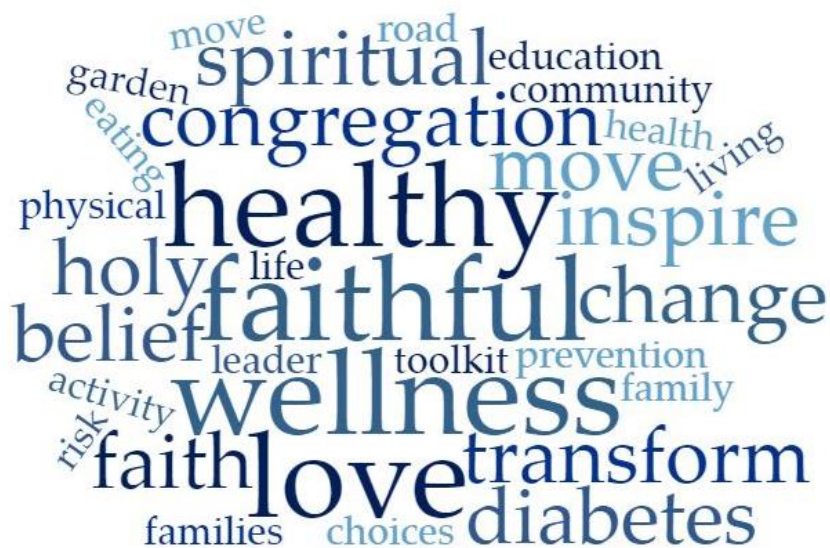


# Healthy Congregations, Healthy Communities



A Tool Kit for Congregations  
Kentucky Faith-based Task Force  
Created November 2018



# Healthy Congregations, Healthy Communities

## A Tool Kit for Congregations

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## I. INTRODUCTION

### HEALTHY CONGREGATIONS, HEALTHY COMMUNITIES: WHO ARE WE?

Healthy Congregations, Healthy Communities (HC2) is an initiative of two non-profit organizations in Kentucky: The Kentucky Diabetes Network (KDN) and The Kentucky Council of Churches (KCC). Our purpose is to work with Kentucky's faith organizations and engage them in activities and projects to improve the health of their congregations and communities.

### WHAT IS DIABETES?<sup>1</sup>

Diabetes is a disease that occurs when your body does not make enough insulin or the insulin does not work right. We need food throughout each day for fuel for your body. Whenever you eat, the food is broken down into blood glucose, (or blood sugar as commonly known) which sends a signal to the pancreas to release a hormone called insulin. Insulin is the key that allows glucose to get out of the blood and into the cells for fuel needed for energy. If your body doesn't make enough insulin or use the insulin well, blood glucose stays in the blood instead of the cells. Elevated blood sugar levels begin to damage all the blood vessels eventually impacting all the body organs. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

### WHAT ARE THE DIFFERENT TYPES OF DIABETES?

The most common types of diabetes are type 1, type 2, and gestational diabetes.

#### TYPE 1 DIABETES

If you have type 1 diabetes, your pancreas does not make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin whenever they eat every day. Treatment of Type 1 diabetes includes insulin, meal planning, regular exercise, blood glucose monitoring and education.

#### TYPE 2 DIABETES

Type 2 affects 90-95% of people who have diabetes. Your pancreas makes insulin but it doesn't work well. Type 2 diabetes is linked to overweight and physical inactivity. You can develop type 2 diabetes at any age, even during childhood. Treatment of Type 2 diabetes includes meal planning, regular exercise, blood glucose monitoring, medication and education.

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<sup>1</sup> Information about diabetes is from the National Institution of Diabetes and Digestive and Kidney Diseases. Available: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>



## GESTATIONAL DIABETES (GDM)

Gestational diabetes develops in some women when they are pregnant. Gestational diabetes is diabetes that is first diagnosed in the second or third trimester of pregnancy that clearly didn't exist before the pregnancy. Testing for gestational diabetes is done when the pregnant woman is between 24-28 weeks gestation. Treatment starts with medical nutrition therapy, physical activity, weight management if needed and glucose monitoring. Once diagnosed with gestational diabetes, the mother has an increased risk factor for diabetes and should receive lifelong screening for prediabetes and type 2 diabetes.

## PREDIABETES

Prediabetes is the term used for individuals whose glucose levels do not meet the criteria for diabetes but are too high to be considered normal. Having a diagnosis of Prediabetes increases the risk of diabetes and cardiovascular disease. You can prevent Type 2 diabetes by eating healthy, being physically active and losing weight (even 10-20 pounds). There are diabetes prevention programs in many Kentucky counties to help you live a healthier lifestyle.

## RISK FACTORS FOR DIABETES

There are many known risk factors for diabetes. These risk factors include: over age 45; overweight; not exercising on a regular basis; have a parent or sibling diagnosed with diabetes; have high blood pressure; have high cholesterol; belong to race or ethnicity of African American, Latino/Hispanic, American Indian or Alaska Native, Asian American; Pacific Islander; have heart disease; have high glucose or A1c; diagnosed with Prediabetes; had gestational diabetes, have PCOS.

## THE FOCUS OF HC2: TYPE 2 DIABETES

Type 2 Diabetes is a public health epidemic in Kentucky. Over 26,000 Kentuckians are diagnosed with diabetes every year – and as of 2016, 13.1% of adults in Kentucky already had diabetes. That number is higher for people 65 and older – 25.3%. That means at least 499,324 Kentuckians have been diagnosed, with 141,891 adult citizens living with undiagnosed diabetes. 1 in 3 Kentucky adults are estimated to have Prediabetes or about 1,122,795 adults, with only about 240,000 reported knowing it. It is the 6<sup>th</sup> leading cause of death. **A community effort is needed to address the Kentucky Diabetes Epidemic!**

Using our facts and action numbers in sermons, announcements, bulletins, and newsletters means your congregation can gain the knowledge and understanding to prevent and manage diabetes. Our Diabetes Toolkit includes talking points, screening tools, diabetes education materials, project plans, and handouts – use these tools to plan events throughout the year. Key times may include Diabetes Alert Day, the fourth Tuesday in March, November National Diabetes Month and World Diabetes Day on November 14<sup>th</sup>.



## **ABOUT THE KENTUCKY DIABETES NETWORK(KDN)**

The Kentucky Diabetes Network (KDN) is a non-profit, state tax exempt diabetes organization whose mission is to collaborate and advocate for the prevention, care, control, and cure of diabetes. It originated in 1999 with over 200 organizations joining to create this state -wide diabetes coalition. Networking and learning about disease state management, product information, services and solutions are of great importance to KDN member. All day meetings are held quarterly for approximately 70 to 150 health care professionals (nurses, dietitians, physicians, pharmacists, diabetes nurse educators, and students in similar areas of study) as well as key diabetes advocates from across the state.

**Our Mission:** To be the steward for watchful and responsible diabetes care for Kentuckians through prevention, identification, management and education.

**Our Vision:** Make Kentucky the best state to live in for those at risk for diabetes, living with diabetes, or affected by diabetes.

## **ABOUT THE KENTUCKY COUNCIL OF CHURCHES (KCC)**

Founded in 1947, the Kentucky Council of Churches is one of the most representative and diverse councils of its kind in the United States. Representatives from 16 different conferences, dioceses, and districts from 11 different denominations and several independent and observer traditions form the council which meets throughout the year to consider matters of faith and common work.

**Our Mission:** We are an ecumenical organization working toward a common ministry for justice, peace, and the integrity of creation under the leading of the Holy Spirit.

“...and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?” *Micah 6:8 NRSV*

## **USING THIS TOOLKIT**

The Tool Kit for Congregations is a collection of SOME of the resources available to you to plan and conduct diabetes awareness, prevention, and education activities and events. These materials draw on evidence for good medical practices to prevent and treat diabetes, and your congregation can reproduce them without charge. We include a USB drive with the Tool Kit so you can reproduce the materials in quantity at your organization.

The Tool Kit sections have the following organization:

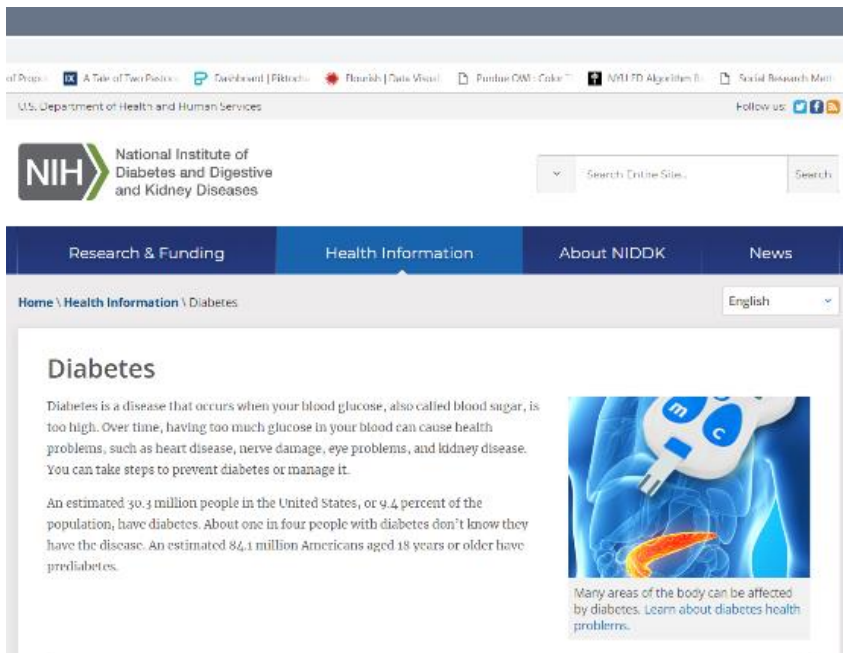
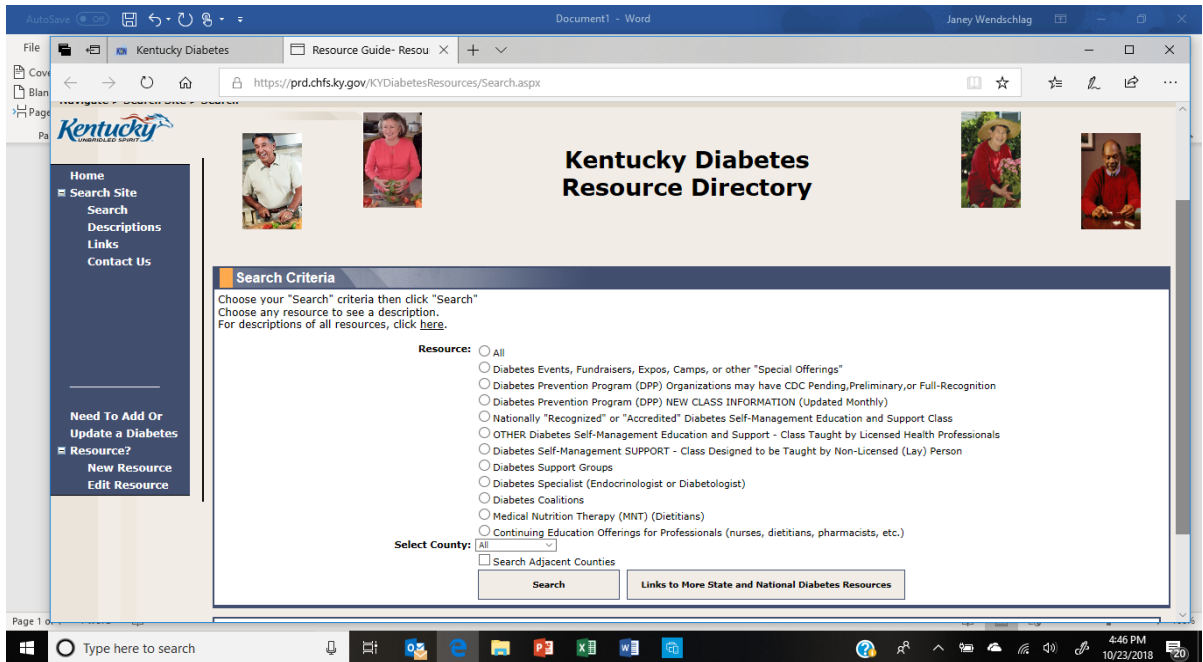
- Introduction. This part explains the section and why it is important to diabetes awareness, prevention, and education.
- Tool Kit Materials. These pages show you examples of the materials included in the Tool Kit.
- Examples of how to use the materials for your organization. We discuss ways your congregation can use these materials and provide a “project in a box” you can do.

## ACCESSING ONLINE RESOURCES



Follow the links in each section to local and national websites on this page to download materials, access recipes, and find other ideas for healthy eating and physical activity. Enjoy!

### [Kentucky Diabetes Prevention and Control Program - Resources](#)



### [National Diabetes Programming and Resources](#)

Visit the NIH Website for complete information about prevention, treatment, and self-management of diabetes.

## LISTING OF ONLINE RESOURCES

Use these websites to find more information about diabetes or to explore for yourself, Google “Diabetes Resources”.

Online Resource	URL to Access Site
Kentucky Diabetes Network	<a href="http://www.kydiabetes.net/">http://www.kydiabetes.net/</a>
KY Diabetes Prevention and Control Program	<a href="https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx">https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx</a>
National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) – Main Website	<a href="https://www.niddk.nih.gov/health-information/diabetes">https://www.niddk.nih.gov/health-information/diabetes</a>
NIDDK - Prevention	<a href="https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes">https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes</a>
American Diabetes Association (ADA)	<a href="http://www.diabetes.org/">http://www.diabetes.org/</a>
Association of Diabetes Educators (AADE)	<a href="https://www.diabeteseducator.org/">https://www.diabeteseducator.org/</a>
Association of Clinicians for the Underserved *includes materials for very low literacy and in Spanish	<a href="http://clinicians.org/our-issues/acu-diabetes-patient-education-series/">http://clinicians.org/our-issues/acu-diabetes-patient-education-series/</a>
Centers for Disease Control – Living with Diabetes	<a href="https://www.cdc.gov/diabetes/managing/index.html">https://www.cdc.gov/diabetes/managing/index.html</a>
World Diabetes Day	<a href="https://www.worlddiabetesday.org/">https://www.worlddiabetesday.org/</a>
National Diabetes Month (NIDDK)	<a href="https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month">https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month</a>

## II. INTEGRATING YOUR PROJECT INTO SERVICES

Congregational faith leaders are inspiring voices to encourage their congregations to know more about diabetes and its health outcomes and costs. The information in this section provides “Pastoral Points” your leader can use in sermons and statements. Examples of prayers show ways in which health messages can form a basis for collects and other prayers. These prayers are only examples, and faith leaders are encouraged to use these and/or write their own. Health is holy!

### PASTORAL POINTS & PRAYERS

#### PASTORAL POINTS I<sup>2</sup>

- Americans with pre-diabetes – 84 million, with 90% undiagnosed
- Americans with Diabetes (diagnosed and undiagnosed)
  - 4% between 14-18 years
  - 17% between 45-64 years
  - 25% 65 years and older
- Each year, about 1.5 million Americans have a new diagnosis of diabetes
- Diabetes costs the US \$327 billion in 2017, with 28% of the cost coming from reduced productivity.

#### PASTORAL POINTS II

- You are at risk to develop prediabetes or type 2 diabetes if you are
  - Overweight
  - Age 45 or older
  - Have a parent, brother, or sister with type 2 diabetes
  - Physically active less than 3 times a week

#### PASTORAL POINTS III<sup>3</sup>

- African Americans are at higher risk for prediabetes and type 2 diabetes
- During their lifetimes, half of all African American women are predicted to have diabetes
- During their lifetimes, half of all Hispanic men and women are predicted to have diabetes

#### PASTORAL POINTS IV

- People with diabetes are twice as likely to have heart disease or a stroke than people without diabetes – and at an earlier age

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<sup>2</sup> Healthline. Diabetes: Facts, Statistics, and You. Available: <https://www.healthline.com/health/diabetes/facts-statistics-infographic#6> Accessed: October 8, 2018

<sup>3</sup> Centers for Disease Control. Diabetes Quick Facts. Available: <https://www.cdc.gov/diabetes/basics/quick-facts.html>. Accessed: October 8, 2018.



- Diabetes is the leading cause of kidney failure
- Smokers are 30%-40% more likely

#### **PRAYER I<sup>4</sup>**

*“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” 3 John 2 NIV*

A Prayer for Complete, Good Health

Father,

Praise You for this, and every day that we get to wake up this side of heaven. Each day is laced with purpose, and we ask for Your wisdom and guidance through every one. Help us to live each day well, and for Your glory, from start to finish.

Thank You for Your Word, which breathes life into our tired souls and minds. You promise to meet us there, in study and prayer. Thank You for the sacrifice Jesus made on the cross, paying with His life for our ease of access to our Heavenly Father through prayer and Scripture. Each biblical story and truth weave in and out our lives in Your perfect timing.

#### **PRAYER II**

*“Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”*

Father, You remind us throughout Scripture that You are faithful to Your people. So often, as in the Old Testament, we rebel, neglect to care for ourselves as You do, and end up tired and sick. But Father You are faithful to enwrap us in Your healing love each time we turn back to You.

Forgive us for neglecting to care for the life You have entrusted us with. The life that You have purposed specifically to do more than we can ask for or imagine. When we go our own way, we wear ourselves down, physically and mentally. Other times, we train physically but neglect our psyche. We often neglect our spiritual life. Father, strengthen us to hold captive the joy You bless our lives with daily. Help us to walk freely in Your love.

#### **PRAYER III (INTERFAITH)<sup>5</sup>**

O Lord my God! I cry unto Thee, this prayer of faith, for Thou it is Who cures me.

Free us from suffering and disease, and Unite us with life eternal.

Thy Name is the best bestower of health. Thy Name is the healing remedy.

Thy Love is the best bestower of health; Thy Mercy my healing remedy.

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<sup>4</sup> From “A Prayer for Health.” Meg Bucher. Available: <https://www.crosswalk.com/faith/prayer/prayers/a-prayer-for-health.html>. Accessed: October 8, 2018

<sup>5</sup> From “Interfaith Prayer for Healing Bookmarks.” Available: <http://www.bahairesources.com/interfaith-prayer-for-healing-bookmarks.html>. Accessed: October 8, 2018.

### PRAYER III (NATIVE AMERICAN)<sup>6</sup>

In the house made of dawn.	His limbs, my limbs, restore.
In the story made of dawn.	His body, my body, restore.
On the trail of dawn.	His mind, my mind, restore.
O, talking god. His feet, my feet, restore.	His voice, my voice, restore.

### BULLETIN INFORMATION

Your Church Bulletin is an important communication resource to help the congregation learn more about diabetes and what you are doing to improve awareness, prevention, and self-management. Here are samples you can use:

#### Diabetes Alert Day- Fourth Tuesday in March

- ✓ Held the **fourth Tuesday of March each year**, American Diabetes Association Alert Day is a day to sound the alarm about the prevalence of type 2 diabetes by asking everyone to take the Type 2 Diabetes Risk Test. This free risk test can help a person learn if they are at risk for type 2 diabetes.
- ✓ Type 2 diabetes risk test is available electronically at <https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-risk-test>
- ✓ Based on a recent NHANES Study, 1 in 7 Americans are living with diabetes. The CDC believes a number of factors are responsible for the sudden increase, including an aging population and an epidemic of obesity (70% of Americans are overweight or obese).
- ✓ Type 2 diabetes accounts for 95% of diabetes cases, type 1 about 5%. Looking at risk associated with body weight,
- ✓ 12 percent of overweight adults and
- ✓ 21 percent of obese adults have type 2 diabetes.
- ✓ Six percent of underweight or normal-weight adults are also experiencing type 2 diabetes.
- ✓ 9 out of 10 Americans most at risk for type 2 diabetes don't know it. Knowing your risk is the first step toward a healthier life.
- ✓ If you are at risk for type 2 diabetes, speak with your health care team and these tips to lower your risk: <http://www.diabetes.org/are-you-at-risk/lower-your-risk/>
- ✓ Ask Family and Friends to take the risk test—share it with those you love.

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<sup>6</sup> Meritus Health. Ed Poling. "Faith Community Nursing: Health & Wholeness from Diverse Faith Perspectives." October 1, 2016. Available: <https://www.meritushealth.com/documents/Interfaith-Prayers-for-Healing.pdf> Accessed October 8, 2018.

## November – All Month

- ✓ **Register the Kentucky Statewide Diabetes Symposium – November 2.** Find out more and Register by October 26 by visiting <https://tinyurl.com/KYDiabetes2018>
- ✓ **Kentucky Diabetes Network Event Calendar -** <http://www.kydiabetes.net/calendar.php>  
Add your event to the Calendar and list other events in your Bulletin.
- ✓ Feature your Diabetes awareness event and celebrate its success in your Bulletin!
- ✓ 1-in-2 people with diabetes – *over 212 million worldwide* remain undiagnosed. Use the CDC Prediabetes Screening Tool to evaluate your risk [*included in your Tool Kit*].
- ✓ *Every county in Kentucky* has access to our CDC-recognized National Diabetes Prevention Program (NDPP) through online or distance learning, with *80 counties* having in-person service. Overall, more than 75% of counties have a recognized NDPP location!
- ✓ Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol. Go to the KY Diabetes Resource Directory for local events-  
<https://prd.chfs.ky.gov/KYDiabetesResources/Search.aspx>
- ✓ **November 14**
- ✓ World Diabetes Day – Less than 1 in 2 people with diabetes and 1 in 4 family members of people with diabetes have access to diabetes education programs. Do you or someone you know have diabetes? Learn how to help yourself and others by visiting Kentucky's Diabetes Prevention and Control Program (KYDPCP) here:  
<https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx>  
Learn More about World Diabetes Day here: <https://worlddiabetesday.org/>
- ✓ The theme for World Diabetes Day is **The Family and Diabetes**. Family support in diabetes care has a substantial effect in improving health outcomes for people with diabetes. Does someone in your family have diabetes? Learn more about managing diabetes here:  
[http://www.kydiabetes.net/what\\_is\\_diabetes.html](http://www.kydiabetes.net/what_is_diabetes.html)
- ✓ **Did you know half of all women who had gestational diabetes go on to develop type 2 diabetes?** Pick up a copy of the Health Tips for Pregnant Women [include location in your Church. Health Tips sheet is in your Tool Kit!]

## NEWSLETTER CONTENT

Your newsletter and web site are also important sources of information for your congregation and community. Use our online resources to locate and adapt educational articles about diabetes. Here is an example from Healthfinder, available here:



[https://healthfinder.gov/NHO/NovAnnounce.aspx?\\_ga=2.125614986.1494892717.1539027321-871670933.1539027321](https://healthfinder.gov/NHO/NovAnnounce.aspx?_ga=2.125614986.1494892717.1539027321-871670933.1539027321)

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that’s more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

To raise awareness about diabetes and healthy living, [your organization] is proudly participating in American Diabetes Month. Locally, [fill in statistics] live with or are at risk of diabetes.

**[Add details about your local activities.]**

**[Include quote from your organization.]**

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- ✓ Watch your weight
- ✓ Eat healthy
- ✓ Get more physical activity

For more information, visit **[insert your organization information]**.



### III. GETTING STARTED WITH YOUR PLANNED EVENT

Your event will be more successful with planning and organization! Here are a few tips to help get started.

1. Organize your congregational work group: Team members should include pastoral leader, lay leader, local pharmacist, medical provider who is member in congregation, local diabetes educator with public health department.
2. Decide the direction your congregation will take with your first event:
  - a. Awareness activity
  - b. Educational activity
3. Options to consider for Awareness Activity
  - a. Plan a Diabetes Awareness Sunday
    - i. Offer Paper Prediabetes Risk test to members
      1. Through Sunday Bulletins
      2. Passed out in Sunday School classes
    - ii. Have a Literature Rack of Diabetes Resources—See online resource Section of this Toolkit
  - b. Offer a program during a Sunday School Class
    - i. Podcast -“It takes a Family”- under online resources
    - ii. Offer Myths and Facts PowerPoint presentation
  - c. Share a Taste test in the fellow ship hall- Partner with County Extension Office
    - i. Share healthy food options, recipes
    - ii. Demonstrate healthy cooking tips
4. Options for Educational Activity
  - a. Initiate a Faithful Families program – Contact local County Extension Office for details
  - b. Set up a walking program—use church’s website to log weekly steps/miles. Focus on Walk to Bethlehem or Jerusalem or mission programs that are sponsored by your congregation
  - c. Initiate a “Biggest Loser” Weight Loss Program
  - d. Share your facility as a place for accredited self-management/support program, Diabetes Prevention Program (DPP) or monthly support program – Contact your local health department/health district diabetes educator to initiate the partnership.

# Healthy Congregations, Healthy Communities Event Planning

*Diabetes Alert Day-Fourth Tuesday in March*

*World Diabetes Day- November 14*

*National Diabetes Month-November*

*This year's focus includes connecting with a faith community as a Team Partner.*

Please share your Church Team/Committee!

Name	Email	Phone #

KDN and KCC will only use your information to communicate with you and your Church. This may include sending you diabetes fact sheets, educational handouts, or tools, for example.

Thank you for your participation in our initiative to help Kentucky prevent diabetes and improve self-management of this disease!



EVENT DETAILS: Please add your event to the KDN Website under the Calendar- [www.kydiabetes.net](http://www.kydiabetes.net) Also include on the KY Diabetes Resource Directory at <https://prd.chfs.ky.gov/KYDiabetesResources/Search.aspx>. Send details to be included on the KDN website to KDN Executive Director electronically at [Kentuckydiabetes@gmail.com](mailto:Kentuckydiabetes@gmail.com)

EVENT NAME:

EVENT DATE AND TIME:

EVENT LOCATION:

SPONSORING AGENCY/IES:

GOAL OF EVENT: CIRCLE Areas addressed:

**Diabetes Prevention:**

Screening, DPP class referral, display, Behavioral Lifestyle modification tips, cooking demos, grocery store tours, display, proclamations, media campaign, bill boards, other-describe

**Diabetes Control:**

Education, DSMES referral, cooking demos, grocery store tours, display, proclamations media campaign, bill boards, other-describe

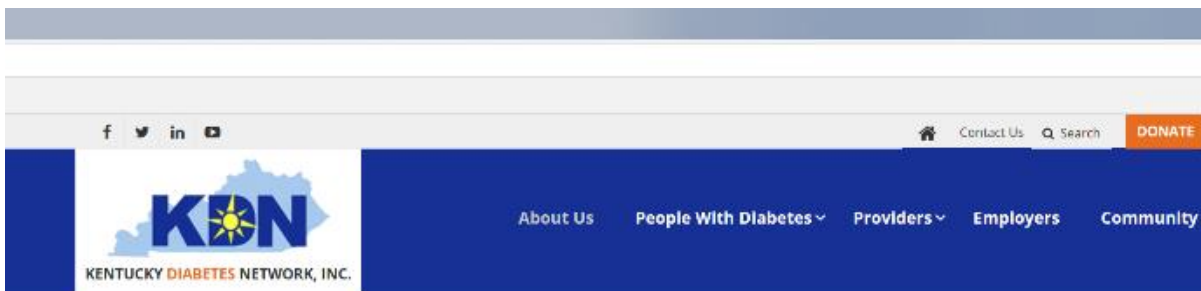
## IV. GOOD NEWS FOR YOUR CHURCH

### RESOURCES YOU NEED ARE JUST AROUND THE CORNER!

In this section we list some – but not all! – of the resources available in Kentucky to support your diabetes prevention and education efforts. In each section, we provide a list of resources in this tool kit you can copy and use free of charge.

### KENTUCKY DIABETES NETWORK

The Kentucky Diabetes Network, a co-sponsor of this initiative, is one of Kentucky’s resources for information about diabetes. Visit KDN website for more information about diabetes, prevention, treatment, and self-management: <http://www.kydiabetes.net/index.php>



### What Is Diabetes?



Here at the KDN, we are all about supporting patients and their families. Check out the links below to see our resources to give you more information from experts about living with Diabetes.

#### • Living with Diabetes

- [What is Diabetes?](#)
- [Being active](#)
- [Reducing Risk](#)
- [Problem Solving](#)
- [Behavior Change](#)
- [Diabetes Prevention](#)
- [Healthy Coping](#)
- [Healthy Eating](#)
- [Monitoring](#)
- [Taking Medication](#)



## FAITHFUL FAMILIES PROGRAM

The Faithful Families Eating Smart and Moving More Program (Faithful Families) promotes healthy eating and physical activity in communities of faith. Resources for the program include a nine-session Faithful Families curriculum and the implementation of one policy, systems, or environmental change within the faith-based community. Extension agents act as partners with lay leaders from faith communities in small group sessions. Lay leaders bring the spiritual element into sessions and Extension agents focus on the content related to nutrition and physical activity. Table 1 describes the nine-week lesson plan and approach.

Table 1. Overview of Faithful Family Lessons

Lesson Name	Facilitator	Skill Builder (If Applicable)	Recipe
Plan: Know What's for Dinner	Faithful Families Facilitator	Measuring Cups	Chicken & Broccoli Quiche
Shop: Get the Best for Less	Lay Leader	Shopping Pad	Tuna Burgers
Shop for Value, Check the Facts	Faithful Families Facilitator		Easy Lasagna
Fix it Fast, Eat at Home			Beefy Skillet Dinner
Choosing More Fruits and Vegetables	Faithful Families Facilitator		Stir-Fry
Fix it Safe	Faithful Families Facilitator	Cutting Board	Mini Meatloaves
Making Smart Drink Choices	Lay Leader	Liquid Measuring Cups	Fruit Smoothies
Choosing to Move More	Lay Leader	Walking DVD	Oven-Baked Chicken Nuggets
Making the Connection	Faithful Families Facilitator	Cookbook	Chicken Fruit Salad and Easy Broccoli Salad

Table 2 is a list of Kentucky counties with Extension Agents who are trained to deliver Faithful Families programs. Your county not on the list? Contact your local Extension Office or coordinators at the University of Kentucky, Natalie Jones ([Natalie.jones@uky.edu](mailto:Natalie.jones@uky.edu)) or Heather Norman-Burgdolf ([heather.norman@uky.edu](mailto:heather.norman@uky.edu)) for more information about this program, including if someone from your county is ready for training.

Table 2. Counties with Trained Faithful Families Extension Agents

Faithful Families Listing of Trained Extension Agents		
Agent Name	County	Email
Gwishiri, Nicole C	Bath County	<a href="mailto:ncgw222@uky.edu">ncgw222@uky.edu</a>
Mason, Diane M	Boone County	<a href="mailto:dmmason@uky.edu">dmmason@uky.edu</a>
Price, Alethea A	Boyle County	<a href="mailto:aapric3@uky.edu">aapric3@uky.edu</a>
Smith, Shannon D	Bracken County	<a href="mailto:s.smith@uky.edu">s.smith@uky.edu</a>
Allen, Lynnette	Breckinridge County	<a href="mailto:lallen@uky.edu">lallen@uky.edu</a>
Chowning, Ruth M	Bullitt County	<a href="mailto:rchowin@uky.edu">rchowin@uky.edu</a>
Cowles, Tracy R	Butler County	<a href="mailto:tthornto@uky.edu">tthornto@uky.edu</a>
White, Ashley N	Caldwell County	<a href="mailto:anwhit6@uky.edu">anwhit6@uky.edu</a>
Rex, Ronda F	Campbell County	<a href="mailto:rrex@uky.edu">rrex@uky.edu</a>
Shepherd, Deborah L	Casey County	<a href="mailto:dlshephe@uky.edu">dlshephe@uky.edu</a>
Howard, Lora F	Clay County	<a href="mailto:lhoward@uky.edu">lhoward@uky.edu</a>
Nuetzman, Christy P	Clinton County	<a href="mailto:christy.nuetzman@uky.edu">christy.nuetzman@uky.edu</a>
Messenger, Deborah L	Cumberland County	<a href="mailto:dlme222@uky.edu">dlme222@uky.edu</a>
Flores, Thays A	Estill County	<a href="mailto:tafl222@email.uky.edu">tafl222@email.uky.edu</a>
Kingsland, Elizabeth M	Fayette County	<a href="mailto:ekingsla@uky.edu">ekingsla@uky.edu</a>
Fryman, Donna J	Fleming County	<a href="mailto:dfryman@uky.edu">dfryman@uky.edu</a>
Hixson, Mary E	Garrard County	<a href="mailto:mhixson@uky.edu">mhixson@uky.edu</a>
Price, Rachael L	Grant County	<a href="mailto:r.price@uky.edu">r.price@uky.edu</a>
Taul, Natalie F	Grayson County	<a href="mailto:natalie.taul@uky.edu">natalie.taul@uky.edu</a>
Crain, Jordan E	Green County	<a href="mailto:jecr233@uky.edu">jecr233@uky.edu</a>
Parrett, Dayna E	Hardin County	<a href="mailto:dayna.parrett@uky.edu">dayna.parrett@uky.edu</a>
Davidson, Lora B	Harlan County	<a href="mailto:lbda223@uky.edu">lbda223@uky.edu</a>
Cline, Janey C	Hart County	<a href="mailto:jccl239@uky.edu">jccl239@uky.edu</a>
Hardy, Amanda L	Henderson County	<a href="mailto:amanda.hardy@uky.edu">amanda.hardy@uky.edu</a>
Goodman, Melissa L	Hickman County	<a href="mailto:mgoodman@uky.edu">mgoodman@uky.edu</a>
Jury, Katherine H	Hopkins County	<a href="mailto:ksha232@uky.edu">ksha232@uky.edu</a>
Jessie, Karli M	Jessamine County	<a href="mailto:kmje222@uky.edu">kmje222@uky.edu</a>
Cockerham, Brenda G	Johnson County	<a href="mailto:bcockerh@uky.edu">bcockerh@uky.edu</a>
Bowling, Joan I	Kenton County	<a href="mailto:jbowling@uky.edu">jbowling@uky.edu</a>
O'Bryan, Judith C	Laurel County	<a href="mailto:jobryan@uky.edu">jobryan@uky.edu</a>

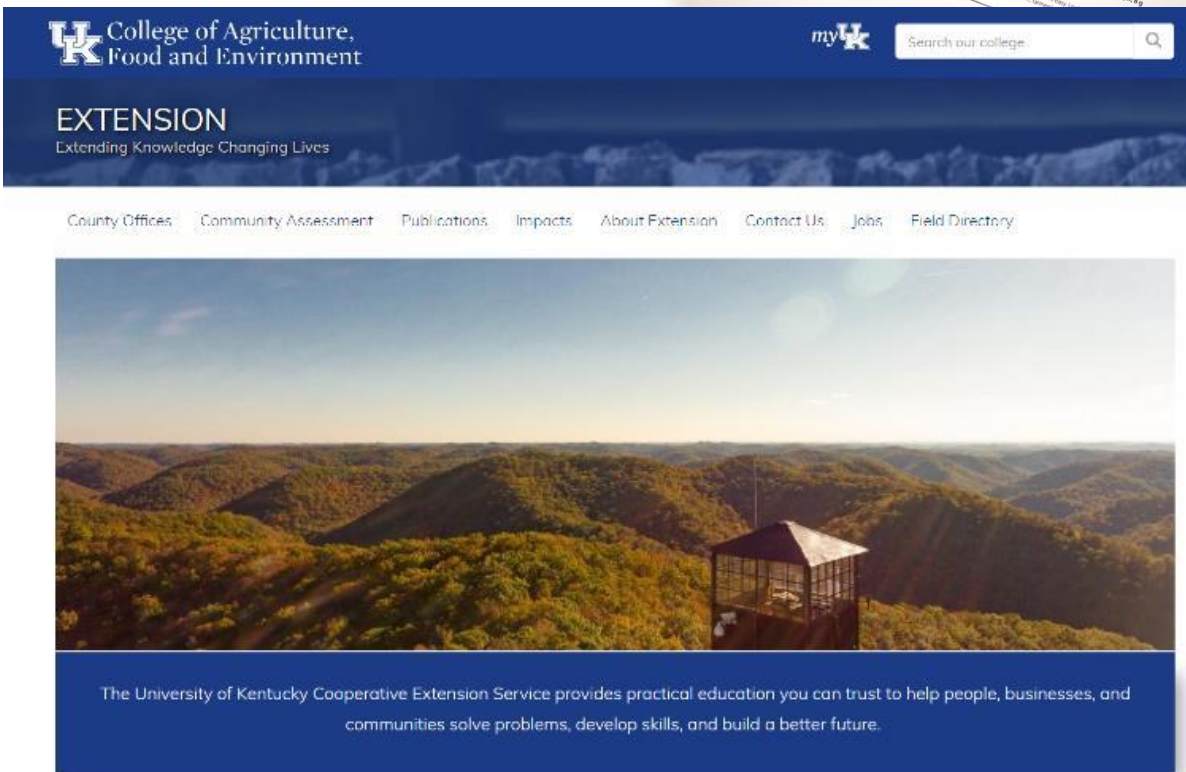


Faithful Families Listing of Trained Extension Agents		
Agent Name	County	Email
Faris, Alivia E	Lawrence County	<a href="mailto:alivia.faris@uky.edu">alivia.faris@uky.edu</a>
Bowling, Brittany N	Leslie County	<a href="mailto:bnel226@uky.edu">bnel226@uky.edu</a>
Broderick, Amanda E	Lewis County	<a href="mailto:Aemc229@uky.edu">Aemc229@uky.edu</a>
Hance, Rachel L	Logan County	<a href="mailto:Rachel.Hance@uky.edu">Rachel.Hance@uky.edu</a>
York, Angie L	Lyon County	<a href="mailto:alyo222@uky.edu">alyo222@uky.edu</a>
Noe, G C	Madison County	<a href="mailto:gcnoe@uky.edu">gcnoe@uky.edu</a>
Ford, Danielle L	Marion County	<a href="mailto:dlford2@uky.edu">dlford2@uky.edu</a>
Wynn, Vicki T	Marshall County	<a href="mailto:vicki.wynn@uky.edu">vicki.wynn@uky.edu</a>
Sumpter, Sarah M	Martin County	<a href="mailto:smsu223@uky.edu">smsu223@uky.edu</a>
Cheek, Heather R	Mason County	<a href="mailto:Hrch229@uky.edu">Hrch229@uky.edu</a>
Wooley, Denise J	McCracken County	<a href="mailto:denise.wooley@uky.edu">denise.wooley@uky.edu</a>
Dame, Amanda J	McLean County	<a href="mailto:amanda.dame@uky.edu">amanda.dame@uky.edu</a>
Redding, Kendyl M	Menifee County	<a href="mailto:kmwh224@uky.edu">kmwh224@uky.edu</a>
Hawkins, Jamille B	Monroe County	<a href="mailto:jbha244@uky.edu">jbha244@uky.edu</a>
Mayrand, Hannah M	Montgomery County	<a href="mailto:hmlleon2@uky.edu">hmlleon2@uky.edu</a>
Buchanan, Nellie R	Morgan County	<a href="mailto:Nbuchana@uky.edu">Nbuchana@uky.edu</a>
Decker, Mary E	Muhlenberg County	<a href="mailto:mede236@uky.edu">mede236@uky.edu</a>
Showalter, Madison M	Nicholas County	<a href="mailto:msh243@uky.edu">msh243@uky.edu</a>
Calvert, Tiffany L	Ohio County	<a href="mailto:tlca227@uky.edu">tlca227@uky.edu</a>
Hetterman, Judith M	Owen County	<a href="mailto:jhetterm@uky.edu">jhetterm@uky.edu</a>
Osborne, Crystal G	Owsley County	<a href="mailto:crystal.osborne@uky.edu">crystal.osborne@uky.edu</a>
Lovett, Edith M	Pulaski County	<a href="mailto:elovett@uky.edu">elovett@uky.edu</a>
Hughes, Caroline S	Robertson County	<a href="mailto:cshu232@uky.edu">cshu232@uky.edu</a>
Jones, Peggy F	Rowan County	<a href="mailto:pfjo223@uky.edu">pfjo223@uky.edu</a>
Hilterbran, Whitney R	Scott County	<a href="mailto:wrhi226@uky.edu">wrhi226@uky.edu</a>
Fawbush, Sheila K	Shelby County	<a href="mailto:sfawbush@uky.edu">sfawbush@uky.edu</a>
Harris, Jill B	Todd County	<a href="mailto:jbharris@uky.edu">jbharris@uky.edu</a>
Proctor, Jane E	Trimble County	<a href="mailto:jproctor@uky.edu">jproctor@uky.edu</a>
Buckman, Cabrina L	Washington County	<a href="mailto:Clbu226@uky.edu">Clbu226@uky.edu</a>
Alexander, Katherine L	Webster County	<a href="mailto:katie.alexander@uky.edu">katie.alexander@uky.edu</a>
Creed, Mary E	Woodford County	<a href="mailto:elizabeth.coots@uky.edu">elizabeth.coots@uky.edu</a>

## OTHER RESOURCES AVAILABLE AT YOUR EXTENSION OFFICE

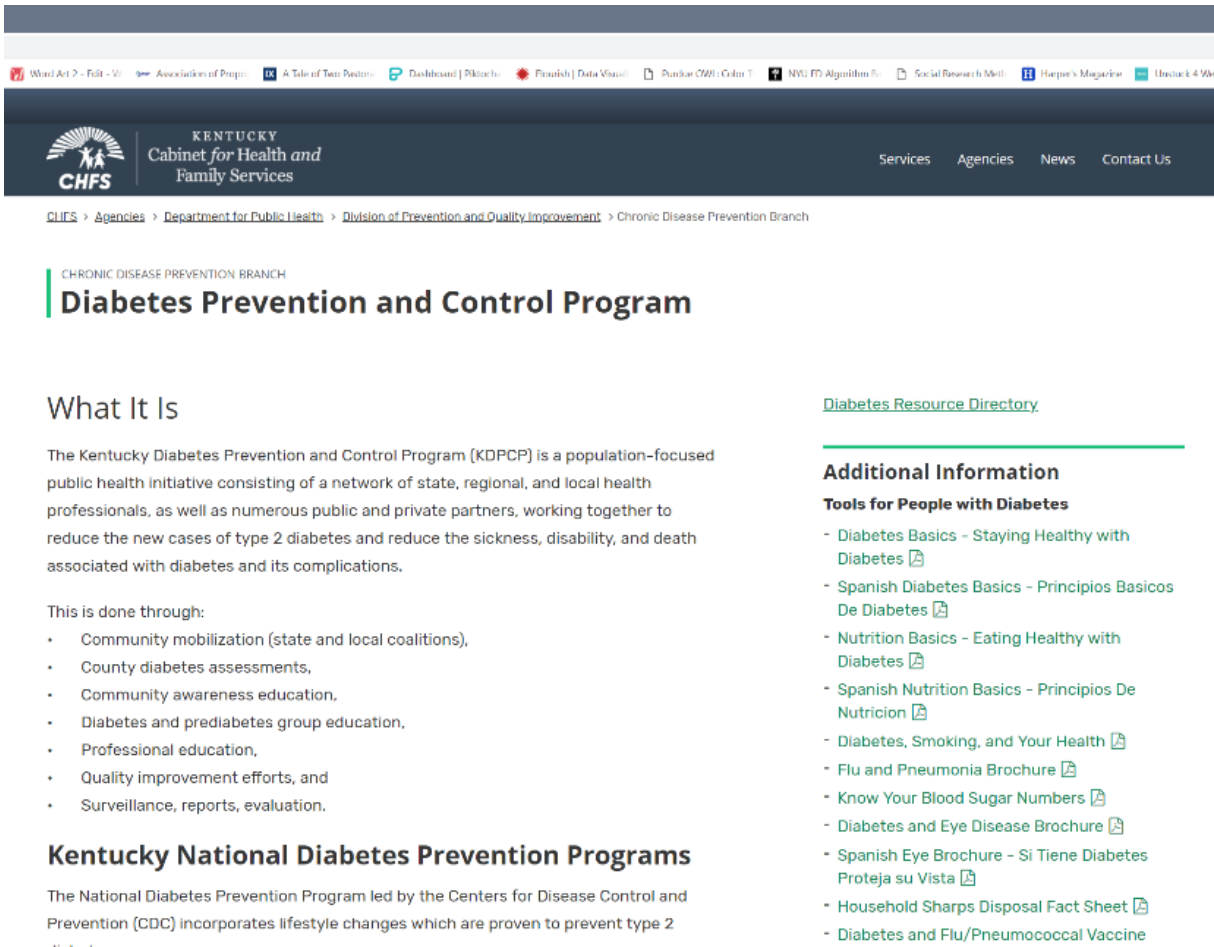
Extension Offices provide a variety of programming and resources for every family. Information and recipes for healthy eating are just two examples!

Extension Offices are open on a daily basis. For locations and hours, visit the Extension Service at <https://extension.ca.uky.edu/>



## KENTUCKY CABINET FOR FAMILY & HEALTH SERVICES (CFHS)

CFHS is the agency that administers the Kentucky Diabetes Prevention and Control Program (KDPCP)



The screenshot shows the website for the Kentucky Cabinet for Health and Family Services (CHFS). The page title is "Diabetes Prevention and Control Program" under the "CHRONIC DISEASE PREVENTION BRANCH".

**What It Is**

The Kentucky Diabetes Prevention and Control Program (KDPCP) is a population-focused public health initiative consisting of a network of state, regional, and local health professionals, as well as numerous public and private partners, working together to reduce the new cases of type 2 diabetes and reduce the sickness, disability, and death associated with diabetes and its complications.

This is done through:

- Community mobilization (state and local coalitions),
- County diabetes assessments,
- Community awareness education,
- Diabetes and prediabetes group education,
- Professional education,
- Quality improvement efforts, and
- Surveillance, reports, evaluation.

**Kentucky National Diabetes Prevention Programs**

The National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC) incorporates lifestyle changes which are proven to prevent type 2 diabetes.

**Additional Information**

**Tools for People with Diabetes**

- [Diabetes Basics - Staying Healthy with Diabetes](#)
- [Spanish Diabetes Basics - Principios Basicos De Diabetes](#)
- [Nutrition Basics - Eating Healthy with Diabetes](#)
- [Spanish Nutrition Basics - Principios De Nutricion](#)
- [Diabetes, Smoking, and Your Health](#)
- [Flu and Pneumonia Brochure](#)
- [Know Your Blood Sugar Numbers](#)
- [Diabetes and Eye Disease Brochure](#)
- [Spanish Eye Brochure - Si Tiene Diabetes Proteja su Vista](#)
- [Household Sharps Disposal Fact Sheet](#)
- [Diabetes and Flu/Pneumococcal Vaccine](#)

[Diabetes Resource Directory](#)

The Diabetes Prevention and Control Program Brochure is in this Tool Kit, and includes the telephone number for the program site in your county.

## TOOLS AND MATERIALS

Title	Description
<b>1. CDC Prediabetes Screening Test</b>	Share this paper screening tool with your congregation to help them identify their risk for prediabetes.
<b>2. Tip Sheets to Prevent or Delay type 2 diabetes</b> <ol style="list-style-type: none"> <li>a. It's not too late to prevent type 2 diabetes</li> <li>b. CDC Prediabetes – Could it be you?</li> <li>c. 2018 Kentucky Diabetes Fact Sheet</li> <li>d. 50 ways to prevent type 2 diabetes</li> <li>e. Women and diabetes</li> </ol>	These materials include facts and recommendations to prevent the onset of type 2 diabetes or delay development of diabetes.
<b>3. Self-Management &amp; Treatment Tips</b> <ol style="list-style-type: none"> <li>a. NDEP Tips to help you stay healthy with diabetes</li> <li>b. NDEP Help a loved one cope</li> <li>c. NDEP Know your blood sugar numbers</li> <li>d. NDEP Control your ABC's</li> <li>e. NDEP Four Steps to manage your diabetes</li> <li>f. My diabetes care card</li> <li>g. Eye Brochure</li> <li>h. Diabetes Food Plate</li> <li>i. Tips for Being Active</li> </ol>	We include a sample of the many handouts available for diabetes self-management and treatment. These tips include: <ul style="list-style-type: none"> <li>✓ Maintaining overall health</li> <li>✓ Understanding the key measure of controlling diabetes – blood sugar</li> <li>✓ Eye Care</li> <li>✓ Foot Care</li> <li>✓ Documenting diabetes care</li> <li>✓ Health Eating &amp; Physical Activity</li> </ul>
<b>4. Kentucky Diabetes Prevention &amp; Control Program</b> <ol style="list-style-type: none"> <li>a. Program Brochure</li> <li>b. KDN Infographic</li> </ol>	The KDPCP provides many resources for prevention and self-management. We include a program overview brochure and an infographic about diabetes from the Kentucky Diabetes Network.
<b>5. Diabetes Prevention Program Listing</b>	Listing of Kentucky Prevention Programs
<b>6. Extension Field Directory</b>	A listing of Extension Agents for each county.
<b>7. Risk Test Results</b> <ol style="list-style-type: none"> <li>a. Post Card</li> <li>b. Risk Test Details Spreadsheet</li> </ol>	This printable post card format collects information from individuals who completed the CDC Prediabetes Screening Test, and the Risk Details Spreadsheet allows you to share anonymous results with KDN.



## V. ABOUT THE STATEWIDE TASK FORCE

This initiative has the support of many organizations across the Commonwealth. Supporting and informing our work are these organizations:

- The Kentucky Diabetes Network (KDN)  
Email: [Kentuckydiabetes@gmail.com](mailto:Kentuckydiabetes@gmail.com)
- The Kentucky Council of Churches (KCC)  
Cynthia T. Weinmann, MS, Project Director  
Email: [cindy.weinmann@gmail.com](mailto:cindy.weinmann@gmail.com)  
Telephone: 502-271-0607
- University of Louisville School of Public Health  
Tom Walton  
Email: [tomwaltonky@gmail.com](mailto:tomwaltonky@gmail.com)
- Friedell Committee for Health System Transformation  
Richard Heine, Executive Director  
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859 221-5770
- Department for Public Health, KDPCP  
Becki Thompson,  
Email: [Becki.Thompson@ky.gov](mailto:Becki.Thompson@ky.gov);  
Telephone: 502-564-7996 ext 4444
- University of Kentucky Family and Consumer Sciences Extension  
Natalie Jones, Associate Professor  
Email: [natalie.jones@uky.edu](mailto:natalie.jones@uky.edu)  
Telephone: 859.218.3322
- Department of Medicaid;  
Dr. Gil Liu, Medical Director  
Email: [gil.liu@ky.gov](mailto:gil.liu@ky.gov)
- Kentucky Pharmacists Association  
Mark A. Glasper. Executive Director/CEO  
Email: [info@kphanet.org](mailto:info@kphanet.org)  
Telephone: 502-227-2303
- Department of Employee Health (KEHP)  
Jenny Goins, Commissioner  
Email: [jenny.goins@ky.gov](mailto:jenny.goins@ky.gov)
- Norton Healthcare Faith & Health Ministries  
Kathy Bryant, Nurse Educator  
Email: [Kathy.Bryant@nortonhealthcare.org](mailto:Kathy.Bryant@nortonhealthcare.org)  
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Office (844) 804-8725  
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Kevin Middleton, President  
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## REVISION HISTORY

Last Revised: November 1, 2018