

Know **Diabetes** by **Heart**™

HEALTH LESSON PLAN

Call to Action

Understand what diabetes is and its link to heart disease and stroke. Empower people living with type 2 diabetes to take charge of their health to reduce their risk. Visit KnowDiabetesbyHeart.org to learn more and join the initiative.



Community Need

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 doctor, according to a recent online survey conducted by The Harris Poll.
- Every 80 seconds, an adult with diabetes in the U.S. is hospitalized for heart disease, which can lead to a heart attack.
- Every two minutes, an adult with diabetes in the U.S. is hospitalized for a stroke.
- In people living with type 2 diabetes, even when blood glucose is well managed, there is still an increased risk of having severe heart-related problems.
- 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
 - You're also more likely to develop type 2 diabetes if you're:
 - In a family with a history of diabetes
 - Diagnosed with diabetes when pregnant
 - Not getting enough exercise
 - Overweight or obese
 - 45 or older

Diabetes is associated with a buildup of plaque that can clog arteries, leading to a heart attack, stroke or heart failure. People living with type 2 diabetes often have risk factors such as high blood pressure, unhealthy levels of cholesterol, obesity and lack of physical activity, which all contribute to their risk for developing cardiovascular disease.

People living with type 2 diabetes can make practical, meaningful changes to reduce their risk of cardiovascular disease. **Know Diabetes by Heart**™ wants people living with type 2 diabetes and their loved ones to know heart attacks, strokes and heart failure are not inevitable. There are simple steps individuals can take to change and avoid this heart-breaking complication.

Three Important Points

Our lives are busy and many of us are on information overload. That's why we'll focus on three key messages:

- Understand what diabetes is and its link to heart disease and stroke.
- Learn to take charge of your health to reduce your risk.
- Visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) to learn more and join the initiative.

Preparing for the Lesson

- Budget at least 30 minutes to present the lesson.
- Review the speaker notes prior to the lesson to be familiar with the information and know what additional resources are used.
- View the YouTube video featured in the lesson at <https://youtu.be/IDMf3kPpidQ>
- If handouts are referenced in the presentation, we recommend distributing the pages prior to beginning the lesson.
- Additional resources are available on the Resources List pdf. These could be added to lengthen the presentation or provide ideas for small group discussion. You may also provide the Resources List pdf to the attendees so they have links to information discussed in the lesson.

Lesson Materials

No Access to a Slide Projector? Print out the slides and put them in a three-ring binder. Use the printed slides as a script to deliver your health lesson.

- Flip chart and markers.

- Handouts (one copy per participant):
 - What Is Diabetes? <http://bit.ly/2BDWuEJ>
 - 4 Questions to Ask Your Doctor About Diabetes and Your Heart. <http://bit.ly/2NaRUTV>
 - 7 Tips to Care for Your Heart When You Have Type 2 Diabetes. <http://bit.ly/2W9nR2R>
- Pens
- Goody bags (optional): Reach out to local businesses, such as hospitals, wellness centers, local clinics and other health organizations. Ask them about donating giveaways for participants. Also, check out the American Heart Association online store (ShopHeart.org) or the American Diabetes Association online store (ShopDiabetes.org) for pamphlets or recipe booklets.

Audiovisual Needs

- Projector for PowerPoint slides.
- Internet connection (optional).

Wrap-Up

Reminder! Once your participants have left, be sure to complete the Ambassador Questionnaire.

Slide Program with Talking Points and Discussion Questions

The “Presenter Notes” section of the PowerPoint presentation includes scripted comments for the lesson. Use these to help walk through the lesson. To engage participants, the talking points also include discussion questions. For your reference, here is a list of the discussion questions:

- 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?
- Does anyone know what factors may put you at higher risk of developing type 2 diabetes?
- Which of these factors are in your control? Which are not?
- What are four key 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?
- Now let's take a quick 5 question true and false quiz to assess you're understanding of some of the information that we've covered today.
 - Seeing your doctor regularly can help you manage your diabetes. True or False
 - People with diabetes are two times more likely to develop complications from heart disease. True or False
 - Managing your diabetes can be stressful. True or False
 - I can never eat anything with any sugar in it, ever again. True or False
 - Adding some movement to your day is a way to take care of your diabetes and your heart. True or False