

TAKING DIABETES TO HEART – FAQs

1. What is Taking Diabetes to Heart?

Taking Diabetes to Heart is a new multi-country study, developed by the International Diabetes Federation (IDF) in partnership with Novo Nordisk, focusing on cardiovascular (CVD) risk awareness and knowledge among people living with type 2 diabetes.

The aim of **Taking Diabetes to Heart** is to define the actions that are required to promote knowledge and awareness of cardiovascular diseases among people living with type 2 diabetes, to improve their health outcomes and address systemic challenges to healthcare systems.

Taking Diabetes to Heart consists of an online survey, available in multiple languages, which will remain online until March 2018. Results from the survey will be used to inform policy and decision-making around this common and serious complication of diabetes.

2. Why is Taking Diabetes to Heart needed?

Diabetes and cardiovascular disease (CVD) are both global epidemics. They are currently among the leading causes of morbidity and mortality worldwide, particularly affecting populations in low- and middle-income populations. Their negative effects are accelerated by globalization, rapid unplanned urbanization and increasingly sedentary lifestyles.

People living with type 2 diabetes are at increased risk of CVD, which generally occurs at an earlier age compared to people without diabetes. As the number of people with diabetes continue to increase, the outlook for CVD becomes even more alarming.

3. What are the aims of Taking Diabetes to Heart?

The **Taking Diabetes to Heart** survey seeks to collect information on cardiovascular disease awareness and knowledge among people living with type 2 diabetes. It aims to ensure widespread uptake of digital innovations, enabling more patient-centered and integrated healthcare, and allowing for feedback and interaction between people living with diabetes and their healthcare providers. It further aims to build resource exchange that will accelerate research and advance prevention, treatment and personalised medicine. This will initially happen in three areas:

- Facilitating the transfer of knowledge from the communities to the clinical setting
- Strengthening preparedness for increasing prevalence of cardiovascular diseases at the population level, particularly among high-risk groups
- Using real world data for the purpose of assessing the effectiveness of cardiovascular disease information currently available.

4. Who can participate in Taking Diabetes to Heart?

The **Taking Diabetes to Heart** survey is targeted at people living with type 2 diabetes. Knowledge of type 2 diabetes or CVD is not required to answer the survey, as its aim is to gauge current levels of awareness and understanding of the two conditions.

If you are living with type 2 diabetes, we encourage you to take the survey at www.idf.org/takingdiabetes2heart/survey. It only takes 5-10 minutes to complete.

5. How is Taking Diabetes to Heart different from other surveys?

Taking Diabetes to Heart is the first global multi-country study of its kind that addresses the level of risk awareness and understanding of cardiovascular disease (CVD) among people living with type 2 diabetes. The survey has been designed and made available in multiple language to facilitate access from respondents from various countries and settings and ensure that the results are as comprehensive and representative as possible.

6. What organizations are involved in Taking Diabetes to Heart?

Taking Diabetes to Heart is a joint initiative of the International Diabetes Federation (IDF) and Novo Nordisk. The survey has been designed in consultation with experts and representatives from the global diabetes community.

7. How reliable is the Taking Diabetes to Heart survey?

The information collected through the **Taking Diabetes to Heart** survey is submitted voluntarily and anonymously. The data will undergo a thorough expert review process to ensure high quality results.

8. What is the Taking Diabetes to Heart data collection and review process?

The **Taking Diabetes to Heart** survey will remain open until March 2018, following which all data submitted will be analysed and reviewed. The results will be published in a report and a communications campaign will be launched to disseminate the findings.

9. I want to support Taking Diabetes to Heart but I am not sure where to start!

There are several ways that you can get involved with **Taking Diabetes to Heart**:

- If you are living with type 2 diabetes, we encourage you to take the **Taking Diabetes to Heart** survey at www.idf.org/takingdiabetes2heart/survey
- If you know someone with type 2 diabetes, please invite them to take the survey at www.idf.org/takingdiabetes2heart/survey
- If you are active online and on social media, you can promote the survey to your network by using the hashtag #TD2♥ or #T2DH.
- If the survey is not available in your local language, you can volunteer to translate it so that it can benefit the members of your community and help us achieve globally representative results.
- If you represent a national organization or institution active in the field of diabetes or CVD and can help **Taking Diabetes to Heart** engage people living with type 2 diabetes in your country to take the survey, we will acknowledge you as a supporter and feature your logo on our dedicated supporters page

If you would like more information regarding any of the information above, or have other questions regarding Taking Diabetes to Heart, please contact takingdiabetes2heart@idf.org