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.

- Behavioral Patterns, 40%
- Genetics, 30%
- Social Circumstances, 15%
- Environmental Exposure, 5%
- Health Care, 10%

Management Strategies

- 76% Of adults with diabetes have their A1c checked twice a year
- 46% Of adults with diabetes have ever taken a course or class on managing their diabetes
- 66% Of adults diagnosed with hypertension have a self-management plan
- 83% 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
## 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**.

<table>
<thead>
<tr>
<th>Attended class</th>
<th>36%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never Attended</td>
<td>44%</td>
</tr>
</tbody>
</table>

“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**.

<table>
<thead>
<tr>
<th>A1c Checked</th>
<th>29%</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1c Not Checked</td>
<td>35%</td>
</tr>
</tbody>
</table>

## 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**.

<table>
<thead>
<tr>
<th>Screened</th>
<th>61%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Screened</td>
<td>57%</td>
</tr>
</tbody>
</table>

≥150-minutes of moderate aerobic activity a week

Sources: VT BRFSS 2017
September 2019
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