

Diabetes and Heart Health



CONTRA COSTA
HEALTH

Diabetes and heart disease are more connected than you might think.

A person with diabetes is twice as likely to have a heart attack or stroke compared to someone who doesn't. That's because high blood sugar can damage the blood vessels and nerves around your heart. Here are some other connections between diabetes and heart disease you should know.

People with diabetes are more likely to have high:

- **LDL.** That's the "bad" cholesterol that causes plaque to build up in arteries.
- **Blood pressure.** Having both diabetes and high blood pressure dramatically increases heart disease risk.
- **Triglycerides.** This is a type of fat that builds up in—and stiffens—arteries.

Luckily, there is a lot you can do to **help prevent both diabetes and heart disease.** It starts with managing the **diabetes ABCS:**

- A-** Get your A1C tested regularly to track your average blood sugar over time.
- B-** Watch your blood pressure.
- C-** Stay on top of your cholesterol levels.
- S-** Don't smoke. If you smoke, find a smoking cessation program and stick to it.

Here are some other things that cut your heart disease and diabetes risks:

- **Manage stress.** Not only can it increase blood pressure, but it might also make you want to do other things that raise your risk, like overindulge in sweets.
- **Eat right.** For overall good health (and to help prevent disease), pile on the produce. Choose lean proteins and whole grains. And skip processed foods as much as you can.
- **Exercise.** Physical activity helps lower blood sugar. When done regularly, it can help prevent or manage diabetes.
- **Lose weight.** If you're overweight, losing even a few pounds can help reduce triglycerides and blood sugar.
- **Consider medicine.** You may benefit from drugs that can reduce blood pressure, lower cholesterol, manage blood sugar or help you lose weight. Talk to your provider about what's right for you.
- **Get tested.** There are tests you can take to evaluate your heart's current health and heart disease risk. Your health care provider can tell you what tests to schedule.

Diabetes Resources

We want your feedback.
Take our quick survey!



Here in Contra Costa

You can access the following services to help you manage your care. If you have questions about diabetes or heart disease, or to talk about screenings, make an appointment with one of our providers by calling **1-877-661-6230**.

Diabetes Self-Management Education and Support Program (DSMES):

A 5-week program designed to teach self-management tools that can help you take control of your diabetes and delay or prevent complications.



Ask your provider for a referral or visit inspiringcommunities.org.

Gojji - Diabetes Management Service

Gojji provides glucometers and disease management services. The glucometers allow Gojji to see your blood sugar test results. They have dietitians and pharmacists that can help you control your blood sugar.

Eligibility:

- CCHP Medi-Cal Member.
- Diabetes with A1c >7.0%.
- Have a prescription for a glucometer.
- Must agree to share information with Gojji.



Call Member Services at **1-877-661-6230**, ask your provider for a referral, or visit gojji.com.

Health Education



Get access to more **health tips, healthy recipes, exercise recommendations and more related to diabetes and heart health** by visiting healthed.cchealth.org or scanning the QR code.

Diabetes Prevention Program (DPP)

DPP is a program to help you make lifestyle changes to prevent type 2 diabetes. The program is virtual, in 1-hour sessions. You'll learn how to make realistic goals with a trained lifestyle change coach while having fun discussions.

Eligibility:

- 18 years or older.
- Overweight.
- Has prediabetes or gestational diabetes.

Ask your provider for a referral or visit inspiringcommunities.org.

Medically Tailored Meals/Medically Supportive Foods

Some people may qualify to have meals or groceries sent to their homes. These menus are created for certain health needs. This program may also include cooking and/or nutrition education. If you have one of the following, talk to your provider today:

- Gestational diabetes.
- Poorly controlled diabetes.
- Poorly controlled heart failure.
- ESRD on dialysis.
- Metabolic syndrome.

Talk to your case manager, PCP, or other provider about getting a referral. You can also call CCHP Member Services at **1-877-661-6230**.