Taking diabetes to **heart** survey results

**About the survey**
- The first ever global IDF survey investigating the level of cardiovascular disease (CVD) awareness among people with type 2 diabetes (T2D)
- 12,695 responses in over 130 countries

**CVD in T2D**
- CVD is the leading cause of disability and death in people with T2D
- People with T2D are 2–6 times more likely to die from heart attack or stroke compared to those without T2D
- T2D accounts for about 90% of the 425 million diabetes cases worldwide

**Key results from survey participants with T2D**

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<th>2 in 3 had CVD risk factors and/or had experienced a CVD event*</th>
<th>1 in 4 had never discussed, or couldn’t recall discussing, CVD risk factors with a healthcare professional (HCP)</th>
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<td>1 in 4 considered themselves to be at low risk of CVD</td>
<td>3 in 4 relied on CVD information from their HCP</td>
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**Significance**
- The data showed that **survey participants with T2D underestimated their CVD risk**, despite a high incidence of CVD events
- Participants **relied heavily on their HCPs** for information and advice on CVD
- However, there appeared to be **insufficient dialogue between some participants and their HCPs regarding CVD risk**
- The global prevalence of diabetes is predicted to reach 629 million people by 2045 – this represents a significant health threat
- These data will help inform efforts to improve awareness of CVD risk and its impact on people living with T2D to help achieve better health outcomes

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*CVD risk factors, such as high blood pressure, uncontrolled blood glucose levels and high cholesterol; CVD events, such as angina, heart attack, stroke or heart failure

**References**:  

*Taking Diabetes to Heart* is an initiative of the International Diabetes Federation, supported by Novo Nordisk

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