

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 T2D¹
- People with T2D are 2–6 times more likely to die from heart attack or stroke compared to those without T2D²
- T2D accounts for about 90% of the 425 million diabetes cases worldwide³

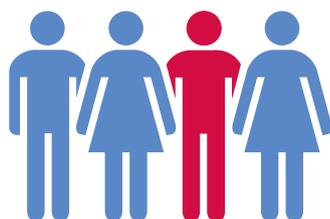
Key results from survey participants with T2D⁴



2 in 3 had CVD risk factors and/or had experienced a CVD event*



1 in 4 had never discussed, or couldn't recall discussing, CVD risk factors with a healthcare professional (HCP)



1 in 4 considered themselves to be at low risk of CVD



3 in 4 relied on CVD information from their HCP

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 2045³ – 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

*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: 1. Low Wang C, et al. *Circulation* 2016;133:2459–2502. 2. Fihn SD, et al. *J Am Coll Cardiol*. 2012;60(24):e44–e164. 3. International Diabetes Federation (IDF) Diabetes Atlas, 8th Edition. Brussels, Belgium: International Diabetes Federation, 2017. Available at: www.diabetesatlas.org. Last accessed: September 2018. 4. IDF. Taking Diabetes to Heart Survey. Available at: www.idf.org/takingdiabetes2heart. Last accessed: September 2018.

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