



# KNOW DIABETES BY HEART HEALTH LESSON

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Know **Diabetes** by **Heart**™

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.

## 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



Know **Diabetes** by **Heart**™

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**?

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.

This lesson has been developed by American Heart Association and American Diabetes Association's initiative, Know Diabetes by Heart. Later in this lesson we will learn how this initiative aims to help empower people living with type 2 diabetes to lower their risk of cardiovascular disease.

## 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.



Review the program objectives.

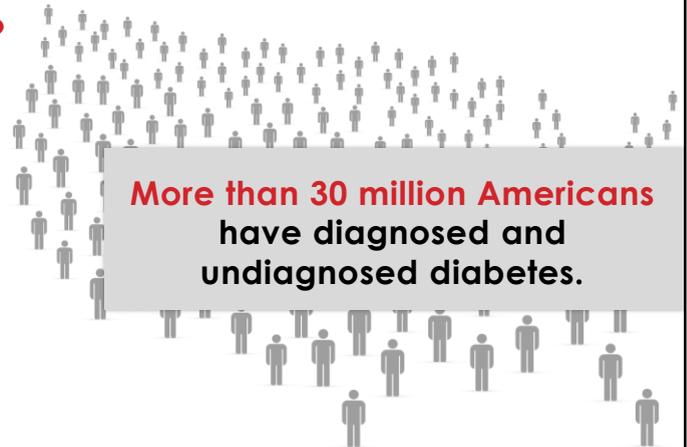
Explain the importance of today's lesson:

- 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.



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 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.



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  
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.

Review the information on the slide.

Emphasize that of the 30 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 (especially South Asian)
- Pacific Islander



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 getting  
enough exercise

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 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.**

Review the information on the slide.

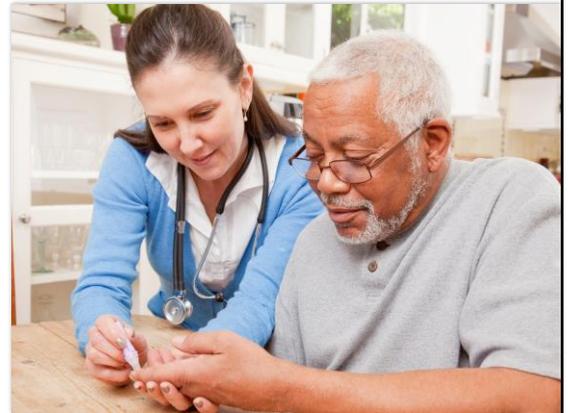
### Reference:

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



Know **Diabetes** by **Heart**™

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 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.**



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

which all contribute to their risk for developing cardiovascular disease.



Know **Diabetes** by **Heart**™

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

## 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?



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.<sup>1, 2, 3</sup>
- 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: **GIVE YOUR TYPE 2 A TAKE 2**



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Know **Diabetes** by **Heart**™

PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the Give Your Type 2 A Take 2 video. 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://youtu.be/IDMf3kPpidQ>

## 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



Know **Diabetes** by **Heart**™

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.



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

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

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

TRUE

FALSE

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

## DIABETES AND HEART DISEASE QUIZ



### QUESTION 2:

People 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:

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 4:

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

TRUE

FALSE

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 5:

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 5:

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

TRUE

FALSE

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.



Know **Diabetes** by **Heart**™

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 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**™

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.

## 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.knowdiabetesbyheart.org) 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.



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.



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!**

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Say:

Thank you for joining today. Before we close this lesson, we would like to mention other ways you can continue your health journey and help others in your community.

Each of us have the power to make a difference in our community. By joining the American Heart Association's You're the Cure program, you can be among the first to know when major policy initiatives pass or when your help is needed to advocate for an issue. Text EMPOWER to 46839 to 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.**

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Read the slide.

Share why you joined the ETS movement.

Encourage anyone who has not joined ETS to go online after the program and sign up for this national movement.

Note that ETS is a platform of the American Heart Association/American Stroke Association and works in partnership with community organizations across the country.

Highlight the AHA's Mission Statement.



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!**

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Encourage everyone to be active in the EmPOWERED to Serve movement.

Share how being part of the ETS movement helps you embrace a healthy lifestyle.

Encourage everyone to come to a future ETS health lesson.



American Heart Association.

EmPOWERED to Serve™

## WRAP-UP

**We appreciate your thoughts!**

Tell us what you liked best.

Email us at:

[empoweredtoserve@heart.org](mailto:empoweredtoserve@heart.org)



Thank everyone for coming.

Thank all the volunteers who helped coordinate the program.

Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.



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.heart.org/empoweredtoserve)

Put this slide up as your closing slide and leave it up until all the participants leave the room.