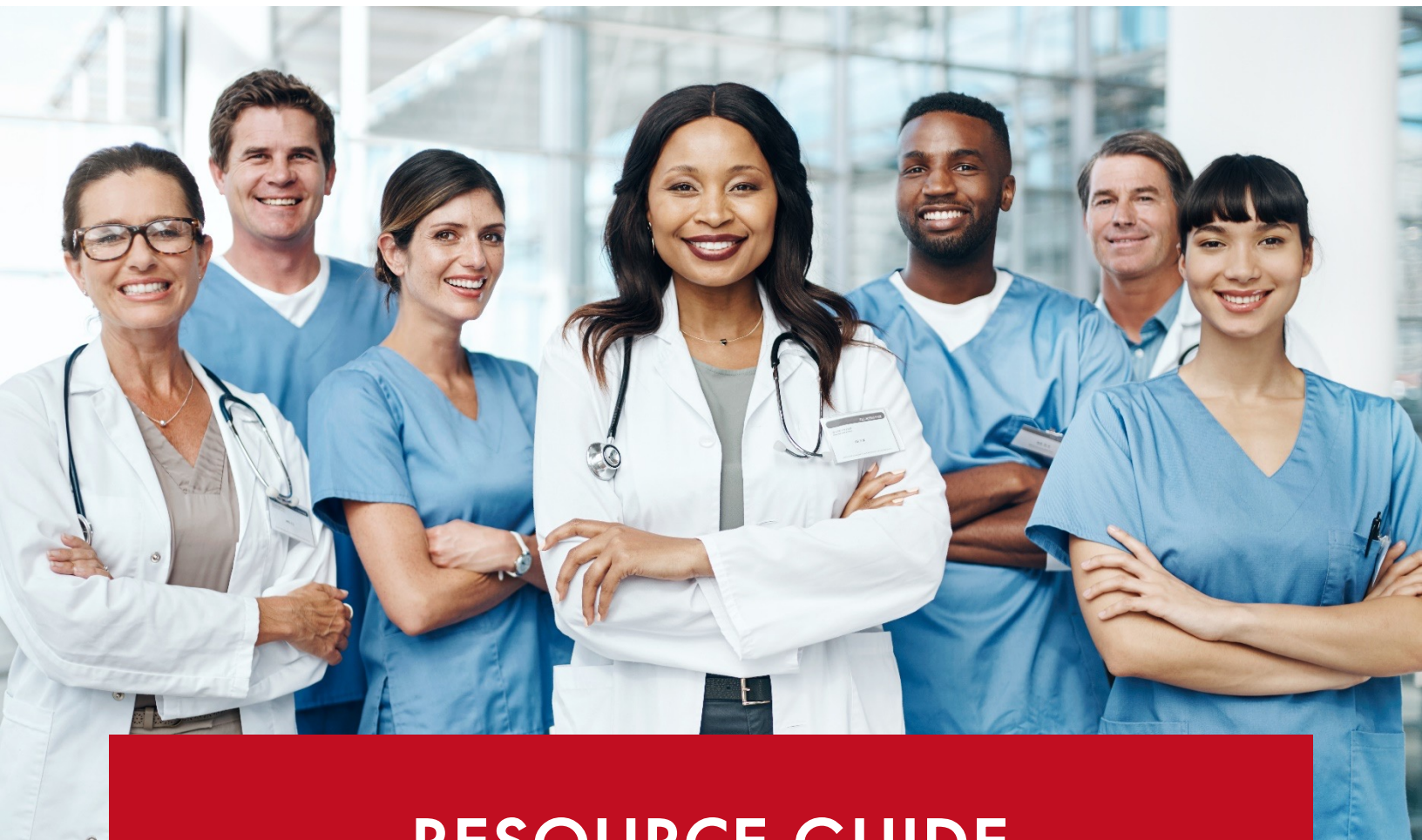




Know **Diabetes** by **Heart**™



RESOURCE GUIDE

A comprehensive initiative to reduce cardiovascular deaths, heart attacks, heart failure and strokes among people living with type 2 diabetes.

About Know Diabetes by Heart™

Know Diabetes by Heart aims to:

The public health impact of type 2 diabetes and cardiovascular disease is too significant for one organization to tackle alone. The American Heart Association® (AHA) and the American Diabetes Association® (ADA) are working together through **Know Diabetes by Heart** to combat the link between type 2 diabetes and cardiovascular disease.



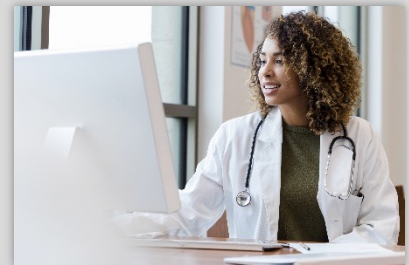
IN THIS GUIDE



Information on
Why This Matters
and Key Messages



How to Access
Resources
and Programs



Answers to
Frequently Asked
Questions

Why This Matters | Key Messages

- If you are one of more than 37 million Americans living with diabetes, doing nothing puts you at a higher risk of cardiovascular disease, like heart attack, stroke and heart failure.¹
- Cardiovascular disease is a major risk for people living with diabetes. People living with type 2 diabetes are 2x more likely to develop and die from things like heart attacks, heart failure and strokes than people who do not have diabetes.^{2,3,4}



- Only about a third of people 45 and older with type 2 diabetes have discussed their risk with their doctor for developing heart attacks, stroke or cardiovascular disease, according to a 2021 national survey for Know Diabetes by Heart.⁵
- People living with type 2 diabetes can make practical, meaningful changes to reduce their risk of cardiovascular disease—heart attacks, strokes and heart failure are not inevitable.
- If you live with type 2 diabetes, managing your kidney health is an important part of the heart-health equation.
- As a joint initiative of the AHA and ADA, Know Diabetes by Heart aims to help people living with type 2 diabetes lower their risk for cardiovascular disease by connecting them and the health professionals who care for them with education and resources.

Find resources at [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) (diabetesdecorazon.org).

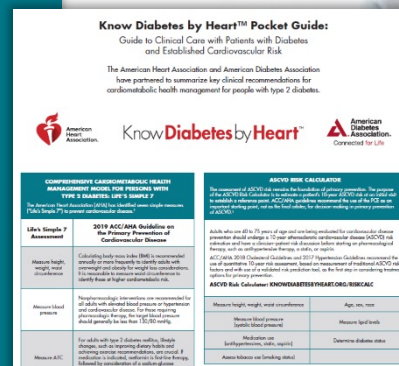
Resources for Health Care Professionals

Help clinicians build their skills and competency using a variety of health care professional education learning modalities and quality improvement programming. Leverage educational content and resources to improve their attitudes, confidence and commitment to:

- **Team-based, coordinated care models**
- Equitable and sustainable implementation of **guideline-directed care**
- **Clinical treatment decisions** for under-resourced populations
- Training on **Quality Improvement** principles and methodology

RESOURCES INCLUDE:

- The AHA and ADA's **scientific statements and guidelines**
- **Webinar and podcast series** focused on cutting-edge topics, such up-to-date standards of care and approaches to shared decision-making
- **Know Diabetes by Heart Pocket Guide** for patients with diabetes and established cardiovascular risk
- **Interactive case studies** based on AHA and ADA guidelines
- **Quality Improvement** resources and programs



Find resources to support your health care team at [KnowDiabetesbyHeart.org/professional](https://www.knowdiabetesbyheart.org/professional).

Resources for Individuals with Diabetes

Know Diabetes by Heart has created educational resources specifically designed to encourage people living with type 2 to take an active role in their diabetes management and prevention of a heart attack, heart failure, stroke or other cardiovascular complication.

Our library of articles and downloadable guides and infographics allow people living with type 2 and their loved ones to learn at their own pace, personalize their journey and search for information most relevant to their current needs, no matter where they are on their journey.

Articles cover a variety of topics, including but not limited to:

- Understanding specific cardiovascular conditions
- Manage the risk between type 2 diabetes, cardiovascular disease and kidney disease
- Nutrition
- Conversations to have with their doctor

RESOURCES INCLUDE: (English and Spanish)

- Downloadable education material
- Questions to Ask Your Doctor guide
- Monthly “Ask the Experts” events
- Healthy and balanced recipes
- Articles and short videos



Find information to support your patients or sign up for our newsletter at [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org).

Spanish resources can be found at [Diabetesdecorazon.org](https://www.diabetesdecorazon.org).

Know **Diabetes** by **Heart**™



QUALITY IMPROVEMENT PROGRAMS

Diabetes INSIDE™

The ADA's **Diabetes INSIDE** program is a quality improvement framework aimed to catalyze, accelerate and sustain health care improvement projects across health systems, public health departments, payers, industry, federal, state and local governments, large employers, community services, nonprofits and philanthropic organizations.

The program engages health care systems by providing:

- Quality Improvement training
- Coaching and facilitation
- Data analysis
- Shared learning and guideline support



To learn more, contact diabetesinside@diabetes.org.



American Heart Association®

Target: Type 2 DiabetesSM

The **Target: Type 2 Diabetes** quality improvement program is built to support participants in improving care and reducing patient risk factors while honoring their effort and commitment to providing better care management to patients living with cardiovascular disease and type 2 diabetes.

Target: Type 2 Diabetes—Outpatient

The Target: Type 2 Diabetes initiative brings together resources, education materials, AHA staff support, and recognition opportunities to target improvement and acknowledge organizations for their impactful work. Outpatient organizations are encouraged to join, get connected, and be recognized for their efforts.

The outpatient recognition has two levels of recognition available to registered, eligible organizations. The recognition awards include a Participant Award and a Gold Achievement Award. Recognized organizations may receive certificates of achievement, listing on our national websites, and other promotional opportunities. Learn more about the [Target: Type 2 Diabetes recognition](#)

Learn more about the [Target: Type 2 Diabetes Outpatient program](#).

Target: Type 2 Diabetes Honor Roll—Inpatient

Target: Type 2 Diabetes Honor Roll aims to ensure patients with type 2 diabetes receive the most up-to-date, evidence-based care when hospitalized with cardiovascular disease or stroke. To bring attention to this critical high-risk population, the AHA has established the Target: Type 2 Diabetes Honor Roll recognition opportunity for hospital participants of select Get With The Guidelines® (GWTG) modules. Hospitals that meet specific measure thresholds for their diabetes patient population may be eligible for recognition in the Target: Type 2 Diabetes Honor Roll alongside their existing GWTG awards.

Learn more about the [Target: Type 2 Diabetes program](#).

Know **Diabetes** by **Heart**™



SOCIAL MEDIA

Social Media Channels

Follow the AHA and the ADA social media handles and engage (like, comment, repost/retweet campaign posts).

American Heart Association:

[Facebook](#) (@AmericanHeart)

[Instagram](#) (@American_Heart)

[Twitter](#) (@American_Heart)

American Heart Association (Professionals):

[LinkedIn](#) (American Heart Association)

American Diabetes Association:

[Facebook](#) (@AmericanDiabetesAssociation)

[Instagram](#) (@AmDiabetesAssn)

[Twitter](#) (@AmDiabetesAssn)

[Spanish Facebook](#) (@AsocAmericanaDiabetes)

American Diabetes Association (Professionals):

[Facebook Pro](#) (@DiabetesPro)

[LinkedIn](#) (American Diabetes Association)

[Twitter Pro](#) (@ADA_DiabetesPro)

References

1. <https://www.cdc.gov/diabetes/basics/quick-facts.html>
2. Kannel WB, McGee DL. Diabetes and cardiovascular disease: the Framingham study. JAMA. 1979;241:2035–2038.
3. 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.
4. "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>.
5. Grau, María, et. al. Risk of Cause-Specific Death in Individuals With Diabetes: A Competing Risks Analysis; Diabetes Care 2016 Nov; 39(11): 1987-1995; <http://care.diabetesjournals.org/content/39/11/1987>.



Know **Diabetes** by **Heart**™

FOUNDING SPONSOR



NATIONAL SPONSOR



THANK YOU

By supporting the **Know Diabetes by Heart** initiative, you are helping reduce cardiovascular deaths, heart attacks, heart failure and strokes in people living with type 2 diabetes.

For more information, sign up for the Know Diabetes by Heart newsletter at [Professionals—Know Diabetes by Heart](#).