

CARDIOVASCULAR RISKS IN DIABETES

Fast Facts from the Illinois Academy of Family Physicians



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People with diabetes are at a higher risk of developing CVD. When compared to people without diabetes, CVD often appears in younger patients. As the number of diabetic patients increases, there is reason for concern as CVD is a major cause of death.

**IN THE UNITED STATES,
22.8 – 30.9% OF THE PEOPLE (AGED 15+)
WITH DIABETES ALSO HAVE CVD.²**

Prevalence of cardiovascular disease in middle-aged people with diabetes living in high and middle income countries

Up to 41% had a history of CVD*

Includes stroke, coronary artery disease and peripheral artery disease

Up to 10% had a history of stroke*



Up to 14% had a history of heart attack*

Up to 9 per 1,000 died of Stroke each year**

Up to 7 per 1,000 died from coronary artery disease each year**

Up to 27 per 1,000 died from CVD each year**

*Mean age of study population 50-69 years
**Mean age of study population 49-65 years

International Diabetes Federation. Diabetes and cardiovascular disease. Brussels, Belgium: International Diabetes Federation, 2016. www.idf.org/cvd

ACTION PLAN

- Encourage patients to be more physically active and eat healthier
- Regularly monitor and screen patients in at risk populations
- Discuss tobacco cessation at every visit
- Focus on monitoring blood pressure and controlling with medication if necessary

A BALANCE OF PREVENTION AND TREATMENT IS YOUR PATIENT'S BEST WEAPON AGAINST CVD AND DIABETES.

FAST STATS

RISK FACTORS FOR DIABETES-RELATED COMPLICATIONS US ADULTS AGED 18+ WITH DIAGNOSED DIABETES:¹

Smoking – 15% were current smokers, while 36.4% were former smokers (100+ cigarettes in their lifetime)

Overweight/Obesity – 89% were overweight or had obesity (25 kg/m²)

Physical Inactivity – 38% were “physically inactive,” defined as getting less than 10 min/week of moderate or vigorous activity

A1C – 50% had an A1C value of 7.0% or higher

High Blood Pressure – 68.4% had systolic blood pressure of 140 mmHg or higher or diastolic blood pressure of 90mmHg or higher and were on prescription medication for their high blood pressure

High Cholesterol – 43.5% had a non-HDL level of 131 mg/dL or higher

Number and rate of emergency department visits per 1,000 adults aged 18 years or older with diabetes for selected causes, United States, 2016

Risk Factor	Number in thousands	Crude rate per 1,000 (95% CI)
Diabetes as any listed diagnosis	7,833	339.0 (317.6–360.4)
Major cardiovascular disease	1740	75.3 (70.4–80.2)
Ischemic heart disease	438	18.9 (17.6–20.2)
Stroke	313	13.6 (12.7–14.5)

*Mean age of study population 50-69 years

**Mean age of study population 49-65 years

1. Centers for Disease Control and Prevention (CDC), "National Diabetes Statistics Report 2020, Estimates of Diabetes and Its Burden in the United States", 2020
2. International Diabetes Federation. Diabetes and cardiovascular disease. Brussels, Belgium: International Diabetes Federation, 2016. www.idf.org/cvd

