

Wisconsin's Lions Clubs Can Work to PREVENT Type 2 Diabetes

What is prediabetes?

More than 1.5 million Wisconsin adults have prediabetes—that's 1 in 3 adults! Most don't even know they have prediabetes. Prediabetes means a person's blood glucose (sugar) levels are higher than normal—but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes. The good news is that prediabetes can often be reversed through lifestyle change.



The National Diabetes Prevention Program

The National Diabetes Prevention Program (National DPP) is an evidence-based, year-long lifestyle change program introduced by the Centers for Disease Control and Prevention (CDC) for people who have prediabetes or are at risk for developing type 2 diabetes.

The program, facilitated by a trained Lifestyle Coach, consists of 16 one-hour weekly sessions and six to ten one-hour monthly or twice-monthly sessions held over a 12-month period that include topics such as eating healthy, increasing physical activity, and losing weight.

The National DPP is proven to reduce by 58% the chance that a person at risk will develop type 2 diabetes; and, if the person is over age 60 the risk reduction increases to 71%. Even after 10 years, lifestyle change program participants had a 34% lower rate of type 2 diabetes.

How Your Club Can Help

Lions Clubs across Wisconsin can help get the word out about prediabetes and the importance of reversing prediabetes BEFORE it becomes type 2 diabetes. Helping people PREVENT type 2 diabetes is important because type 2 diabetes comes with many additional health complications and increased annual health care costs of approximately \$9,601 on average per person.

There are many activities clubs can do to increase awareness of prediabetes and support the National Diabetes Prevention Program (National DPP) whether they have low, medium, or high resources. See the following page for ideas on how your club can become involved and PREVENT type 2 diabetes.



Diabetes Prevention Programming Strategies

This table provides a summary of programming that Lions Clubs can do in their community to increase awareness of prediabetes and support the National Diabetes Prevention Program (National DPP). The table splits activities into low, medium, and high resource needs, allowing clubs an overview of activities they may choose to implement based on membership size and financial capacity. Targeting populations at greatest risk for developing type 2 diabetes is important. WLF and Chronic Disease Prevention Program staff are available to provide tools, [promotional resources](#), and connections to local National DPP suppliers that can help you be successful.

LOW RESOURCES	
<i>Find promotional materials at www.dhs.wisconsin.gov/prediabetes/promotional-resources.htm.</i>	
1.	Distribute prediabetes awareness posters, palm cards, and/or door hangers throughout the community.
2.	Distribute water bottle stickers at community events.
3.	Host an exhibit booth at local events where you can share the message.
4.	Promote www.PreventDiabetesWI.org and www.diabetes.org/widhrisktest in social media posts.
5.	Recognize and/or promote National DPP suppliers in your area. Include articles about suppliers in newsletters, invite to speak at meetings, etc.
MEDIUM RESOURCES	
1.	Provide scholarship funds to National DPP suppliers for people who do not have financial means to afford the program.
2.	Provide a National DPP supplier with funds to support a “ Champion ” stipend—someone who speaks to local community-based organizations about prediabetes and the National DPP.
3.	Provide a lending library of hot spots, iPads, and other equipment to allow virtual participation in a National DPP.
4.	Collaborate with a local library to develop Diabetes Wellness kits for loaning.
5.	Raise funds for refrigeration that allows local food pantries to accept fresh produce.
6.	Contribute to community gardens and donate fresh produce to local food pantries.
7.	Host special walks with local respected doctor, mayor, or other leaders; or host regular walking groups.
8.	Provide funds to build or extend community walking/biking trails; or provide signage for walking in community.
9.	Host a community walk audit or a walking school bus .
HIGH RESOURCES	
1.	Provide funds to support one or more Lifestyle Coaches for a full year in an area that serves individuals at high risk for developing type 2 diabetes.
2.	Sponsor a member only National DPP year-long program for your Lions Club.
3.	Provide 2 years of funding to support a community-based organization as they work to become a sustainable CDC-recognized National DPP supplier.

Your Prediabetes Awareness Contacts

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