



## Tips to use when talking with your Legislator

<p><b>Introduce Yourself, the Kentucky Diabetes Network and The American Diabetes Association</b></p>	<p>Hello, my name is _____ and I'm here on behalf of the 1.2 million Kentuckians who live with diabetes and prediabetes everyday. Today, the Kentucky Diabetes Network and American Diabetes Association have come together to advocate on behalf of people who are at risk or living with diabetes.</p>
<p><b>Make it Personal</b></p>	<p>Tell your story. Talk about your personal connection to diabetes. Try to be brief but compelling.</p>
<p><b>Share the FACTS</b></p>	<p>Share the details of 2020 Infographic and the Legislator ASK</p>
<p><b>Acknowledge the CHALLENGE</b></p>	<p>I know that our legislature faces some tough decisions. However, Kentucky cannot afford to ignore the epidemic of diabetes in our state. We need your support to STOP this epidemic.</p>
<p><b>Focus on INVESTING</b></p>	<p>If we don't do more to get our citizens connected to Diabetes Prevention Programs and Self-management education and support programs, complications of heart attack and strokes, kidney failure, lower limb amputations and blindness will continue to impact quality of life for Kentuckians. We know that these lifestyle programs make an impact. For every \$1 invested in education, almost \$9 is saved.</p>
<p><b>Emphasize URGENCY</b></p>	<p>Diabetes is at epidemic levels, however it is controllable and in many cases the risk of developing type 2 diabetes can be cut in half by participating in lifestyle education. Diabetes now costs Kentucky \$5.15 Billion dollars/year.</p>
<p><b>Make the BROAD ASK</b></p>	<p>I urge you and your fellow members to recognize and join us to do all in your power to stop the epidemic in Kentucky.</p>
<p><b>Get to SPECIFICS</b></p>	<p>Review the specific bills with the legislators. Ask for their support to get these bills passed during this session.</p>

## In Review:

1. Be short and to the point
2. Be Concise
3. Be Positive
4. Be Specific
5. Be Credible

## Sample Dialogue:

*“Thank you for all your support and help in the past!*

*However, diabetes continues to be devastating to Kentucky.*

*Over 1.7 million Kentuckians are impacted by diabetes-*

*589,000 diagnosed or undiagnosed with diabetes and ¼ don’t know it.*

*1.1 million Kentuckians diagnosed or undiagnosed with Prediabetes with 7 of 10 who don’t know they have it.*

*Costs have risen to over 5 billion dollars in Kentucky.*

*Please continue to support appropriations that support diabetes prevention and education and support the bills filed to promote healthy lifestyle promotions for all ages. “*

