



The Messenger

February 2018

American Diabetes Association. **ALERT! DAY**

American Diabetes Association (ADA) Alert Day[®] is observed annually on the 4th Tuesday in March, which is March 27th this year. This one-day “wake-up call” is to inform the American public about the seriousness of the disease and to find out if they are at risk for developing type 2 diabetes.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population. It’s also estimated that 1 in every 4 persons with diabetes are unaware that they have the disease. If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. Take a diabetes risk test to find out if you are at risk.



- Feb. 16-17—A2 District Convention—Port Washington
- Feb. 24—WLF Board Meeting
- March 9-10—D1 District Convention—Wis. Dells
- March 16-17—E2 District Convention—Eau Claire
- April 6-7—E1 District Convention—Danbury
- April 13-14—C2 District Convention—La du Flambeau
- April 30—Centennial Vision Screening Challenge Ends
- May 3-5—State Convention - Lake Geneva
- May 4—WLF Board of Directors Meeting—Lake Geneva

Are you at risk for **type 2 diabetes?**

ALERT! DAY
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE IN THE BOX.

1. How old are you?

Less than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

See chart at right.

| Height | Weight (lbs.) | | |
|--------|---------------|---------|------|
| 4' 10" | 119-142 | 143-190 | 191+ |
| 4' 11" | 124-147 | 148-197 | 198+ |
| 5' 0" | 128-152 | 153-203 | 204+ |
| 5' 1" | 132-157 | 158-210 | 211+ |
| 5' 2" | 136-163 | 164-217 | 218+ |
| 5' 3" | 141-168 | 169-224 | 225+ |
| 5' 4" | 145-173 | 174-231 | 232+ |
| 5' 5" | 150-179 | 180-239 | 240+ |
| 5' 6" | 155-185 | 186-246 | 247+ |
| 5' 7" | 159-190 | 191-254 | 255+ |
| 5' 8" | 164-196 | 197-261 | 262+ |
| 5' 9" | 169-202 | 203-269 | 270+ |
| 5' 10" | 174-208 | 209-277 | 278+ |
| 5' 11" | 179-214 | 215-285 | 286+ |
| 6' 0" | 184-220 | 221-293 | 294+ |
| 6' 1" | 189-226 | 227-301 | 302+ |
| 6' 2" | 194-232 | 233-310 | 311+ |
| 6' 3" | 200-239 | 240-318 | 319+ |
| 6' 4" | 205-245 | 246-327 | 328+ |

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP YOUR SCORE.

| 1 point | 2 points | 3 points |
|--|----------|----------|
| If you weigh less than the amount in the left column: 0 points | | |

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).

American Diabetes Association.

How to Promote This Event?

Obtain flyers, brochures and press releases from the Wisconsin Lions Foundation. Orders can be placed on-line at www.wlf.info. All brochures are **free of charge** and some are provided in partnership with the American Diabetes Association of Wisconsin (ADA). You can also contact your District Diabetes Chair or Liz Shelly (contact information listed on the back of the “The Messenger”) by **March 9, 2018**. Distribute this information for at least four hours at a high traffic location. This is a great way to get information out to your community while letting them know who you are as a Club.



Contact Information:

Wisconsin Lions Foundation, Inc.
3834 County Road A
Rosholt, WI 54473

1-877-463-6953 (Toll Free) or (715) 677-4969
Website-www.wlf.info



Executive Director:

Evelt J. Hartvig, Ext. 310
ehartvig@wlf.info

- Oversees all WLF projects & programs & manages day-to-day operations

Office Assistant:

Meghan Postelnik, Ext. 301
mpostelnik@wlf.info

- WLF office receptionist & manages the Hearing Aid and Vision Screening programs

Public Relations Manager:

Julie Wierzba, Ext. 308
jwierzba@wlf.info

- Visitor Days & camp tours, social media, "The Messenger", newspaper articles, WLF website Management
- Manages Program Associates

Accounting:

Terri Kent, Ext. 309
tkent@wlf.info

- Financials & accounts payable

WLF Administrative Assistant:

Elizabeth Shelley, Ext. 302
ishelley@wlf.info

- Monetary donations, memorials (Birch-Sturm and WLF), Diabetes Education Program, Wall of Honor, Friends & Honors Garden and Birch-Sturm Fellowships

Eyeglass Recycling Center Manager:

Elizabeth Shelley, Ext. 302
wilionserc@wlf.info

- Oversees Recycling Center

Facility Director:

Dale Schroeder, Ext. 306
dschroeder@wlf.info

- Oversees grounds/property at Lions Camp, volunteer work groups & deer hide questions

Wisconsin Lions Camp Office:

Website—www.wisconsinlionscamp.com



Camp Director:

Andrea Yenter, Ext. 319
ayenter@wisconsinlionscamp.com

- Oversees Lions Camp operations & off-season operations

Camp Administrative Assistant:

Michelle Kruzicki, Ext. 314
mkruzicki@wisconsinlionscamp.com

- Camper/staff forms & paperwork, camp mailings, camp receptionist, camp office organization, off-season paperwork

Food Service Supervisor:

Sarah Wachuta, Ext. 325
swachuta@wisconsinlionscamp.com

- Oversees food service & hiring of food service staff

Program Supervisor:

Summer Allen, Ext. 316
sallen@wisconsinlionscamp.com

- Manages all summer camp programming and activities, recruiting and hiring of program specialists and assigned off-season groups

Healthcare Supervisor:

Becky Wiza, RN
Ext. 320 (September-May); Ext. 334 (June-August)
bwiza@wisconsinlionscamp.com

- Camper healthcare questions, nurse recruiting & hiring and assigned off-season groups and Trading Post