



Diabetes & Cardiovascular Disease Video

Companion Discussion Guide

This guide provides optional discussion questions that you can use with the video. There are several natural points in the video where you can pause the video and have a group discussion. You can choose which pauses and questions make sense for your group and time frame.

Pause the video at minute 11:22 on the slide titled “Importance of Good Blood Sugar Control”

- Over half of American adults have either type 2 diabetes or prediabetes. Is this surprising to you? What do you think are some of the factors that contribute to the high rates of type 2 diabetes and prediabetes?
- Type 2 diabetes used to be so rare in children that it was called “Adult-Onset Diabetes.” However, it is increasingly being diagnosed in children, and one in 3 American adolescents now has prediabetes. This is in part due to rising levels of childhood obesity along with changes in eating and physical activity patterns. What are some ideas for how we can help improve the health of the children in our community?
- In addition to being a major risk factor for cardiovascular disease, diabetes is a leading cause of blindness, kidney failure, and lower limb amputation in the US. Does anyone have a personal story about how diabetes has impacted their life or the life of a loved one that they would like to share?

Pause the video at minute 13:56 on the slide titled “Diabetes Treatment”

- Research has shown that good blood sugar control can help reduce the risk of diabetes complications. However, only around half of Americans with diabetes are meeting the goal of an A1C under 7%. Why do you think this is?

Pause the video at minute 21:57 on the slide titled “Protecting Heart Health”

- What do you think are some of the challenges that people face in trying to effectively treat their diabetes? Think about both structural and individual challenges. What are some strategies that could be used to help overcome these?

At the end of the video

- Only 15% of people with diabetes are meeting the ABCS (**A**1C, **B**lood Pressure, **C**holesterol, **S**moking) treatment goals needed to minimize their risk of cardiovascular disease. What do you think are some of the reasons for this this? What are some ways that we could help improve this rate in our community?

DEFINITIONS:

Diabetes: A disorder of glucose metabolism caused by a problem with the body’s ability to make or respond to insulin.

Type 1 Diabetes: A type of diabetes caused by the body’s inability to make insulin. It is usually caused by autoimmune destruction of the insulin-producing cells in the pancreas.

Type 2 Diabetes: A type of diabetes caused by insulin resistance which impairs the body’s ability to respond to insulin.

Prediabetes: An intermediate condition in which mild insulin resistance causes blood sugars that are above normal but not high enough to meet the criteria for diabetes.

Insulin: A hormone made in the pancreas that regulates blood sugar levels. It acts as the “key” which allows glucose (sugar) to enter the cell and be used as energy.

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don’t force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking “Why do you think that is?” or “Tell me more” to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**