

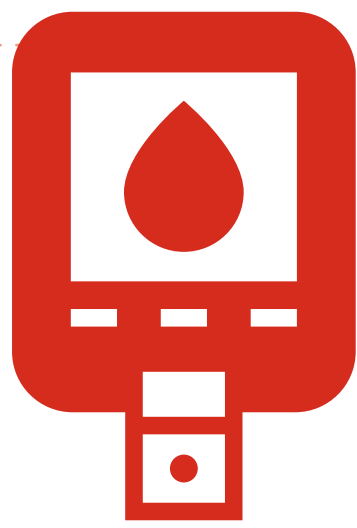
# 425 million adults worldwide are affected by diabetes

On average **9 in 10** have **type 2** diabetes



**CVD\*** is the leading cause of death and disability in people with type 2 diabetes

\* Cardiovascular disease (CVD), including heart attack and stroke



**BUT** in a recent survey of people living with type 2 diabetes...

**1 in 4**

thought they had no or low risk of CVD



**1 in 4**

had never discussed or could not remember discussing their CVD risk with a healthcare provider



**2 in 3**

need more information on CVD signs and symptoms



The world is facing a huge increase in type 2 diabetes

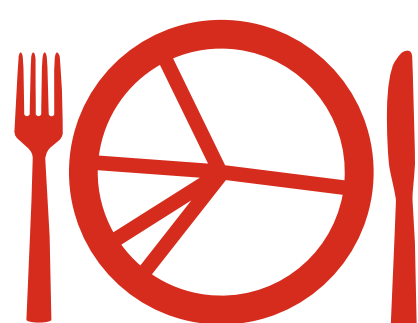
*I didn't really learn about CVD until after my quadruple bypass surgery, which was 16 years after being diagnosed with diabetes.*

John, type 2 diabetes, USA

**1 in 4**

people with type 2 diabetes surveyed had experienced a serious CVD event, including heart attack, heart failure, brain haemorrhage or stroke

Many risk factors of CVD in type 2 diabetes can be prevented by living a healthier lifestyle including:



a balanced diet



smoking cessation



more physical activity

It is vital that people with type 2 diabetes understand their **increased risk of CVD** and **what they can do** about it.

[www.idf.org/takingdiabetes2heart](http://www.idf.org/takingdiabetes2heart)

Source: Taking Diabetes to Heart Survey, International Diabetes Federation, 2018



**WORLD  
HEART  
DAY**  
29 SEPTEMBER



**International  
Diabetes  
Federation**



**Taking  
diabetes  
to heart**



**The world is facing  
a huge increase in  
type 2 diabetes**

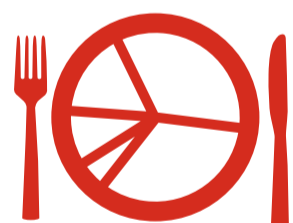
*“I didn't really learn about CVD until after my quadruple bypass surgery, which was 16 years after being diagnosed with diabetes.”*

John, type 2 diabetes, USA

**1 in 4**

people with type 2 diabetes surveyed had experienced a serious CVD event, including heart attack, heart failure, brain haemorrhage or stroke

**Many risk factors of CVD in type 2 diabetes can be prevented by living a healthier lifestyle including:**



a balanced diet



smoking cessation



more physical activity

It is vital that people with type 2 diabetes understand their **increased risk of CVD** and **what they can do** about it.

[www.idf.org/takingdiabetes2heart](http://www.idf.org/takingdiabetes2heart)

Source: Taking Diabetes to Heart Survey, International Diabetes Federation, 2018

# 425 million

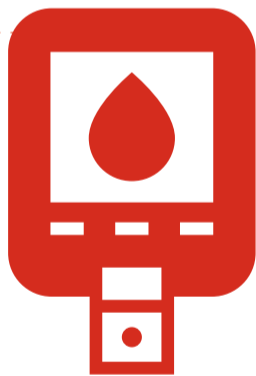
## adults worldwide are affected by diabetes

On average **9 in 10** have **type 2** diabetes



**CVD\*** is the leading cause of death and disability in people with type 2 diabetes

\* Cardiovascular disease (CVD), including heart attack and stroke



**BUT** in a recent survey of people living with type 2 diabetes...

**1 in 4**

thought they had no or low risk of CVD



**1 in 4**

had never discussed or could not remember discussing their CVD risk with a healthcare provider



**2 in 3**

need more information on CVD signs and symptoms

