

Lions Club

Diabetes Awareness Committee
Lion Year Beginning June _____

Mission: Our committee’s mission is to work with local healthcare professionals to:

- a) Develop and implement actions that elevate public awareness of diabetes and its complications – especially eye related complications.
- b) Assist the Wisconsin Lions Foundation with the Community Diabetes Education Project efforts in the Club Service area.

Supporting Goals: Major goals for _____(year) that support our mission are:

Sample Supporting Goals:

- a) Work in conjunction with the Community Diabetes Awareness Manual’s “four levels of Club involvement in community diabetes awareness” concepts.
 - i) Complete and/or maintain the applicable steps of the Level 1 Club involvement manual.
 - ii) Begin (or complete) the appropriate steps of the Level2 Club involvement manual.
- b) Initiate diabetes awareness activities or informational releases in our community quarterly.
- c) Distribute a well-maintained and available reference listing for local people with diabetes.
- d) _____
- e) _____

Committee Members:

Chair: _____
(Co-Chair) _____
Members: _____

Note: The committee mission and supporting goals should be reviewed annually and revised accordingly.

Initial Healthcare Professional Discussion Outline

Discussion Date: _____

Professional: _____

Interviewer(s) _____, _____

1. What do you think the status of diabetes awareness and education is in our community?

What efforts are being made to find those people with diabetes who don't know they have it?

What efforts are being made to support those people known to have diabetes?

Who (person or organization) seems to be leading the diabetes awareness effort?

2. What do you wish could be different or improved about our community's diabetes awareness?

3. How could those changes or improvements come about?

What are the barriers that need to be overcome?

4. How could the Lions Club become a helpful tool to you and other healthcare professionals in bringing about those changes or improvements?

5. If the Lions Club agreed to be a catalyst and/or tool to increase diabetes awareness in our community, how should the club relate and communicate to the healthcare professionals?

Who specifically should we be working with?

Is there anything specific that we should avoid?

6. What message would you like me to take back to our club about diabetes in our community?

Diabetes Educational Materials - Places to Order

Diabetes educational materials include brochures, videos, PowerPoint presentations, news articles, research documents etc.

Wisconsin Lions Diabetes Focus Group

The District Diabetes Chairs found in the Lions Clubs International Multiple District 27 Directory.

Wisconsin Lions Foundation

Administrative Assistant – (877-463-6953) (lshelley@wlf.info) (www.wlf.info)

The WLF should be your first contact for brochures, current events within the Lions Community Diabetes Education Project, and a connection to other useful organizations.

Wisconsin Diabetes Prevention and Control Program – Director – (800-860-8747)

The WDCP is a great resource for materials and current events in Wisconsin.

American Diabetes Association – Wisconsin Director – (414-778-5500)

The ADA provides brochures with national interest, and will arrange speakers.

National Eye Institute – (301-496-5248)

The NEI has excellent handout sheets on diseases of the eye, including diabetic retinopathy

Additionally, the web sites listed in the appendix to the “*Community Diabetes Awareness*” manual may also include materials that you can order.

Good communication facilitates good results!

If you see outstanding material that you think would benefit other clubs, please contact your District Diabetes Awareness Committee.

News Release

_____ Lions Club

Date: _____

For Immediate release

For more information, call:

Phone # _____

- _____, President, _____ Lions Club _____
 - _____, _____ Lions Club Diabetes Chair _____
-

(Club)

Lions Club Diabetes Screening

The _____ Lions Club Diabetes Committee tells people who are at risk of diabetes to get screened. The Club took its own advice at its __ (Date) _____ meeting when it invited _____ (healthcare professional), of _____ (business or organization) to perform the blood glucose screening.

Results of the screening are confidential and affected people are referred to their physician. On average, 2% of adults have diabetes and don't know it.

According to _____, the Club Diabetes Committee Chairperson, "symptoms include increased thirst, increased hunger, fatigue, increased urination, unexplained weight loss, blurred vision and sores that do not heal. Some people with diabetes have only mild symptoms or no symptoms."

"Risk factors for diabetes include a family history, 20% or more over weight, inactivity, high blood pressure or cholesterol, and age over 45. Also, giving birth to a baby weighing 9 pounds is a diabetes risk."

The club encourages people to see their physicians if they have one or more of the listed risks.

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News Release

_____ Lions Club
Date: _____

For Immediate release

For more information, call: _____ Phone # _____
• _____, President, _____ Lions Club _____
• _____, _____ Lions Club Diabetes Chair _____

Diabetes Speaker at _____ (Club) Lions Club

_____ (speaker) from _____ (organization) spoke to the _____ Lions Club at the club meeting on _____ (date) as part of a club program to educate the community about diabetes and its complications.

The release should include:

- ✓ The speaker's general credentials.
- ✓ Two or 3 short highlights of what the speaker said.
- ✓ A line or two to tie in the diabetes education objective of Lions Clubs.

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(Your Club Letterhead)

(Date)

This letter should be typed on your letterhead, and delivered to your Chamber Executive. Request that it is an insert to the Chamber newsletter.

Chamber of Commerce
(Address)
(Your City, state, zip)

Dear Chamber of Commerce Member

We request your help in increasing diabetes awareness in our community. Approximately 7% of people in Wisconsin have diabetes. One-third of them doesn't know they have the disease. In _____ (your town), that means about _____ (2% times your towns population) people are walking the streets without knowing they have this deadly disease.

Potentially, one or more of your employees could have diabetes now or develop the disease in the future. Diabetes does not discriminate; it can affect anyone. These hard-working men and women do not want diabetes to prevent them from doing a good job and, with your company's support for their efforts to manage their disease; they can remain productive and contribute significantly to your organizations success.

What can my company do? Consider the following steps:

- √ Distribute information about the risks of diabetes to your employees through a payroll "stuffer". Encourage those who are at risk to be screened, or arrange an employee screening for diabetes.
- √ Develop a supportive work environment so that employees with diabetes feel comfortable adopting and performing the behaviors that promote good diabetes control.
- √ Provide encouragement and opportunities for all employees to adopt healthier lifestyles that reduce risk for chronic diseases.
- √ Demand the highest quality medical care for people who are dealing with diabetes.
- √ Join other Chamber members in receiving the pamphlet "*Making a Difference – The Business Community Takes on Diabetes*", a publication of the National Diabetes Education Program available from your Local Lions Club.

Why act now? Diabetes costs our nation over \$130 billion per year in direct and indirect costs, including lost time from work! Incidents of diabetes are growing in epidemic proportions. Ninety to 95 percent of people who have diabetes have "Type 2" diabetes – the type that can be prevented or delayed by lifestyle changes.

Your actions and ours should have three targets.

1. Help identify people who are at risk of diabetes, and encourage healthcare-professional intervention.
2. Help those known to be afflicted by diabetes obtain quality care and support, and encourage appropriate lifestyle changes.
3. Encourage healthy lifestyles for everyone. Type 2 diabetes may be prevented or delayed.

"Thank you" for your concern about your employees' diabetic health. You are welcome to consider our Lions Club as a diabetes information conduit for diabetes brochures and other materials. An excellent Internet resource is "Diabetes at Work", www.diabetesatwork.org. We encourage your review of this web site.

_____ (Your Club) ____ Lions Club

_____ (Chair) ____, Diabetes Awareness Committee

Resources for Employers

Diabetes in the Work Place

Select organizations/ web sites/ phone numbers:

Organization	Web Site /Phone	Brief description
American Diabetes Association	www.diabetes.org/ 888-342-2323	Wide selection of diabetes materials. Email newsletter available.
Wisconsin Diabetes Advisory Group/Diabetes Control Program	www.dhfs.state.wi.us/health/diabetes 800-860-8747	Excellent source for programs in Wisconsin about diabetes
Center for Disease Control and Prevention	www.cdc.gov/health/diabetes.htm 800-311-3435	Great statistics, nationally orientated – good general reference
Diabetes at Work	www.diabetesatwork.org	A “must” for employers. This site focuses entirely on diabetes in the work place, and what employers and others can do.
USDA	www.mypyramid.gov	Food guidance system

Publications – Suggested use in business.

“Making a Difference – The Business Community Takes on Diabetes”, a publication of the National Diabetes Education Program. (This free publication may be ordered from your Local Lions Club.)

Suggested use: Inform management about the effect of diabetes in the workplace, and suggest actions

“Diabetes Forecast”, a monthly publication from the American Diabetes Association (Cost about \$25 annual subscription)

Suggested use: Lunch areas and/or waiting rooms

Payroll “stuffers”

“Could you be at Risk for Diabetes? Take the Test. Know Your Score.” This pamphlet from the American Diabetes Association identifies the diabetes risk factors, and helps people evaluate their risk of having diabetes. Actions are recommended depending on level of risk scored. It is written in both English and Spanish.

“Diabetes – Women’s Health – Take Time To Care...for yourself ...for those who need you.” This pamphlet from the American Diabetes Association and others describes the risk factors and the warning signs of diabetes. Its focus is women.

Community Diabetes Resources

Locally in _____ (your town), diabetes educational materials may be obtained at: (NOTE: Lions Club should localize this information – the list is to give you ideas.)

Library Hospital Medical Doctors office Eye Doctor's office County Nurses
Diabetes Support Groups Commission on Aging Pharmacy Lions Club

On the Internet –

Organization	Web Site (www.-----)	Brief description
American Association of Diabetes Educators	aadenet.org	Professional diabetes educator levels generally
American Diabetes Association	diabetes.org	Wide selection of diabetes topics. Email newsletter available.
American Dietetic Association	eatright.org	Dietary information
American Heart Association	Americanheart.org	Search for diabetes and the heart
American Optometric Association	aoanet.org	Short and pointed description of eye diseases
Canadian Diabetes Association	diabetes.ca	General reference
Center for Disease Control and Prevention	cdc.gov/health/diabetes.htm	Great statistics, nationally orientated – good general reference
Diabetes at Work	Diabetesatwork.org	This page focuses entirely on diabetes in the work place, and what employers and others can do
International Diabetes Federation	idf.org/home/	International perspective of diabetes
International Diabetes Web Site (Australia)	diabetes.com.au	Advanced perspective of diabetes prevention in Asia
Joslin Diabetes Center	joslin.harvard.edu	Excellent in-depth resource – technical, research news
Juvenile Diabetes Foundation International	Jdfr.org	Excellent research news, focus on a cure, case studies, personal stories,
MetaStar	Metastar.com/consumer/diabetes	Healthcare quality improvement
National Diabetes Education Program	Ndep.nih.gov	Clearinghouse for diabetes information
National Eye Institute	nei.org	Diabetes from the perspective of vision and eye disease
National Institute of Diabetes & Digestive & Kidney Diseases	niddk.nih.gov/health/diabetes/diabetes.htm	Full range of diabetes information
National Kidney Foundation of WI	www.kidneywi.org	Search for diabetes and the kidney
WebMD Health	webmd.com	Articles and references for many diseases
Wisconsin Diabetes Prevention & Control Program	www.dhfs.state.wi.us/health/diabetes/strategicplan.htm	Wisconsin Diabetes Strategic Plan 2004-2009

News Release

_____ Lions Club

Date: _____

For Immediate release

For more information, call:

Phone # _____

- _____, President, _____ Lions Club _____
 - _____, _____ Lions Club Diabetes Chair _____
-

_____ (Club)

Lions Club Contributes to Diabetes Education

The _____ Lions Club at the Club recently contributed \$ _____ to _____
(organization) to help in its diabetes education efforts.

Note: Clubs – then consider using one or more of the following:

If the gift was to WLF –

The Wisconsin Lions Foundation provides a camping experience to kids. Kids with diabetes come to camp during two weeks of the year when diabetes healthcare people are available to help them. In the fall, kids who have recently diagnosed and their parents come to the camp for a weekend of enjoyment, education, and interaction with others. The Wisconsin Lions Foundation is responsible for the Camp program and food service and offers the camp free of charge for children with diabetes. The American Diabetes Association handles registration, healthcare, and dietary needs of the attendees at camp for a small administrative fee.

The Lions Foundation also provides administrative and communication support to local Lions Clubs throughout Wisconsin in their promotion of local diabetes education and awareness.

If the gift was to JDRF –

The Juvenile Diabetes Research Foundation is the world's leading nonprofit, nongovernmental funder of diabetes research. JDRF has been named one of "America's Best Charities" by *Worth* magazine. In a typical year, 85 percent of JDRF's expenditures directly support research and education about research. Locally, major diabetes research at the University of Wisconsin has been funded by JDRF in their constant pursuit of a cure for diabetes.

If the gift was to ADA –

The American Diabetes Association is a leading nonprofit health organization providing diabetes research, information and advocacy. The mission of the organization is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. In Wisconsin, the ADA works closely with the Wisconsin Lions Foundation to provide camping experiences for kids with diabetes. It also provides educational materials to local Lions Clubs throughout Wisconsin in their promotion of local diabetes education and awareness.

If the gift was to another organization –

Describe the purposes of the organization, and why your Club selected the organization for its gift.

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