MAKING THE **DIABETES HEART CONNECTION**

Understanding the Link between Type 2 Diabetes and Cardiovascular Disease

**DIABETES IN THE U.S.**

Diabetes affects 29 million – **one in eleven** – people in the U.S. At least, 1 in 3 people will develop diabetes in their lifetime.

![Map of the U.S. showing the percentage of the population living with diabetes.]

% of Population Living with Diabetes

- 15-20%
- 20-25%
- 25-30%
- 30-35%
- 35-40%
- >40%

**UNKNOWN RISK OF CARDIOVASCULAR DISEASE**

Of people with diabetes, **LESS THAN HALF are aware** of their increased risk of cardiovascular diseases.

This lack of awareness prevents people with diabetes, their families, and their healthcare providers from **addressing risks and improving health**.

**COSTS OF DIABETES & RELATED CARDIOVASCULAR DISEASE**

$245 BILLION

Annual estimated medical costs and economic losses from premature death and disability caused by diabetes.

More than 25% of cost of treating diabetes relates to cardiovascular complications.

**CHANGE STARTS WITH AWARENESS**

Saving lives starts with raising awareness of the risks and taking action to protect health. And you can help!

Learn more about National Diabetes Heart Connection Day, November 9th, and year-round efforts.

[www.diabetesheartconnection.org](http://www.diabetesheartconnection.org)

**Sources:**
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### Online Resources

**Diabetes Heart Connection White Paper**
*Making the Diabetes Heart Connection: Awareness, Collaboration Needed to Improve Health*

**Mapping T2D and CVD**
Explore real world data and learn more about the relationship between type 2 diabetes and cardiovascular disease through this valuable resource focused on bringing a better understanding of the financial and resource impact of these co-morbid diseases.

**For Your Sweetheart**
Where diabetes and heart disease meet - find out more about talking to your sweethearts and to your healthcare providers about diabetes and heart disease.

**IHS Markit** Better Management of Diabetes Saves the United States Money
http://blog.ihs.com/better-diabetes-treatment-can-save-medicaid-over-4-billion-per-year

**American Diabetes Association**

**American Heart Association**
http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp/#.WR9XbBPpvB
What is Diabetic Heart Disease? https://www.nhlbi.nih.gov/health/health-topics/topics/dhd

**National Institute of Diabetes and Digestive and Kidney Diseases**

**National Stroke Association**  *Diabetes and Stroke Brochure*

**National Forum for Heart Disease & Stroke Prevention**  *Wrong Direction: Troubling Trends in the Rate of U.S. Cardiovascular Disease Deaths*

**National Diabetes Education Program**’s  *“Diabetes and Your Heart” infographic* focuses on the ABCs of diabetes and how diabetes affects your heart.

**Women in Government**: State legislator radio PSAs bring greater awareness of Type 2 diabetes - http://www.womeningovernment.org/learn/psa/type-2-diabetes-psa-florida

**American Association of Diabetes Educators**