



KNOW DIABETES BY HEART HEALTH LESSON

KNOW **DIABETES BY HEART** | LESSON OVERVIEW

WELCOME

- What is Know Diabetes by Heart™?
- Program Topic and Urgent Community Need

HEALTH LESSON: KNOW DIABETES BY HEART

- What is Diabetes?
- The Link to Heart Disease and Stroke
- Taking Charge to Reduce Your Risk
- Join the Know Diabetes by Heart Initiative

CLOSING THOUGHTS

- What is EmPOWERED to Serve™?
- Create A Culture Of Health
- Online Resources



WHAT IS KNOW **DIABETES** BY **HEART**?

The American Heart Association and the American Diabetes Association's initiative, **Know Diabetes by Heart™**, aims to empower 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 the lesson, you will:

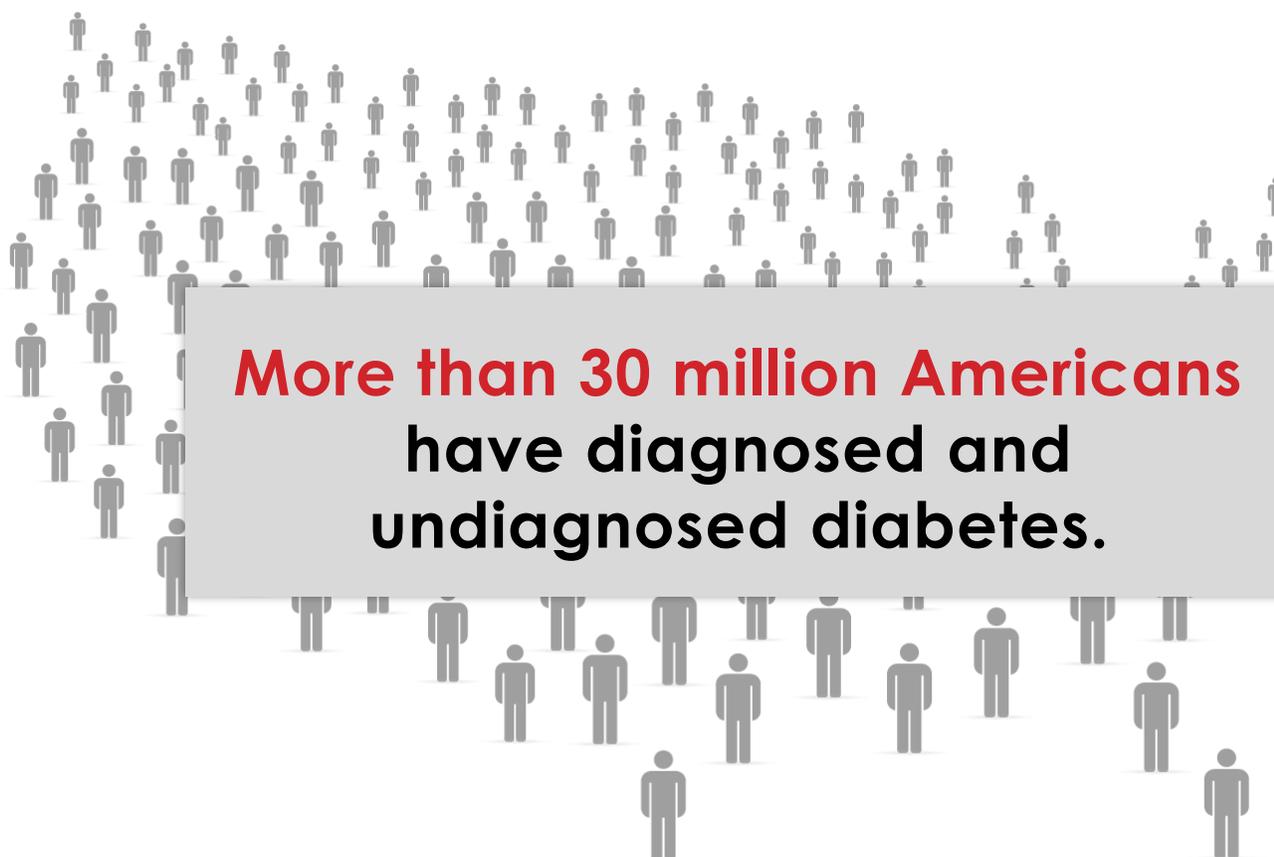
- Understand what diabetes is.
- Know about its link to heart disease and stroke.
- Understand how to take charge of your health to reduce your risk.
- Know how to join the Know Diabetes by Heart initiative.



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 30 million Americans have diagnosed and undiagnosed diabetes.

POINT 1 - WHAT IS DIABETES?

How it works:

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

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



TYPES OF DIABETES

Type 1 Diabetes

About 5-10% of cases

Your body produces
little to no insulin.

Type 2 Diabetes

About 90-95% of cases

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

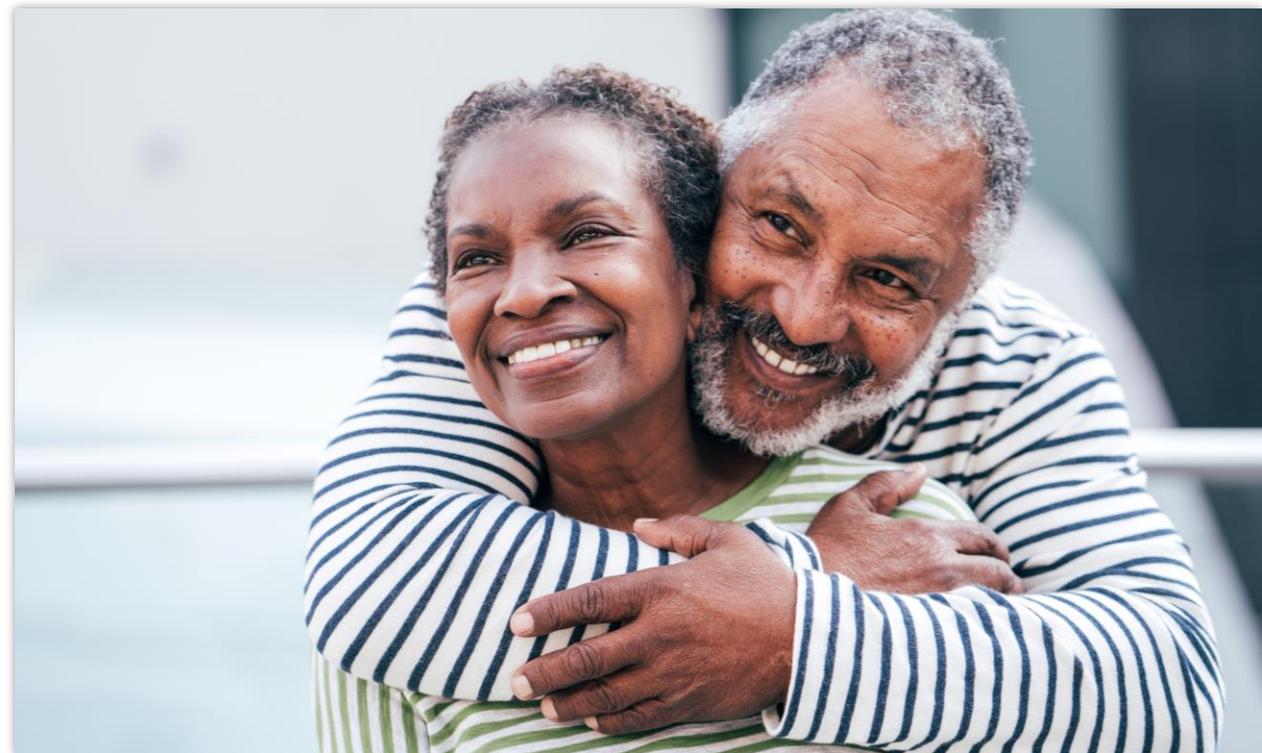
Diabetes in Pregnancy

Your body is not able
to make and use all
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 (especially South Asian)
- 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

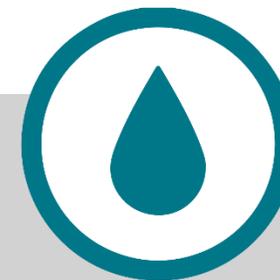


Not getting enough exercise

UNDERSTANDING TYPE 2 DIABETES

Insulin is a hormone your body makes that keeps your blood glucose at the right levels.

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

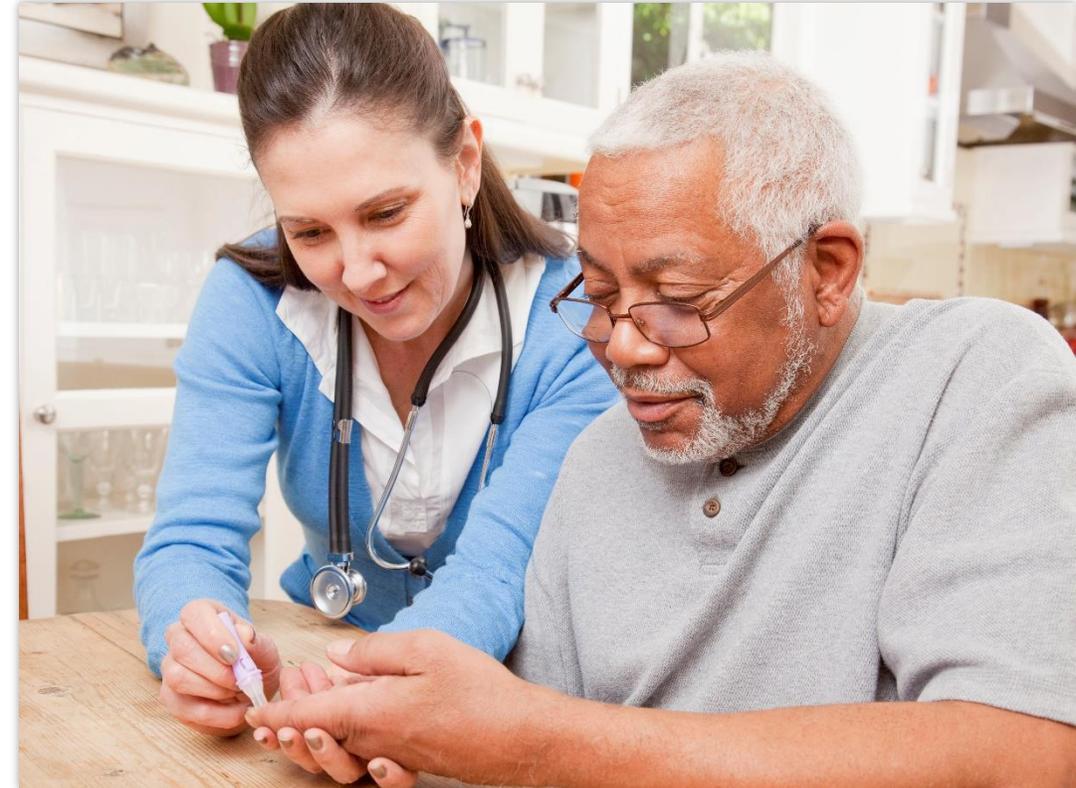


Type 2 diabetes causes blood glucose
(also called blood sugar)
levels to be too high.

UNDERSTANDING THE LINK

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

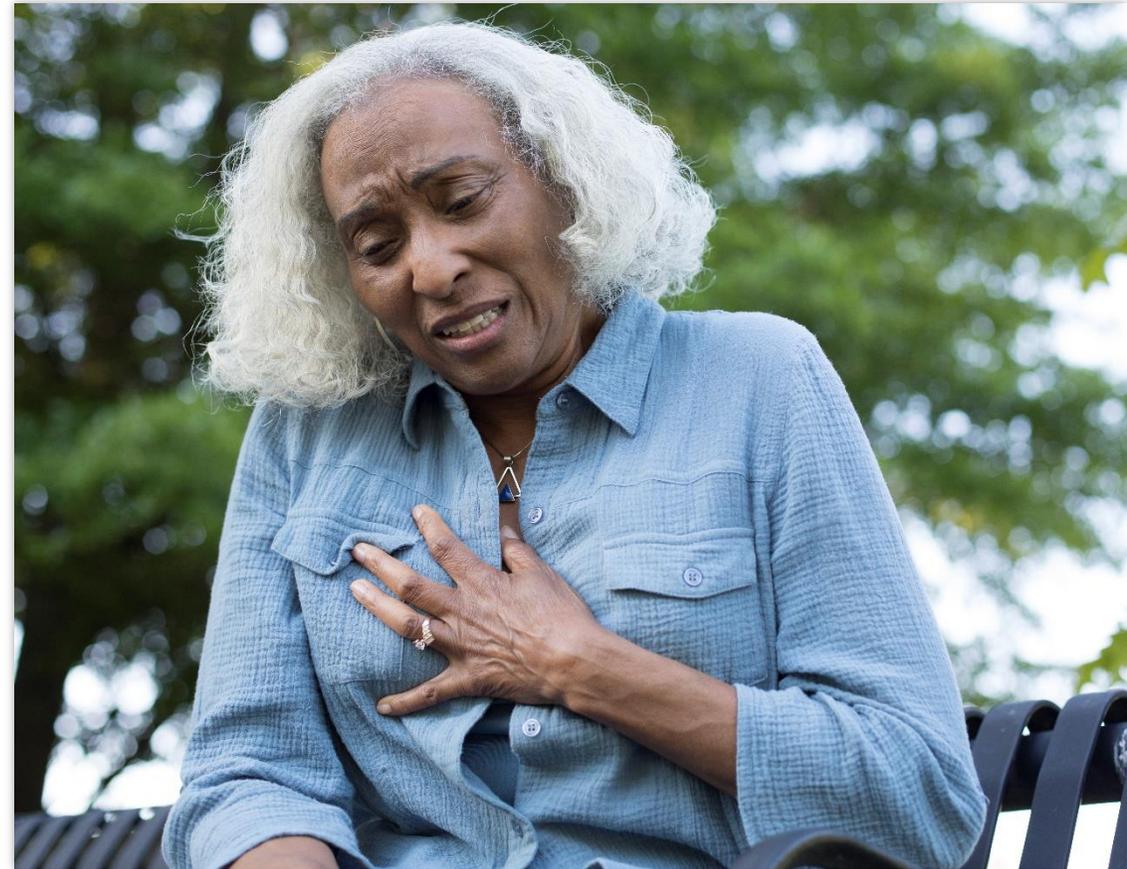
People with diabetes have a higher risk of heart disease. When diabetes isn't managed, it can damage your blood vessels.



UNDERSTANDING THE LINK

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

The buildup of plaque can clog arteries, **leading to a heart attack, stroke 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

which all contribute to their risk for developing cardiovascular disease.



4 QUESTIONS TO ASK YOUR DOCTOR

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

- What changes can I make to take care of my heart?
- What can I do before my next appointment?
- How will I know if the changes I've made are making a difference?
- What resources can help me learn more?



VIDEO: *GIVE YOUR TYPE 2 A TAKE 2*



POINT 2 - TAKE CHARGE OF YOUR HEALTH

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

1. Talk to your health care provider 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
 - being 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.



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

TRUE

FALSE

DIABETES AND HEART DISEASE QUIZ



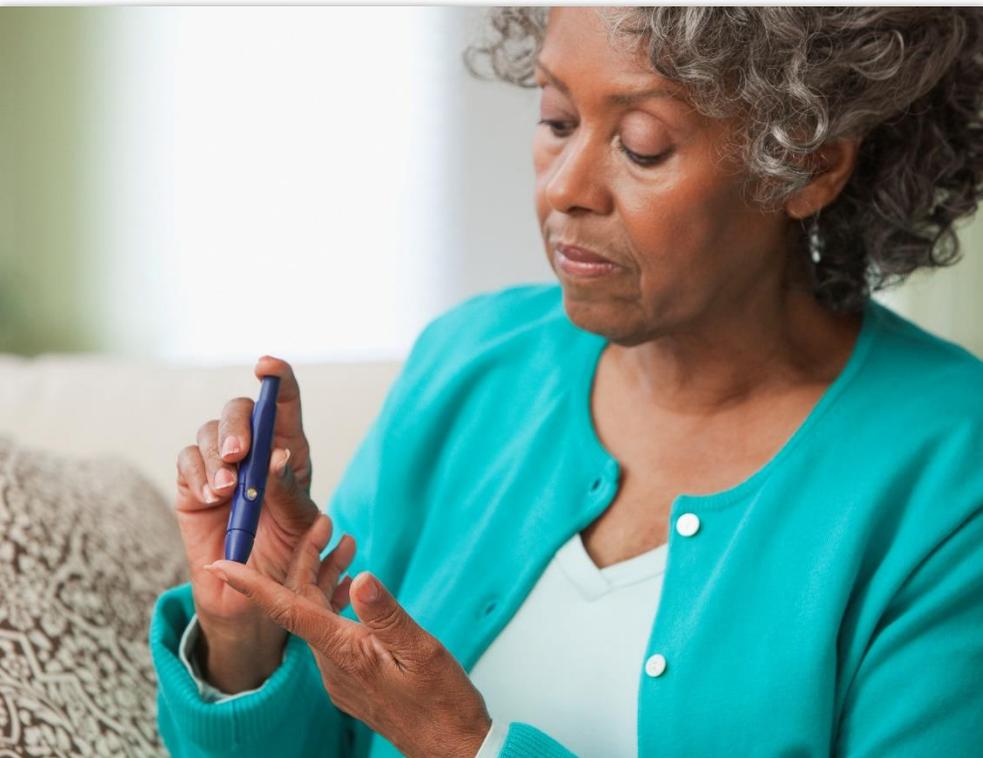
QUESTION 2:

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

TRUE

FALSE

DIABETES AND HEART DISEASE QUIZ



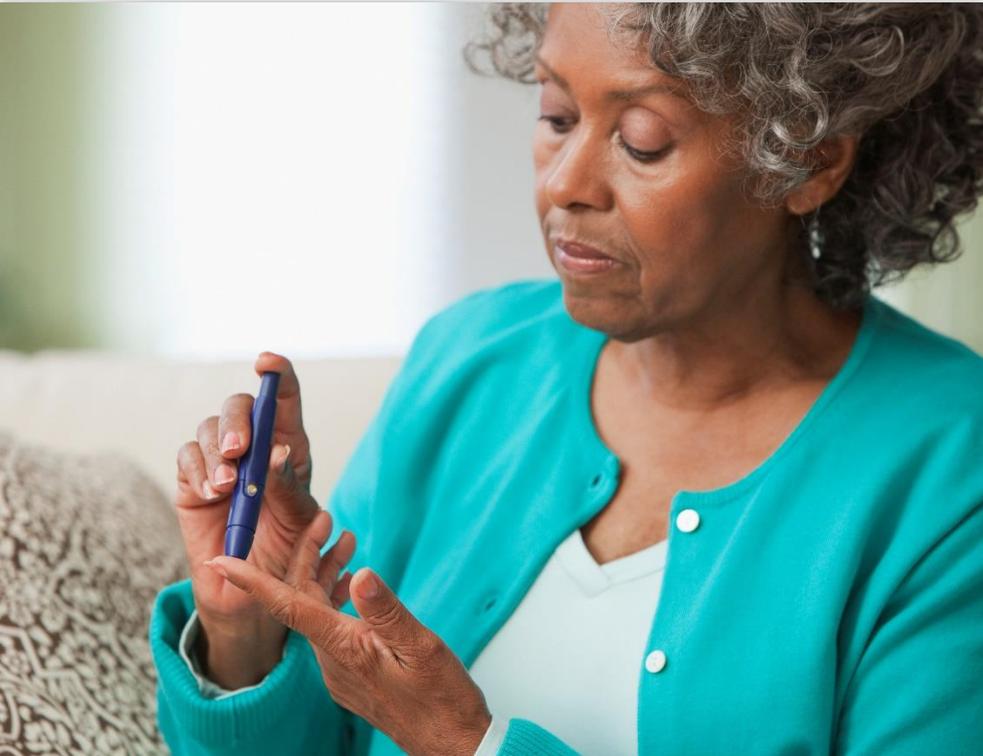
QUESTION 3:

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:

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

TRUE

FALSE

DIABETES AND HEART DISEASE QUIZ



QUESTION 4:

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

TRUE

FALSE

DIABETES AND HEART DISEASE QUIZ



QUESTION 5:

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 5:

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 with type 2 diabetes stay in the know.

Some of the resources include:

- ADA's year-long, Living with Type 2 Diabetes® Program
- A Monthly ADA Ask the Experts Q&A Series
- Healthy Recipes
- A monthly newsletter with additional information, tips and tools



Know **Diabetes** by **Heart**™

CALL TO ACTION

- Learn about diabetes and its link to heart disease and stroke.
- Pick one of the five simple tips to take charge of your health to start today.
- Visit [KnowDiabetesbyHeart.org](https://www.heart.org/learnmoreaboutdiabetes) to learn more and join the initiative.

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.





American Heart Association®

You're the Cure

YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.



Text EMPOWER to 46839 join today!



American Heart Association®

EmPOWERED to Serve™

WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change,
empowering the equity equation.



AHA's Mission Statement:

To be a relentless force for a world of longer, healthier lives.



American Heart Association®

EmPOWERED to Serve™

USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!





American Heart Association®

EmPOWERED to Serve™

WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:

empoweredtoserve@heart.org





American Heart Association®

EmPOWERED to Serve™

WE ARE EMPOWERED TO SERVE

...SERVE OUR HEALTH, SERVE OUR COMMUNITY



The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED to Serve health lessons. [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)