

# FAITH LEADERS TOOLKIT

## Diabetes Prevention and Management

RESOURCES TO HELP YOU HELP OTHERS



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



National Institutes  
of Health



CENTERS FOR DISEASE  
CONTROL AND PREVENTION

As a leader in your faith community, you are in an important position to help people prevent type 2 diabetes and manage all types of diabetes. Your members trust you and understand that you support their well-being. You know how to reach and inspire them. You can motivate them to take steps toward healthful living.

This *Faith Leaders Toolkit* features tip sheets, webinars, videos, social media messages, and other materials that make it easy for you to

- Spread the word about type 2 diabetes prevention and diabetes management.
- Organize type 2 diabetes prevention and diabetes management activities in your community.
- Create an environment that supports healthy choices.

Whether you are just starting a diabetes initiative or already have a program in place, the *Faith Leaders Toolkit* has resources to help you meet the needs of your congregation.

## SECTIONS IN THIS TOOLKIT

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- **Spreading the Word About Diabetes** – Resources to promote type 2 diabetes prevention and diabetes management.
- **Organizing Education and Support Activities** – Resources to help you plan and implement educational and support activities.
- **Creating Healthy Environments** – Resources to help you offer healthy food options and incorporate physical activity in all your organization's events.

*Web site addresses of nonfederal organizations are provided solely as a service to readers. Provision of an address does not constitute an endorsement of this organization by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of other organizations' Web pages.*

# Spreading the Word About Diabetes

Members of your congregation might not understand their risk for diabetes. They might not know there are steps they can take to lower their risk or, if they have diabetes, to manage it. Help them get all the facts about diabetes and make the changes they need to take control of their health. You can use the resources in this section to raise awareness about type 2 diabetes prevention and diabetes management. It includes resources you can give your members who may be at risk for type 2 diabetes or those who already have diabetes. It also includes resources for family members who may be supporting loved ones with or at-risk for type 2 diabetes.

## Resources for people at risk for diabetes

*People who have a blood glucose (blood sugar) level higher than normal, but not high enough to be diagnosed as diabetes, are said to have prediabetes. People with prediabetes are at high risk for developing type 2 diabetes. Nearly 90 percent of adults who have prediabetes do not know they have it. The good news: people with prediabetes can take steps to prevent or delay type 2 diabetes.*

### **CDC Prediabetes Screening Test**

Give copies of this test to individuals in your congregation to raise awareness about prediabetes and help them find out if they are at risk.

## DIABETES PUBLICATIONS

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### **It's Not Too Late to Prevent Type 2 Diabetes**

This tip sheet helps older adults take steps to prevent or delay type 2 diabetes.

### **Choose More than 50 Ways to Prevent Type 2 Diabetes**

This tip sheet helps people at risk for type 2 diabetes find ways to move more, make healthy food choices, and track their progress with making lifestyle changes to lower their risk.

## Resources for people with diabetes

*People with diabetes can learn about the disease in order to better manage it and prevent complications such as heart disease, kidney damage, or blindness. Use these resources to help people with diabetes take better care of themselves.*

## CAMPAIGNS

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### **Control Your Diabetes. For Life. Campaign**

This turnkey campaign emphasizes that diabetes can be controlled by eating healthy foods in the right amounts, getting regular physical activity, taking diabetes medications as prescribed, and testing blood glucose (blood sugar) regularly. Use the campaign's copyright-free educational materials; articles; public service announcements for radio, print, and TV; and other materials to reach high-risk individuals in group and one-on-one discussions.

## DIABETES TIPS SHEETS AND BOOKLETS

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### [\*\*Tips to Help You Stay Healthy with Diabetes\*\*](#)

This tip sheet helps people with diabetes learn about important steps they can take to manage their condition.

### [\*\*4 Steps to Manage Your Diabetes for Life\*\*](#)

This booklet lists simple ways people can understand, monitor, and manage their diabetes to help them stay healthy. An excellent resource for people newly diagnosed with diabetes or those who want to learn more about controlling the disease.

### [\*\*How to Help a Loved One Cope with Diabetes\*\*](#)

Give this tip sheet to spouses, adult children, and other family members of people who are managing type 2 diabetes. It provides practical suggestions for helping loved ones cope with diabetes and lists organizations that can help.

## Digital Resources

*Faith communities nationwide are taking advantage of visual and digital media to inform and educate their members. Use videos with small or large groups to spark discussion about prediabetes and preventing or delaying type 2 diabetes. Reach members at risk for diabetes through Facebook, Pinterest, Twitter, or other social networks your organization maintains.*

### [\*\*Diabetes Infographics\*\*](#)

Post these easy-to-understand visuals about diabetes and diabetes prevention on bulletin boards, in rest rooms, and in other areas in your facility that members visit.

### [\*\*Diabetes Info Card and Memes for Social Media\*\*](#)

## VIDEOS AND PODCASTS

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### [\*\*What Is Diabetes \(English\) and Que es la diabetes \(Spanish\)\*\*](#)

This animation explains diabetes in everyday language.

### [\*\*It Takes a Family\*\*](#)

With the support of their faith community, a family helps their loved one manage diabetes.

### [\*\*Other Diabetes Prevention Videos\*\*](#)

# Organizing Education and Support Activities

Once you have raised awareness of diabetes among your members, take the next important step with education and support activities that teach people skills that can help them make healthier choices. Education activities can include workshops, cooking demonstrations, and physical activity classes. The resources in this section can be used to implement educational and support activities that will help your members take action to prevent or manage diabetes.

## Training for Faith Community Leaders

### ***Developing Community-Based Programs for People with Diabetes***

This training is an introduction to community-based strategies that have been shown to be effective in helping people with diabetes and their families manage the illness.

## Programs for People at Risk for Diabetes

### ***The Road to Health Toolkit***

This toolkit contains turnkey resources for starting a community outreach program that reinforces the message that type 2 diabetes can be delayed or prevented.

### ***National Diabetes Prevention Program***

The National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes in people who have prediabetes. Participants meet with a trained lifestyle coach and a small group of people who are making lifestyle changes to prevent diabetes. Sessions meet in person or online, for about 6 months and then monthly for about 6 months. Hundreds of organizations offer the program nationally. Find out how your organization can participate to benefit your members.

## Programs for People with Diabetes

### ***New Beginnings: A Discussion Guide for Living Well with Diabetes***

New Beginnings was developed to help people with diabetes and their loved ones deal with the emotional side of living with diabetes. This guide helps identify family and social support needs and develop goal setting, positive coping, and problem-solving skills. New Beginnings modules can be used together to develop diabetes discussion groups that meet over a few weeks or months. Each module can also stand alone or be integrated into an existing diabetes education program or support group. You can pick the activities and stories that will work best for your group.

# Creating Healthy Environments

One important way you can support people who are taking steps to prevent and manage diabetes is to provide healthy food and beverage options at meetings, celebrations, and other gatherings. When a healthy choice is the easy choice, everyone benefits. The resources in this section will help you plan to offer healthy food options and incorporate physical activity in all your organization's events to foster a healthier environment.

## **Buffet Table Tips**

Special events can pose special challenges for a person with diabetes. Give these tips to your members before the next barbecue, picnic, or family reunion to help them make wise food choices. These tips help them understand that they can enjoy a delicious meal, plus feel good.

## **Step by Step and Movimiento por su vida**

Through music and videos with empowering themes, you can inspire people to be more physically active in their everyday lives.

## **Let's Move! Community Garden**

A vegetable garden is a great way to provide healthy, fresh food for people with diabetes and to teach children that healthy eating can be fun. Perhaps your congregation has land available for a community garden to increase healthy choices at events and in food banks.

## **Healthy Food Service Guidelines**

Create a food environment where healthier choices are available to your members at meetings, celebrations, and other events. Healthier options at activities can help your members make healthier choices.

## **Joint Use Agreements**

Learn a step-by-step approach to working with local community facilities to improve your members' access to safe physical activity resources.