

Know **Diabetes** by **Heart**™

What is Know Diabetes by Heart?

The American Heart Association (AHA) and the American Diabetes Association (ADA), along with industry leaders, have proudly launched the groundbreaking collaborative initiative Know Diabetes by Heart to reduce cardiovascular deaths, heart attacks, heart failure and strokes in people living with type 2 diabetes.

Why have AHA & ADA created **Know Diabetes by Heart**?

It's Time to Drive Urgency to the Issue



Cardiovascular disease is the leading cause of death for people living with type 2 diabetes.



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.



Only about half of people age 45 and older with type 2 diabetes understand their increased risk for developing heart disease or have discussed their risk with their health care provider, according to a recent online survey conducted by The Harris Poll.

Know Diabetes by Heart Focus Areas

The landmark initiative works to implement social change through consumer awareness, patient education, health care provider training and resources and quality improvement measures for clinics and hospitals treating people with type 2 diabetes.



People Living with Type 2 Diabetes



Health Care Providers



Quality Improvement & Health Systems

Empowering People Living with Type 2 Diabetes



We want to empower people living with type 2 diabetes to lower their risk for cardiovascular disease and death. The initiative encourages patients to:

- Visit **KnowDiabetesbyHeart.org** to learn more about the link between type 2 diabetes and CVD and download tools and resources
- Talk to their health care provider about building a treatment plan to reduce risk of CVD events
- Access Ask the Experts podcasts and ADA's *Living With Type 2 Diabetes*, a free, year-long program

Engaging Health Care Providers



The initiative aims to elevate understanding of the latest science and guidelines in the management and treatment of type 2 diabetes. Providers can find training and resources, including:

- Webinars and podcasts
- Case studies
- Tools and resources to support adherence to guidelines

Focusing on Quality Improvement & Health Systems



The initiative will support quality improvement efforts by engaging directly with hospitals and outpatient clinics to provide long-term support to their teams of professionals as they redesign health care to better serve patients with diabetes and cardiovascular disease. Through the course of the initiative, the following will be developed in inpatient and ambulatory settings:

- **Target: Type 2 Diabetes Honor Roll™** — A national honor roll program for hospitals participating in Get With the Guidelines® (HF, Stroke) to reinforce evidence-based guideline adherence. The goal is to provide new educational tools and resources, help support data collection and tracking and encourage improvements in care among participating health care systems.
- **Target: Type 2 DiabetesSM** — A new ambulatory care program focused on education, resources and recognition opportunities. This program will bring care teams front and center in the fight against CVD in type 2 patients.
- **Diabetes INSIDE™** — A continuous quality improvement program combining health data analytics, training, clinical guideline support and patient programs, all tailored to address regional needs. Enrollment is complete for this project.

Resources can be found at **KnowDiabetesbyHeart.org**.

FOUNDING SPONSORS



NATIONAL SPONSORS

