



# Diabetes



# DIABETES HEALTH LESSON | Lesson Overview

## Welcome

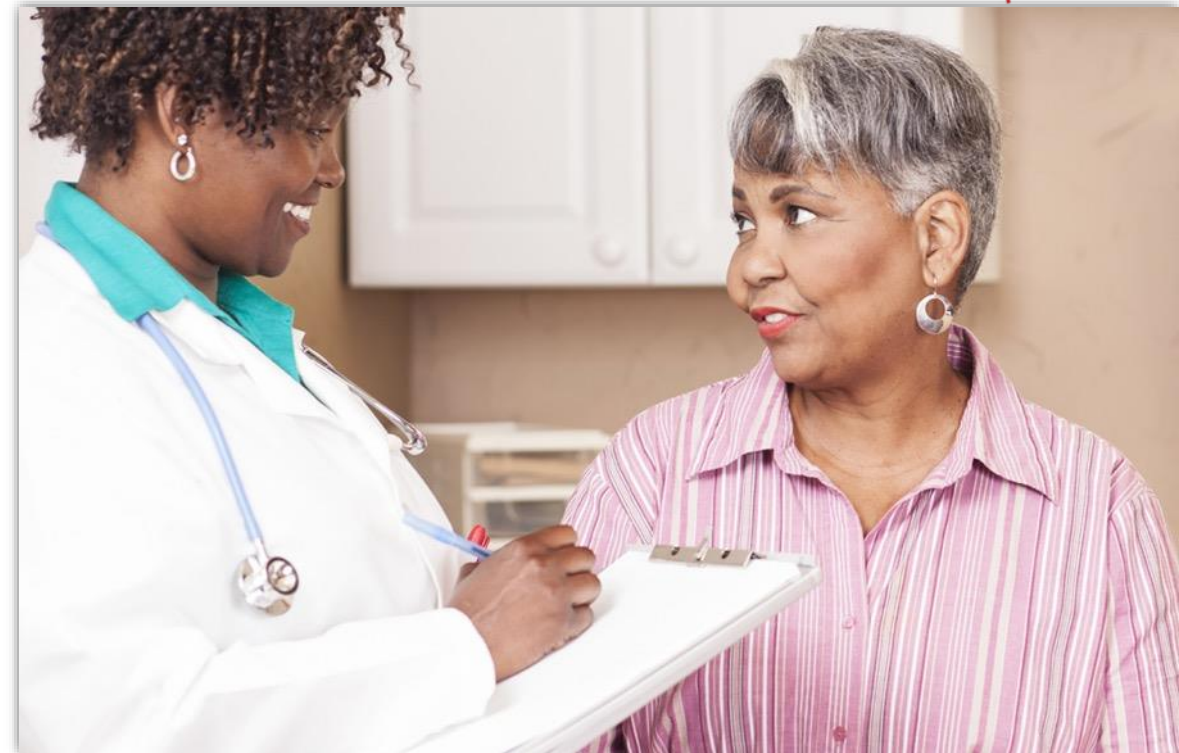
- Program Topic

## 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



# 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.

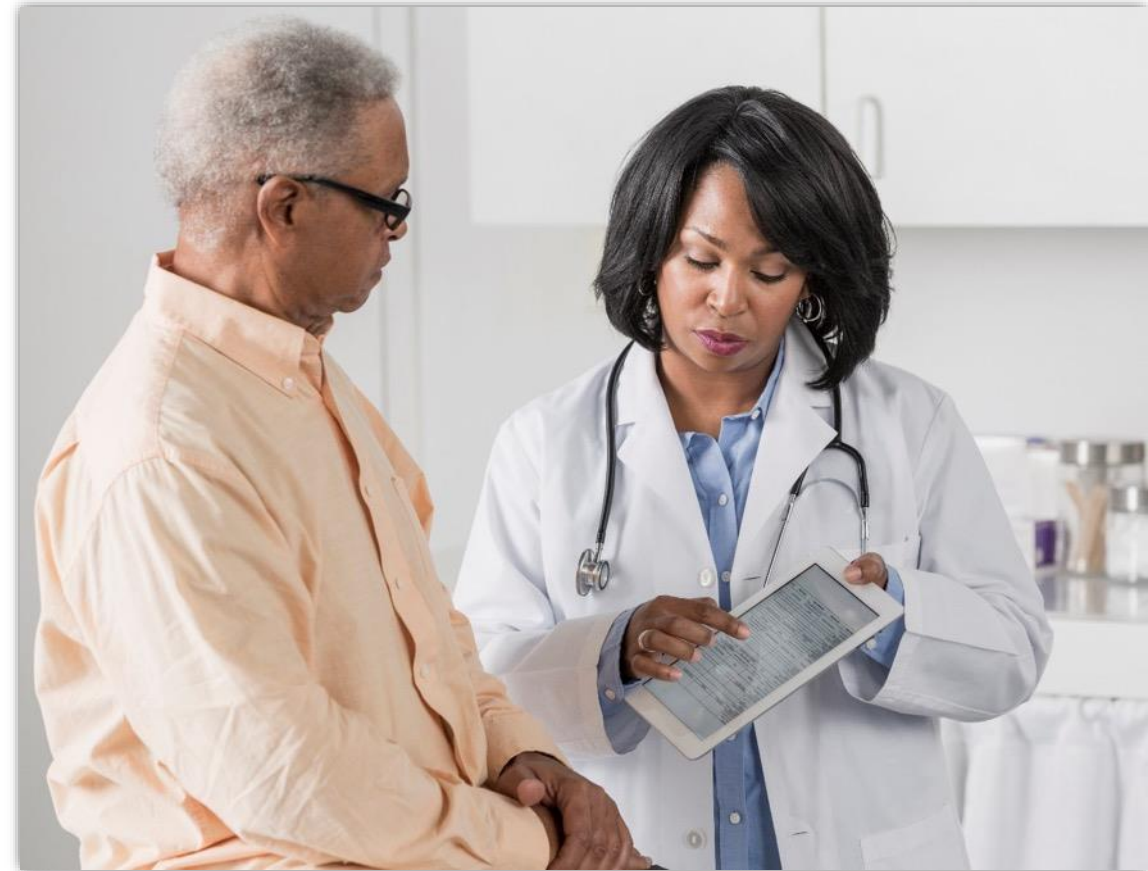
Visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) to learn more.



# PROGRAM OBJECTIVES

After today's lesson, you will:

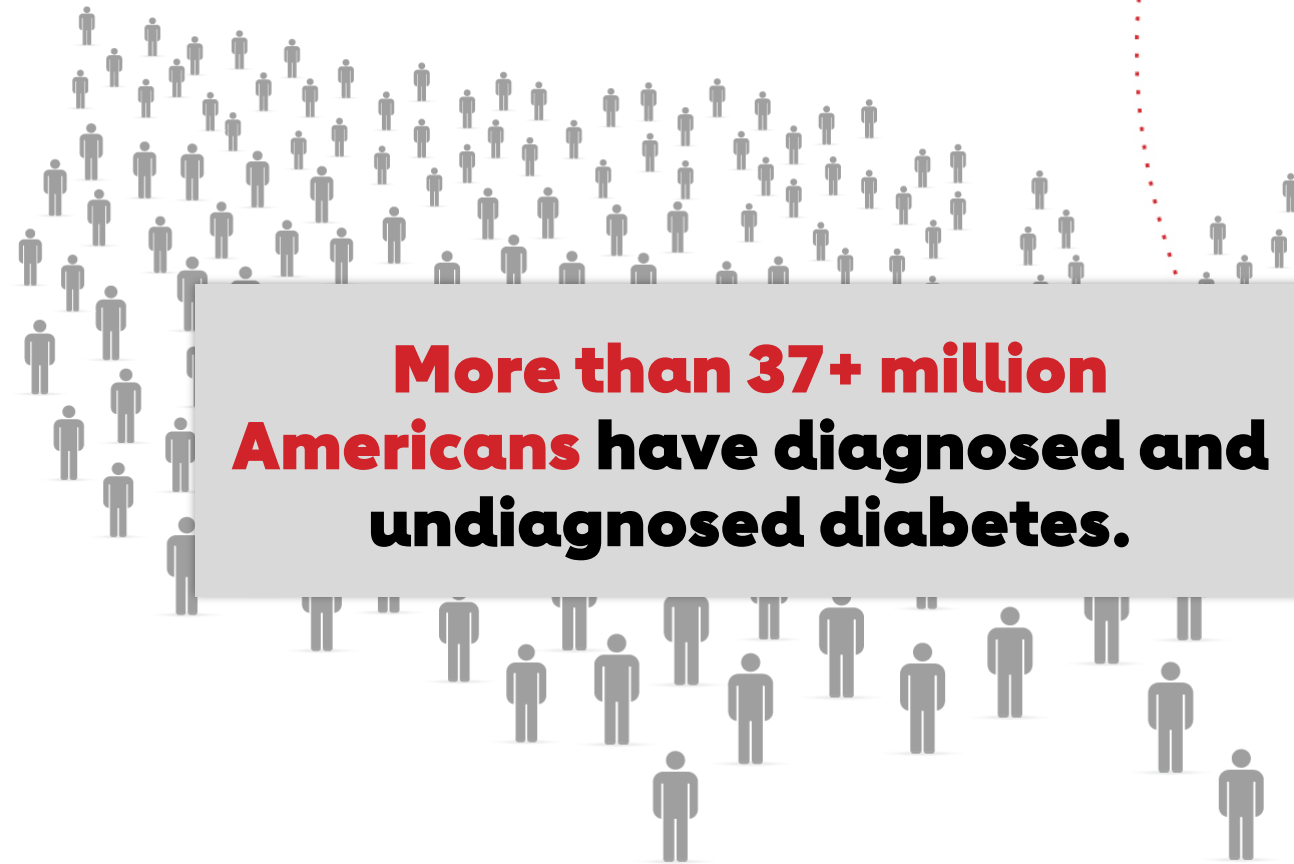
- Understand what diabetes is.
- Know about its link to heart disease and stroke.
- Understand how to take charge of your health to reduce your risk.



## 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.



# 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.



# 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.

# 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

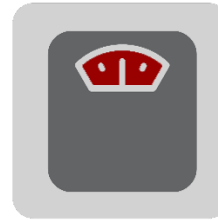


# SOME PEOPLE ARE AT HIGHER RISK

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



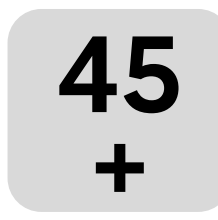
In a family with a history of diabetes



Overweight or obese



Diagnosed with diabetes when pregnant



45 or older



Not physically active

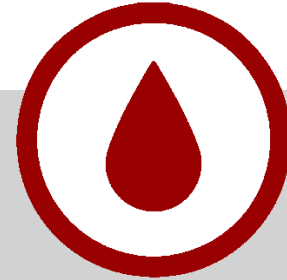


Have high blood pressure

# 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.



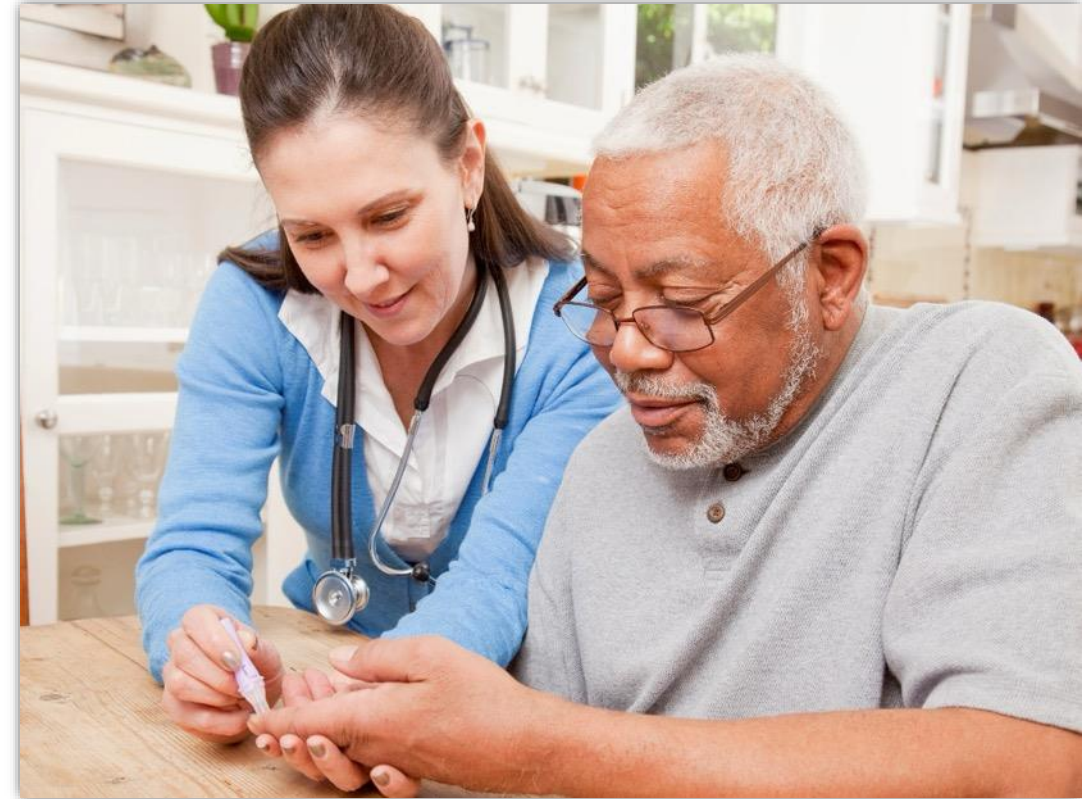
**Type 2 diabetes  
causes blood glucose  
(also called blood sugar)  
levels to be **too high**.**

# 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.



# 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.**



# 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.



# 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 \(knowdiabetesbyheart.org\)](https://www.knowdiabetesbyheart.org/)

# VIDEO: QUESTIONS TO ASK YOUR DOCTOR



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

# 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



## 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.



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 1:

Seeing your doctor regularly can help you manage your diabetes.

**TRUE**

**FALSE**



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 1:

Seeing your doctor regularly can help you manage your diabetes.

**TRUE**

**FALSE**



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 2:

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

**TRUE**

**FALSE**



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 2:

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

**TRUE**

**FALSE**



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 3:

Managing your diabetes can be stressful.

**TRUE**

**FALSE**



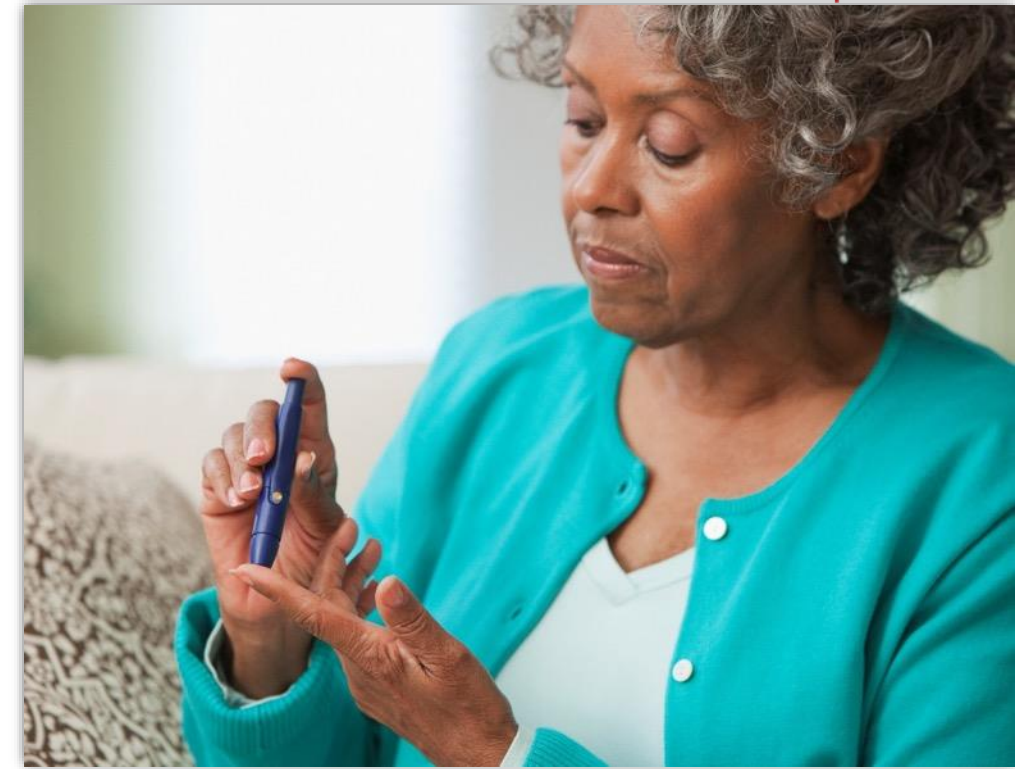
# DIABETES AND HEART DISEASE QUIZ

## QUESTION 3:

Managing your diabetes can be stressful.

**TRUE**

**FALSE**



# 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**



# 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**



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 5:

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

**TRUE**

**FALSE**



# DIABETES AND HEART DISEASE QUIZ

## QUESTION 5:

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

**TRUE**

**FALSE**



# 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**



# 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**



## 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.



# 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



# 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](https://principledtechnologies.com)  
([principledtechnologies.com](https://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**



# 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](https://diabetes.org/livingwithtype2)

**Living With Type 2 Diabetes**



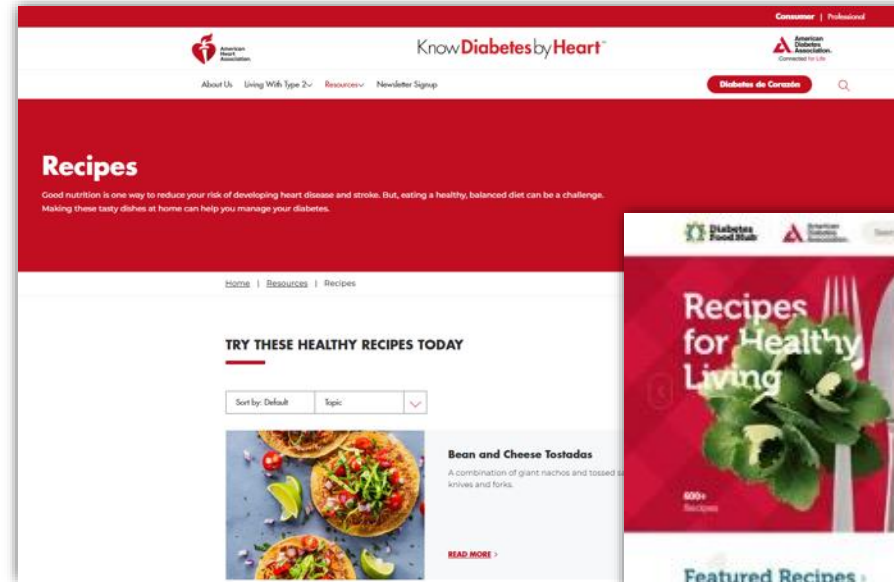
# DIABETES HEALTHY RECIPE RESOURCES

## 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**™



# 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.

