

# Know **Diabetes** by **Heart**™

## HEALTH LESSON RESOURCE LIST

### **Call to Action:**

Understand what diabetes is and its link to heart disease and stroke. Help people living with type 2 diabetes to take charge of their health to reduce their risk. Visit [KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org) to learn more and join the initiative.

This lesson provides suggested American Heart Association and American Diabetes Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### **Is the program aimed at adults?**

Yes. You can keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### **No audiovisual equipment?**

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### **Have a projector?**

Great. Use the slides to guide your talk. And download a Know Diabetes by Heart™ video for one of your interactive activities.

### **Have a good internet connection?**

Show one of the Know Diabetes by Heart™ videos, divide participants into groups to take an online quiz or give a demo of an online tool.

### **Think about which formats are best to teach the health messages to your community members.**

What type of information will best motivate your community?

The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Divide participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

## Additional Diabetes Resources

### ADA's Ask the Experts Q&A Series

Join a FREE, educational **Ask the Experts Q&A series** created to help tackle issues commonly faced by people living with diabetes and wondering about the relationship between diabetes, heart disease and stroke. Ask your question—online or on the phone—in a live Q&A with ADA diabetes experts. Share with anyone you know who may benefit from guidance to living well with type 2 diabetes. Register for an upcoming even or listen to past events and highlight clips at [bit.ly/2Wao9GM](http://bit.ly/2Wao9GM).

### Let's Talk About Diabetes, Heart Disease and Stroke

This new e-learning opportunity from Know Diabetes by Heart will help individuals learn more about diabetes and the risks of complications like heart disease and stroke, and how to take an active role in their health care. Access the lesson at [KnowDiabetesbyHeart.org/TalkHeart](http://KnowDiabetesbyHeart.org/TalkHeart)

### Support Network

The American Heart Association's Support Network offers you an opportunity to share your story and connect with others. **American Heart Association's Support Network:** [supportnetwork.heart.org/](http://supportnetwork.heart.org/)

### ADA's Living With Type 2 Diabetes® Program

The American Diabetes Association's **Living with Type 2 Diabetes Program** is a free, 12-month program that provides information and support to people newly diagnosed with type 2 diabetes. Learn more at [bit.ly/2Ndc6nU](http://bit.ly/2Ndc6nU).

**Point 1:** Understand what diabetes is and its link to heart disease and stroke.



**What Is Diabetes?**

(3 minutes to review key points)

<https://bit.ly/3VESvi2>



**Types of Diabetes**

(3 minutes to review key points)

<https://bit.ly/3EQBiLS>



**4 Questions to Ask Your Doctor About Diabetes and Your Heart**

(3 minutes to review key points)

<https://bit.ly/3GV9EA0>



**Take Care of Your Heart When You Have Type 2 Diabetes**

(3 minutes to review key points)

<https://bit.ly/3GXwqHK>

**Point 2:** Take charge of your health to reduce your risk.



**Questions to Ask Your Doctor**

(30 second video)

<youtu.be/IDMf3kPpidQ>



**7 Tips to Care for Your Heart When You Have Type 2 Diabetes**

(3 minutes to review key points)

<https://bit.ly/3AWfQ7f>



**Heart Insight Diabetes Topic Supplement**

(5-10 minutes to preview the digital edition, highlight key articles and encourage attendees to view later)

<bit.ly/36fXV9I>

**Point 3:** Visit KnowDiabetesbyHeart.org to learn more and join the Know Diabetes by Heart initiative.



**Know Diabetes by Heart**

(5-10 minute site preview)

[knowdiabetesbyheart.org](https://www.knowdiabetesbyheart.org)



**Where to Begin on Your Heart Care Journey**

(3 minutes to review key points)

<https://bit.ly/3F8vuyI>



**Join Know Diabetes by Heart initiative**

(3 minutes – Encourage the group to join the initiative by signing up to receive additional resources as they become available.)

[knowdiabetesbyheart.org/join-the-initiative/](https://www.knowdiabetesbyheart.org/join-the-initiative/)