETES

Type 1 Diabetes

About 5-10% of cases

Your body produces no or very little insulin.

Type 2 Diabetes

About 90-95% of cases

Your body produces insulin but does not use it well or make enough.

Diabetes in Pregnancy (Gestational Diabetes)

Your body is not able to make or use the insulin it needs for pregnancy.

7



Review the information on the slide.

Emphasize that of the 37 million Americans currently living with diabetes, 90-95% of those have type 2. For this reason, the discussion will focus primarily on type 2 diabetes.

References:

1. American Heart Association Heart and Stroke Statistical Update – 2019, pg. e138, March 5, 2019.
2. Ibid.

SOME PEOPLE ARE AT HIGHER RISK

You're more likely to develop type 2 diabetes if you're:

- Hispanic or Latino
- Black or African American
- American Indian
- Asian American (especially South Asian)
- Native Hawaiian or other Pacific Islander



8



Prior to sharing the slide, ask: Does anyone know what factors may put you at higher risk of developing type 2 diabetes?

Introduce the slide and ask for a volunteer to read it.

SOME PEOPLE ARE AT HIGHER RISK

You're also more likely to develop type 2 diabetes if you're:



In a family with a history of diabetes



Overweight or obese



Diagnosed with diabetes when pregnant



45 or older



Not physically active



Have high blood pressure

Introduce the slide and ask for a volunteer to read it.

Ask: Which of these factors are in your control? Which are not?

Explain that race and ethnicity, age and family history are not in your control. However, you can manage risk factors such as being overweight or obese and not getting enough physical activity.

Reference:

Slide content source is American Heart Association Heart and Stroke Statistical Update – 2019, pg. e142-143, March 5, 2019.

UNDERSTANDING TYPE 2 DIABETES

Insulin is a hormone your body makes that helps your body use blood glucose.

When you have type 2 diabetes, your body cannot make enough insulin or is unable to use it the right way.



**Type 2 diabetes
causes blood glucose
(also called blood sugar)
levels to be **too high**.**

10



Review the information on the slide.

Reference:

1. American Diabetes Association. Facts About Type 2. (<http://www.diabetes.org/diabetes-basics/type-2/facts-about-type-2.html>). Accessed January 29, 2019.

UNDERSTANDING THE LINK

Living a longer, healthier life with type 2 diabetes starts by knowing the link to heart disease.

People living with diabetes have a higher risk of heart disease, stroke, and chronic kidney disease (CKD).

Managing diabetes helps prevent damage to your blood vessels.



11



Review the information on the slide.

References:

1. Prevent Complications. (2018, April 23). Retrieved from <https://www.cdc.gov/diabetes/managing/problems.html#heart>.
2. Kolluru, Gopi Krishna et al. "Endothelial dysfunction and diabetes: effects on angiogenesis, vascular remodeling, and wound healing" International journal of vascular medicine vol. 2012 (2012): 918267

UNDERSTANDING THE LINK

Damaged blood vessels are more likely to be damaged from high blood pressure, plaque build-up, and swelling in the arteries.

The buildup of plaque can also clog arteries, **leading to a heart attack, stroke, kidney disease or heart failure.**



12



Review the information on the slide.

References:

1. Prevent Complications. (2018, April 23). Retrieved from <https://www.cdc.gov/diabetes/managing/problems.html#heart>.
2. Kolluru, Gopi Krishna et al. "Endothelial dysfunction and diabetes: effects on angiogenesis, vascular remodeling, and wound healing" International journal of vascular medicine vol. 2012 (2012): 918267

UNDERSTANDING THE LINK

People living with type 2 diabetes often have risk factors such as:

- High blood pressure
- Unhealthy levels of cholesterol
- Obesity
- Lack of physical activity
- Kidney disease

which all contribute to their risk for developing cardiovascular disease.



13



Review the information on the slide.

References:

1. Prevent Complications. (2018, April 23). Retrieved from <https://www.cdc.gov/diabetes/managing/problems.html#heart>.
2. Kolluru, Gopi Krishna et al. "Endothelial dysfunction and diabetes: effects on angiogenesis, vascular remodeling, and wound healing" International journal of vascular medicine vol. 2012 (2012): 918267

FOUR QUESTIONS TO ASK YOUR DOCTOR

Here are four questions to ask your doctor about diabetes and your heart:

- What can I do to lower my risk for heart disease and stroke?
- Do any of my medications help me manage my risk for heart disease or other complications?
- Are there programs that can help me manage my condition? Can you give me a referral?
- How can I meet others going through my same experience?



[KDBH 4 Questions Flyer \(knowdiabetesbyheart.org\)](http://knowdiabetesbyheart.org)

14



Say –

- People living with type 2 diabetes are two times more likely to develop and die from cardiovascular disease, such as heart attacks, strokes and heart failure, than people who do not have diabetes.^{1, 2, 3}
- If you have type 2 diabetes, learning about your higher risk for heart disease and stroke is one of the best things you can do to take care of yourself. All it takes is one conversation with your health care provider to start reducing your risk.

Ask someone to read the slide. Then reference the handout “4 Questions to Ask Your Doctor” and encourage them to ask these questions of their health care provider at their next check up.

References:

1. Kannel WB, McGee DL. Diabetes and cardiovascular disease: the Framingham study. JAMA. 1979;241:2035–2038.
2. Gottdiener JS, Arnold AM, Aurigemma GP, Polak JF, Tracy RP, Kitzman DW, Gardin JM, Rutledge JE, Boineau RC. Predictors of congestive heart failure in the elderly: the Cardiovascular Health Study. J Am

Coll Cardiol. 2000;35:1628–1637.

3. Impact of diabetes on outcomes in patients with low and preserved ejection fraction heart failure: an analysis of the Candesartan in Heart failure: Assessment of Reduction in Mortality and morbidity (CHARM) programme. <https://www.ncbi.nlm.nih.gov/pubmed/18413309>

VIDEO: QUESTIONS TO ASK YOUR DOCTOR



[Questions to ask your doctor - YouTube](#)

15



PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the Questions to ask your doctor. If you aren't going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

This video is available in English only.

Play the video: <https://www.youtube.com/watch?v=JaWG9pgPbl8>

POINT 2 | Take Charge of Your Health

Whether you have type 2 diabetes or not, add these items to your self-care checklist:

1. Talk to your doctor or another health care professional at your next appointment about ways to reduce your risk for heart disease and stroke.
2. Make lifestyle changes including:
 - Following a heart-healthy diet
 - Reaching and maintaining a healthy weight
 - Be physically active
 - Not smoking



16



Say - People living with type 2 diabetes, and those who don't, can make practical, meaningful changes to reduce their risk of heart disease and stroke. The next two slides discuss simple steps you can take.

Ask for a volunteer to read the information on the slide.

POINT 2 | Take Charge of Your Health

Whether you have type 2 diabetes or not, add these tips to your self-care checklist:

3. Properly manage stress.
4. Monitor and keep track of your blood glucose, blood pressure, cholesterol and weight.
5. Take your medications as prescribed.

In addition, if you have type 2 diabetes:

6. Get an annual kidney health screening.



Ask for a volunteer to read the information on the slide.

Say – this may seem like a lot. But you don't have to do it all at once. You can take one step at a time.

You can target one step to take first and then move on to the next. Maybe it's discussing your physical activity with your health care provider and setting some goals.

Reference the handout "7 Tips to Care for Your Heart When You Have Type 2 Diabetes."

DIABETES AND HEART DISEASE QUIZ

QUESTION 1:

Seeing your doctor regularly can help you manage your diabetes.

TRUE

FALSE



18



Say –

Now let's take a quick five question true and false quiz to assess your understanding of some of the information that we've covered today.

Ask for volunteers to read and answer each question.

Question: Seeing your doctor regularly can help you manage your diabetes.

DIABETES AND HEART DISEASE QUIZ

QUESTION 1:

Seeing your doctor regularly can help you manage your diabetes.

TRUE

FALSE



19



Answer: True.

You can add – Yes, it is true. There is a lot to handle, and regular doctor's appointments and monitoring can keep someone with diabetes on the right course of action and life-saving medication.

DIABETES AND HEART DISEASE QUIZ

QUESTION 2:

People living with diabetes are two times more likely to develop complications from heart disease.

TRUE

FALSE



Question: People living with diabetes are two times more likely to develop complications from heart disease.

DIABETES AND HEART DISEASE QUIZ

QUESTION 2:

People living with diabetes are two times more likely to develop complications from heart disease.

TRUE

FALSE



Answer: True.

You can add – Yes, it is true. Diabetes greatly increases your risk for heart disease and stroke.

DIABETES AND HEART DISEASE QUIZ

QUESTION 3:

Managing your diabetes can be stressful.

TRUE

FALSE



Question: Managing your diabetes can be stressful.

DIABETES AND HEART DISEASE QUIZ

QUESTION 3:

Managing your diabetes can be stressful.

TRUE

FALSE



Answer: True.

DIABETES AND HEART DISEASE QUIZ

QUESTION 4:

If you live with type 2 diabetes, managing your kidney health is an important part of your overall heart health?

TRUE

FALSE



Question: If you live with type 2 diabetes, managing your kidney health is an important part of your overall heart health?

DIABETES AND HEART DISEASE QUIZ

QUESTION 4:

If you live with type 2 diabetes, managing your kidney health is an important part of your overall heart health?

TRUE

FALSE



Answer: True.

DIABETES AND HEART DISEASE QUIZ

QUESTION 5:

I can never eat anything with any sugar in it, ever again.

TRUE

FALSE



Question: I can never eat anything with any sugar in it, ever again.

DIABETES AND HEART DISEASE QUIZ

QUESTION 5:

I can never eat anything with any sugar in it, ever again.

TRUE

FALSE



27



Answer: False.

You can add - Yes, that is false. The key is moderation and management. If you have diabetes, talk to your doctor and make a plan together.

DIABETES AND HEART DISEASE QUIZ

QUESTION 6:

Adding some movement to your day is a way to take care of your diabetes *and* your heart.

TRUE

FALSE



Question: Adding some movement to your day is a way to take care of your diabetes and your heart.

DIABETES AND HEART DISEASE QUIZ

QUESTION 6:

Adding some movement to your day is a way to take care of your diabetes *and* your heart.

TRUE

FALSE



29



Answer: True.

You can add - Yes, it's true. The key is to move more, with more intensity and sit less. You don't have to make big life changes to see the benefits. Try building more activity into your day, one step at a time.

POINT 3 | Learn More and Join

Know Diabetes by Heart provides the necessary tools and resources to drive more informed conversations between people living with type 2 diabetes and their doctors.

Visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) to learn more.



Read information on slide and encourage attendees to visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) to learn more. (If time allows and you have an internet connection, go to the site and walk through some of the resources that are available to them).

Let them know that some of the resources you shared with them today, and more, are available there for them to download and share with family and friends.

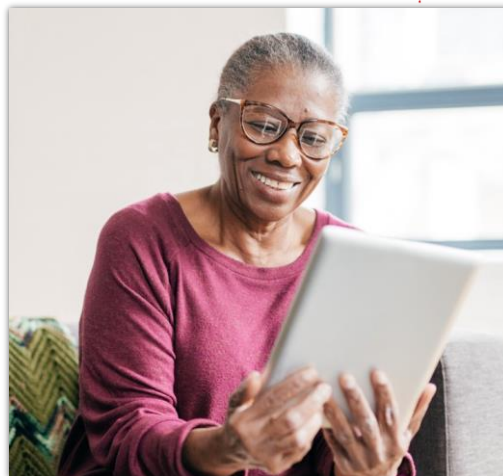
JOIN KNOW DIABETES BY HEART™

Begin your heart care journey by joining Know Diabetes by Heart.

Sign up to receive access to additional resources to help you and your loved ones living with type 2 diabetes stay in the know.

Some of the resources include:

- Online Learning Module: Let's Talk about Type 2 Diabetes, Heart Disease and Stroke
- Healthy recipes
- Educational resources like videos, articles, and discussion guides
- A monthly Ask the Experts Q&A series
- Monthly newsletters with additional information, tips and tools



31



Encourage the group to join Know Diabetes by Heart to receive ongoing updates to the resources and information that is available to them.

Share some of the additional ADA resources.

If you have an internet connection and time permits, show them how they can join.

ONLINE LEARNING MODULE

Let's talk about type 2 Diabetes, Heart Disease and Stroke

The new online learning opportunity you need to reduce risk and take action to prevent heart disease, stroke and kidney disease. Get started today!

[Let's Talk About Diabetes, Heart Disease, & Stroke](http://principledtechnologies.com)
(principledtechnologies.com)

Use this online learning opportunity to:

- Learn the risks for heart disease, stroke and kidney disease
- Understand how screenings, lifestyle, medication management and support can lower risk
- Take an active role in your health, including talking with a health care professional



Get Started today!

Scan now to find out how the Let's Talk About Type 2 Diabetes e-learning opportunity helps you in taking an active role in their health.

SCAN ME



Have people use their phones if available to use QR code to go to e-module opportunity.

AHA'S SUPPORT NETWORK

Dealing with a heart or stroke condition can be complex, but your recovery can be more manageable when you have the right kind of emotional support. Our community of survivors and caregivers are here to keep you going no matter the obstacles.

- **Connect and discuss topics with people like you**
- **Share your story**
 - Start a conversation
 - Inspire others
 - Share a personal blog
- **Register here:** [Home \(heart.org\)](https://www.heart.org)



LIVING WITH TYPE 2 DIABETES

- Receive 6 informational e-booklets
- Monthly Newsletters
- Healthy Recipes and more
- **Sign up at**
diabetes.org/livingwithtype2

Living With Type 2 Diabetes



34

Thank you for joining today. Before we close this lesson, we would like to mention other ways you can continue your health journey. The American Diabetes Association offers support and resources to help individuals with type 2 diabetes thrive.

Through the American Diabetes Association's **Living With Type 2 Diabetes** online resources, participants receive guidance on emotional well-being, healthy eating, getting active and more through six informational digital e-booklets, a monthly e-newsletter, healthy recipes, and more. Available in English and Spanish.

Sign up at diabetes.org/livingwithtype2. Assist individuals to sign up online.

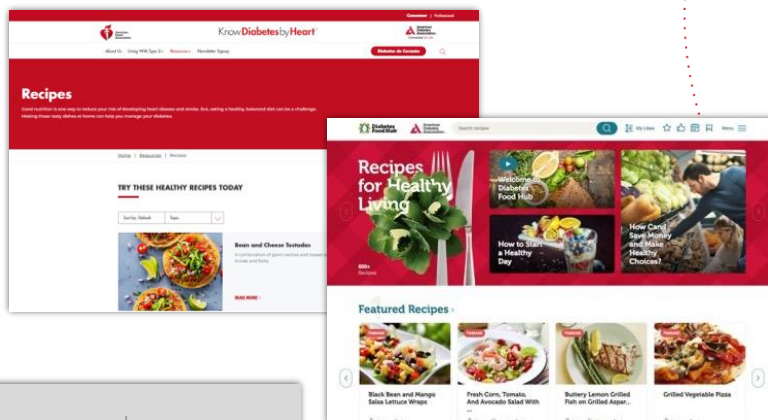
DIABETES HEALTHY RECIPE RESOURCES

Know Diabetes by Heart Recipes:

- Over 50+ diabetes-friendly recipes
- [Recipes | Know Diabetes by Heart™](#)

Diabetes Food Hub:

- More than 1,000 diabetes-friendly recipes
- Interactive Meal Planner
- Editable Grocery Lists
- Tips from ADA Nutrition Experts
- [DiabetesFoodHub.org](#)



Know **Diabetes** by **Heart**™



35



ADA's Diabetes Food Hub is a cooking and recipe destination made for people living with diabetes and their families.

This site offers more than 1,000 diabetes-friendly recipes and offers tools to save time during the busy week: an interactive Meal Planner, an editable Grocery List generated from recipes you choose, and tips for cost-conscience and healthy living from ADA nutrition experts

Visit [diabetesfoodhub.org](#).

CALL TO ACTION

- Learn about diabetes and its link to heart disease, stroke and chronic kidney disease.
- Pick one of the simple tips to take charge of your health to start today.
- Follow us [@AmericanHeart](#) on social media and DM us to let us know how you're doing!

Then share what you've learned with five friends.

Tell them about the link between diabetes and heart disease and stroke and encourage them to learn more.



Review the call to action on the slide recapping the key points of the module.

You may want to revisit the “7 Tips to Care for Your Heart When You Have Type 2 Diabetes” handout and ask everyone to select just one tip to start today.