

Cardio-Diabetes Think Tank: Call To Action

People living with type 2 diabetes are twice as likely to experience a life-changing cardiovascular event, such as a stroke, heart attack or CVD-related sudden death.¹ Shared risk factors are so pronounced that experts have phrased the term cardio-diabetes.

The lack of appropriate integrated care leads to delayed diagnosis, poorer outcomes and ultimately hospitalisations, morbidity and mortality that could have been prevented.

Globally, one in two adults with diabetes are unaware of their condition.² Even when diagnosed, patients are not aware of their CVD risk and common risk factors are poorly managed.³

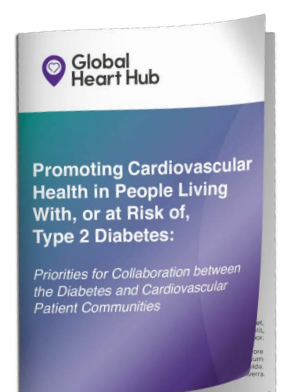
UNITED PATIENT ADVOCACY

Putting patients at the heart of care for type 2 diabetes and CVD

The Global Heart Hub brought together wide representation from the global diabetes and cardiovascular patient communities in a series of virtual round tables, resulting in the report

[Promoting Cardiovascular Health in People Living With, or at Risk of Type 2 Diabetes.](#)

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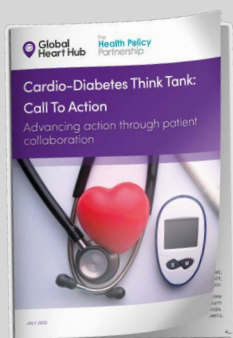
In May 2022, the Global Heart Hub convened a 'Think Tank' comprising leading representatives of key international CVD and Diabetes patient, nursing, primary and secondary care organisations. The 'Think Tank' established specific tangible actions that are needed to elevate the interrelationship between diabetes and heart disease across all stakeholders with the aim of improving care and patient outcomes.

PRIORITY UNMET NEEDS:

1. Many governments do not have formal national diabetes and CVD strategies
2. Public awareness and understanding is low of the interrelationship between diabetes and cardiovascular disease - the risk factors and how to address them
3. Patients are not seen as equal partners in the management of their risk and treatment of their condition
4. Many healthcare systems are unable to deliver integrated care from diagnosis to treatment

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WHAT ACTIONS ARE NEEDED?

We call for a coalition of CVD and diabetes stakeholders to put patients at the centre of the pursuit of the following objectives:

1. **DOCUMENT A CLEAR PICTURE OF THE STATE OF PLAY IN CARDIO-DIABETES**, e.g.:
 - > Create a coalition of patient-centred cardio-diabetes stakeholders
 - > Undertake an analysis of the state of play across the cardio-diabetes landscape.
2. **DEVELOP COMMUNICATION RESOURCES AND CAMPAIGNS TO IMPROVE PUBLIC UNDERSTANDING OF CARDIO-DIABETES RISK AND DISEASE PREVENTION**, e.g.;
 - > Tools to assist healthcare professionals communicate with patients
 - > Public campaigns to promote healthy lifestyles.
3. **DEVELOP SUPPORT TOOLS TO EMPOWER PATIENTS TO BECOME EQUAL PARTNERS IN THE MANAGEMENT AND TREATMENT OF THEIR CONDITION**, e.g.;
 - > Resources to explain and encourage shared decision-making
 - > Guidance for patients on how to prepare for medical appointments.
4. **IMPROVE ACCESS TO AN INTEGRATED CARE PATHWAY FOR CARDIO-DIABETES**, e.g.;
 - > Promote a clear vision for continuity of care throughout the care pathway
 - > Promote adoption of electronic health records which facilitate integrated care.



References:

1. The Emerging Risk Factors C. 2010. Diabetes mellitus, fasting blood glucose concentration, and risk of vascular disease: a collaborative meta-analysis of 102 prospective studies. The Lancet 375(9733): 2215-22
2. International Diabetes Federation. 2021. Diabetes Atlas: 10th edition. Brussels: IDF
3. Saeedi P, Karuranga S, Hammond L, et al. 2020. Cardiovascular diseases and risk factors knowledge and awareness in people with type 2 diabetes mellitus: a global evaluation. Diabetes Research and Clinical Practice 165: 108194

The Global Heart Hub is the first international non-profit organisation established to provide a voice for those affected by cardiovascular disease.

We are an alliance of heart patient organisations, aiming to create a unified global voice for those living with or affected by heart disease.

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