



Heart Disease and Stroke Deaths Decrease 40% for Adults with Diabetes A New Study Published in *Diabetes Care*, May 22, 2012

Study Overview:

Deaths from heart attack and stroke decreased by 40% among people with diabetes between 1997 and 2006, according to a recent study published in [Diabetes Care](#), from researchers for the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health. Deaths from all causes decreased by 23% among people with diabetes during that time.

Heart disease and stroke are serious complications of diabetes. Although death rates for heart attack and stroke have decreased, adults with diabetes are still twice as likely to die from these diseases than people who do not have diabetes.

Prevention Is Key:

You can reduce your chances of developing these diseases by managing diabetes and by getting medical treatment for conditions such as high blood pressure and high cholesterol.

Following a healthy meal plan, getting 150 minutes of physical activity each week, and losing weight if needed, can help control your blood sugar (glucose).

Learn More and Take Action:

- Read the article "Trends in Death Rates Among U.S. Adults With and Without Diabetes Between 1997 and 2006" on the [Diabetes Care](#) Web site.
- View the press release about the article in CDC's [online newsroom](#).
- Learn more about [Staying Healthy With Diabetes](#) from CDC's Division of Diabetes Translation.
- Read about what causes heart and blood vessel problems and how to avoid them from CDC's [Take Charge of Your Diabetes](#).
- Take steps to manage your diabetes. The publication [4 Steps to Control Your Diabetes. For Life](#) from the [National Diabetes Education Program](#) offers information on how managing blood sugar, blood pressure, and cholesterol can help lower your risk of heart disease and stroke.
- Get involved in the [Million Hearts initiative](#). The program's goal is to prevent 1 million heart attacks and strokes over the next 5 years.