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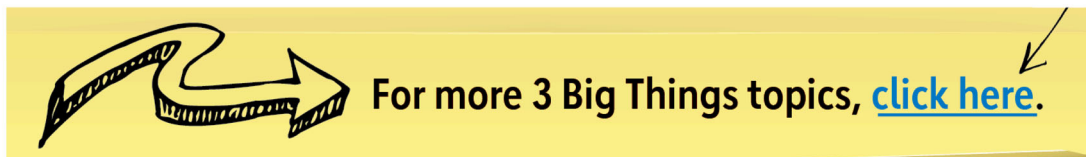
Today's Topic: **Know Diabetes by Heart®**

1 **Know Diabetes by Heart®** is a joint initiative of the **American Heart Association and the American Diabetes Association** to reduce cardiovascular deaths, heart attacks, heart failure and strokes in people living with type 2 diabetes. The program works to implement social change through consumer awareness, patient education, training and support for health care professionals and engaging health systems to improve quality of care.

2 **Cardiovascular disease is the leading cause of death for people living with type 2 diabetes, and those with the condition are two times more likely to develop cardiovascular disease and die from it.** Only about half of people aged 45 and older with type 2 diabetes understand their increased risk for cardiovascular disease or have discussed these risks with their health care professional. To learn more about the impact of this connection, check out this [slide deck](#).

3 From infographics to educational material for those living with diabetes, the [Resource Center](#) has plenty of Know Diabetes by Heart resources – several of which are available in Spanish. Share these with volunteers and start raising awareness today.

For more information, visit knowdiabetesbyheart.org.



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