

THE HEART OF THE MATTER



- ♥ People with diabetes are between **two and four times more likely to develop heart disease.**¹
- ♥ Heart disease is the **number one cause of death** for people with type 2 diabetes. It is responsible for just almost two-thirds of all deaths in people with diabetes.²
- ♥ Between one and three per cent of people with type 2 diabetes experience a heart attack every year.³ That means that in a given year between **11,000 and 33,000 Australians will suffer a diabetes-related heart attack.**

- ♥ Almost **two-thirds of Australian adults** with type 2 diabetes self-report some form of cardiovascular disease.⁴
- ♥ People with diabetes may **develop heart disease 10 to 15 years earlier** than people without diabetes.⁵
- ♥ Cardiovascular disease is the leading cause of death in Australia. **It kills one Australian every 12 minutes.**⁶

Knowledge gap

Heart disease is one of the most serious complications facing people with diabetes. Yet research shows most people with diabetes don't know they are at risk.

1 Haffner, S., Lehto, S., Rönnemaa, T., Pyörälä, K. and Laakso, M. (1998). Mortality from Coronary Heart Disease in Subjects with Type 2 Diabetes and in Nondiabetic Subjects with and without Prior Myocardial Infarction. *New England Journal of Medicine*, 339(4), pp.229-234.

2 Australian Institute of Health and Welfare 2017. Deaths among people with diabetes in Australia, 2009–2014. Cat. no. CVD 79. Canberra: AIHW.

3 Dark Heart of Diabetes

4 Australian Bureau of Statistics. National Health Survey: First Results, 2014–15. 2015; Available from: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4364.0.55.0012014-15?OpenDocument>.

5 Diabetes Canada website

6 Heart Foundation Website

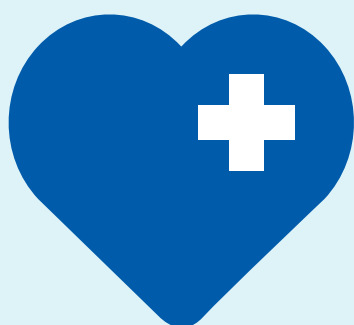
A recent Diabetes Australia survey found:

- Nearly two-thirds of people did not know heart disease is the number one cause of death for people with type 2 diabetes (despite two-thirds of people with type 2 diabetes having CVD and heart disease being responsible for two in three deaths)
- Only 12 per cent thought that they were personally at risk of heart disease/ CVD and 6 per cent personally at risk of heart attack
- 99 per cent said they would take action if they were at increased risk of heart disease
- More than 80 per cent would take action by changing their diet or exercising

Awareness of heart/ cardiovascular disease risk in type 2 diabetes

59%

of respondents did not know that the number one heart-related cause of death for people with type 2 diabetes is heart/cardiovascular disease



If respondents knew they were at increased risk of heart/ cardiovascular disease:

99%

would be likely to do something about it

What would you do to decrease your risk of heart/cardiovascular disease?

- 84%** Diet/improve eating habits
- 78%** Exercise
- 73%** Talk to a healthcare professional
- 1%** Don't know
- 1%** Nothing

What would motivate you to decrease your risk of heart/cardiovascular disease?

