

Cardi-OH Update

Take Diabetes to Heart

AMERICAN HEART MONTH

The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) recognizes February as American Heart Month. Diabetes mellitus (DM) is a powerful driver of morbidity and mortality and a predictor of high healthcare expenditures and resource utilization. Preventing diabetes can help prevent poor cardiovascular outcomes and diminish the financial burden of managing these conditions.

Prevention Saves Lives

- People with DM are twice as likely to have a heart attack or a stroke and two to four times more likely to die from heart disease than people without DM.¹
- Heart disease is the leading cause of death in men and women in the U.S. At least 68% of people age 65 or older with DM die from some form of heart disease and 16% die of stroke.²
- DM is considered a major controllable risk factor for cardiovascular disease.²

Prevention Saves Money^{3,4}

- Estimated U.S. economic burden of diagnosed DM in 2017 was \$327 billion, \$237 billion of which was direct healthcare cost.
- People with DM incurred 24% of all health care dollars in 2017. Of healthcare cost incurred by a person with DM, 57% is associated with DM.
- 27% of cardiovascular specific healthcare expenditures were associated with DM in 2017.

Visit cardi-oh.org for best practices resources you can use to talk with your patients about diabetes and heart health.

References

1. Rawshani A, Rawshani A, Franzén S, et al. Mortality and Cardiovascular Disease in Type 1 and Type 2 Diabetes. *N Engl J Med*. 2017 Apr 13;376(15):1407-1418. doi: 10.1056/NEJMoa1608664.
2. American Heart Association. Cardiovascular Disease and Diabetes. <https://www.heart.org/en/health-topics/diabetes/why-diabetes-matters/cardiovascular-disease--diabetes>. Reviewed August 20, 2015. Accessed February 18, 2021.
3. Benjamin EJ, Muntner P, Alonso A, et al. Heart disease and stroke statistics—2019 update: report from the American Heart Association. *Circulation*. 2019;139:e56–e528 <https://doi.org/10.1161/CIR.0000000000000659>Circulation.
4. American Diabetes Association. Economic costs of diabetes in the U.S. in 2017. *Diabetes Care*. 2018 May;41(5):917-928. doi: 10.2337/dci18-0007.

Sharing best practices to improve cardiovascular and diabetes health.

