

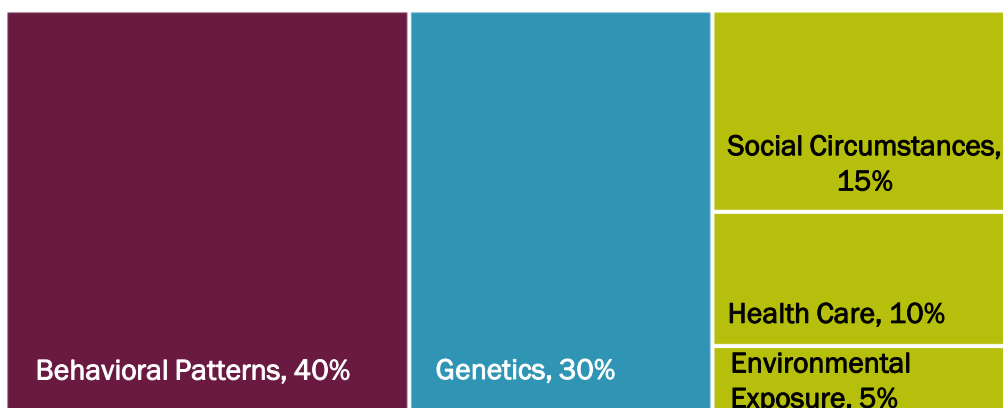
# Managing Diabetes & Heart Disease

## Did You Know?

Diabetes &  
Heart Disease  
are conditions affecting around  
**84,000**  
Vermont adults

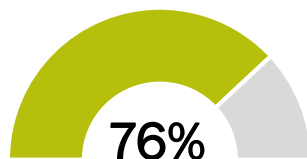
**24% of Deaths**  
in Vermont are due to  
heart disease and diabetes

## ⚡ Determinants of Premature Death

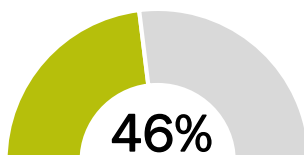


Individual behavioral patterns contribute 40% to premature death. Behaviors such as diet, physical activity and tobacco use can be improved.

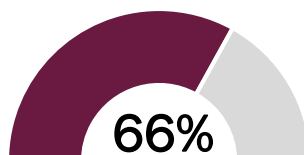
## 👥 Management Strategies



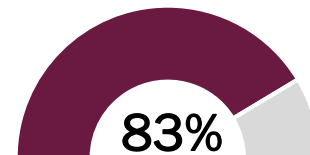
Of adults with diabetes have their A1c checked twice a year



Of adults with diabetes have ever taken a course or class on managing their diabetes



Of adults diagnosed with hypertension have a self-management plan



Of adults have had their cholesterol checked in the past 5-years

Sources: VT Vital Statistics System, 2016; BRFSS 2017 & 2018

September 2019

Learn more at [healthvermont.gov](http://healthvermont.gov)

@healthvermont

VERMONT  
DEPARTMENT OF HEALTH

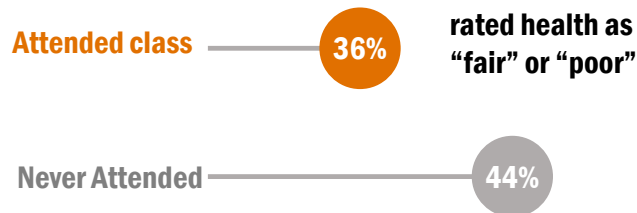
# Managing Diabetes & Heart Disease

Disease management reduces the burden on peoples' lives



## Self-Management Programs & Overall Health

Adults who ever **took a course or class on managing their diabetes** are less likely to report their **overall health as fair or poor.**



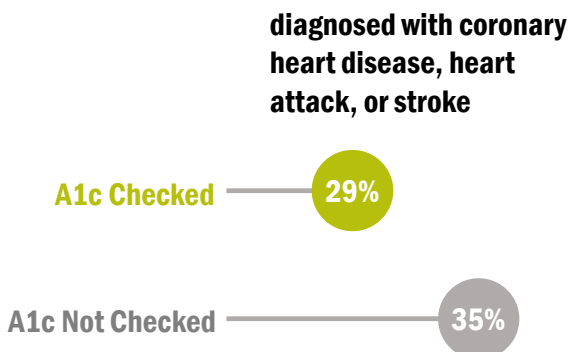
**“We learn from each other and we learn to help each other. Now I feel like I have support in the community, and I have a group of people I can count on.”**

- Jeanette, Diabetes Workshop participant



## A1c & Heart Disease

Adults with diabetes who **had their hemoglobin A1c checked at least twice a year** are less likely to have heart disease.

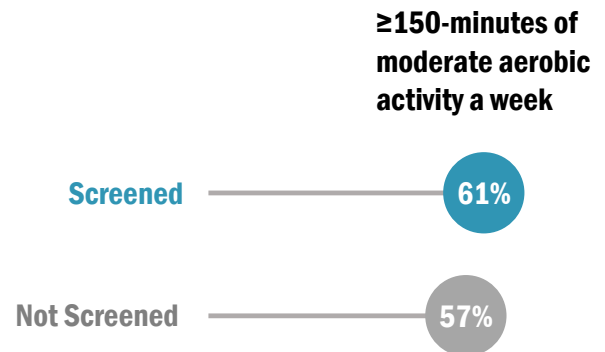


**diagnosed with coronary heart disease, heart attack, or stroke**



## Cholesterol & Physical Activity

Adults who **had their cholesterol screened in the last 5 years** are more likely to get the recommended amount of **physical activity.**



**≥150-minutes of moderate aerobic activity a week**