



Know **Diabetes** by **Heart**™

## Things you should know about **Diabetes and Heart Health**

- The longer you live with diabetes, the higher your Cardiovascular Disease risk.<sup>1</sup>
- Adults with diabetes are 2 times more likely to have a heart attack or stroke than people without diabetes.<sup>2</sup>
- Nearly 1 in 4 individuals with diabetes reported having stroke symptoms.<sup>3</sup>
- Every 72 seconds, an adult with diabetes in the U.S. is hospitalized for heart disease, which can lead to a heart attack.<sup>4</sup>
- Every 100 seconds, an adult with diabetes in the U.S. is hospitalized for a stroke.<sup>4</sup>



Find out more information and resources on diabetes and heart health management at [knowdiabetesbyheart.org](https://www.knowdiabetesbyheart.org)

### References

1. Risk of non-fatal cardiovascular diseases in early-onset versus late-onset type 2 diabetes in China: a cross-sectional study <https://www.ncbi.nlm.nih.gov/pubmed/26704379>
2. The Emerging Risk Factors C. Diabetes mellitus, fasting blood glucose concentration, and risk of vascular disease: a collaborative meta-analysis of 102 prospective studies. *Lancet*. 2010;375(9733):2215-2222. [https://www.thelancet.com/journals/lancet/article/PIIS01406736\(10\)60484-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS01406736(10)60484-9/fulltext)
3. Carson AP, Muntner P, Kissela BM, et al. Association of prediabetes and diabetes with stroke symptoms: the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. *Diabetes Care*. 2012;35(9):1845-1852.
4. Prevention. CDC. National Diabetes Statistics Report 2020 <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>  
Note: "every 80 seconds" and "every 2 minutes" come from taking the annual incidence of hospital discharges for ischemic heart disease and stroke from the National Diabetes Statistics Report, and using 365days/24hours/60minutes/60seconds to get the minute and second level.