



NEWS YOU CAN USE



I Decide to STOP Diabetes® Day

November 13, 2011

What is JD Day at Church?

November is American Diabetes Month® and a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

In concert with the other American Diabetes Month activities, churches across the country are engaging their communities on November 13, 2011 in celebration of ID Day at Church, a nationwide movement to Stop Diabetes.®

What can your church do?

Pay tribute to the many in our community who are working to Stop Diabetes every day. And, challenge others to join these champions by pledging to take actions against diabetes.

No church is too large or too small to join in. The best part about participating in the campaign is that you can tailor the activities to meet the needs of your church community! The Association offers how-to guides for hosting awareness programs, as well as educational resources for participating churches. Our local offices are also available for guidance and to help ensure your church has the resources required to succeed.

GET INVOLVED—CELEBRATE AMERICAN DIABETES MONTH & ID DAY AT CHURCH

The American Diabetes Association is behind the largest national movement to Stop Diabetes and its deadly consequences. During **American Diabetes Month** we partner with communities to get the word out about the seriousness of diabetes and the importance of diabetes prevention and control. And, on **ID Day**, we challenge churches to become a champion for the cause by planning faith-based diabetes education programs or to set aside a moment during the service to read a diabetes education message.

Here's the lineup for American Diabetes Month celebration themes:

- **Week 1—Fight for the Future:** Give a voice to those denied their rights because of diabetes and fighting for diabetes funding.
- **Week 2—Impact Communities:** Build relationships around the country to empower people to take control of their health.
- **Week 3—Celebrate Health:** Recognize courageous people who have overcome the obstacles of living with diabetes and the places that have helped them.
- **Weeks 4 & 5—Commit to a Cure:** Spotlight the important research that will lead us toward an eventual cure.

JOIN THE ID DAY AT CHURCH CAMPAIGN

Celebrate ID Day on November 13, 2011 by joining with other churches across the country to raise awareness—all on the same day!

The Association offers a variety of community programs with scripted lesson plans, PowerPoint slides, targeted handouts, health education materials, and access to other resources needed to get community members going.

*What's your
JD Day
signature?*

Check out www.diabetes.org/adm.

Or, contact Your Local American Diabetes Association Office at 1-888-342-2383.

Ask to speak with your local representative—who can help provide additional guidance about ID Day, American Diabetes Month and Project POWER workshops.

COMMIT TO HOST AN ID DAY EVENT

Rally your congregation to celebrate their health and learn about diabetes. Make it an event that draws on your strengths and joys. Make it an ID Signature Event.

- ✓ Host a week of prayer around diabetes.
- ✓ Create a sea of red—have everyone wear red corsages or hats or handkerchiefs.
- ✓ Set up a time to walk as a team—and have everyone proudly wear red baseball caps!
- ✓ Release red balloons at noon on ID Day.
- ✓ Join the Millions by participating in one of the national events hosted by the American Diabetes Association, visit www.diabetes.org/adm.

Post announcements about your ID Day event in your church bulletin.

Dedicate some time during the service to raise awareness. Use the scripts provided below, or tailor the message for your congregation and insert your choice of scripture verse.

I RAISE MY HAND TO STOP DIABETES®

- Take our pledge on Facebook at facebook.com/AmericanDiabetesAssociation.
- Celebrate ID Day with a Live EMPOWERED® program.
- Visit stopdiabetes.com.
- Read the blog www.diabetesstopshere.org.
- Text JOIN to 69866 (standard message and data rates apply).
- Follow us on Twitter @AmDiabetesAssn
- Call 1-800-DIABETES.

Share your successes by sending short description of the event, photos, signed pledge cards, and the ID Day Report to the American Diabetes Association.

Raise Your Hand to Stop Diabetes®—Take the Live EMPOWERED® Pledge

Diabetes is a father who can't walk his daughter down the aisle because he has lost a leg to nerve damage from diabetes.

Diabetes is a teenage girl who can't go to sleepovers because she's afraid she will go into insulin shock in front of her friends.

Diabetes is a lawyer who is going blind...a teacher who's recovering from a stroke...a dentist who's developing kidney disease.

- Nearly **five million** African Americans have diabetes.
- African Americans are almost **twice as likely** to have diabetes compared to the general population.
- African Americans experience **higher rates** of serious complications of diabetes: heart disease, blindness, amputation, and kidney disease.

Diabetes is a very serious disease. There is no cure for diabetes. However, diabetes can be controlled. Let us unite, empower, and rally our communities to Stop Diabetes®

GIVE THE GIFT OF HEALTH. ACT TODAY. LEARN ABOUT DIABETES. SHARE THE FACTS.

Prevalence

Nearly 26 million children and adults in the United States have diabetes.

Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.

Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Toll on Health

Two out of three people with diabetes die from heart disease or stroke.

Diabetes is the leading cause of kidney failure.

Diabetes is the leading cause of new cases of blindness among adults.

The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.

Direct medical costs reach \$116 billion, and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.

Indirect costs amount to \$58 billion (disability, work loss, premature mortality).

Live EMPOWERED[®] Pledge

Are You at Risk?

→ Nearly 5 million African Americans have diabetes.

TAKE THE TEST – DIABETES.ORG/RISKTEST

*I raise my hand and commit to Stop Diabetes.[®]
I pledge to:*

- ✓ *Adopt a healthier lifestyle, which includes eating healthy and participating in a regular exercise program.*
- ✓ *Always remember to put health first in order to better serve my family, friends and community.*
- ✓ *Maintain a regular schedule for health screenings.*
- ✓ *Commit to the movement to Share, Act, Learn and Give to Stop Diabetes.*

Get your pledge counted—send a copy of your signed **Live EMPOWERED pledge card** to the Association.

Please mail to: Live EMPOWERED Pledge
American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311

LIVE EMPOWERED[®]

LEARNING TO THRIVE WITH & PREVENT DIABETES

 American Diabetes Association.

 **STOP
DIABETES.**

 American Diabetes Association.

Dedicate Some Time during Worship to Talk About Diabetes

Raise awareness on **ID Day** by taking sometime to discuss diabetes during the service.

SAMPLE SCRIPT #1

Diabetes is a very serious disease. There is no cure. Diabetes is striking our community at an alarming rate. Nearly five million African Americans have diabetes—some are members of our church Family. And, some of us have diabetes and don't know it. The Bible says:

My people are destroyed for lack of knowledge... (Hosea 4:6)

We must learn more about diabetes and share our knowledge with others to Stop Diabetes:

- African Americans are almost twice as likely to have diabetes compared to the general population.
- One in four African American women over 55 years of age has diabetes.
- African Americans experience higher rates of at least four serious complications of diabetes: heart disease, blindness, amputation, and kidney disease.

Learning about diabetes is important to our church family. It is important for both those who are at high risk and for those who have diabetes. The American Diabetes Association is partnering with our church to increase awareness about diabetes and share information about living with diabetes. Raise your hand if I am talking to you...

- You have diabetes in your family
- You have high blood pressure
- You are overweight
- You are not physically active on a regular basis.

These are all risks. Learn more about your risk for diabetes by calling the Association at 1-800-DIABETES (342-2383).

SAMPLE SCRIPT #2

Good morning! The bible says,

Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God and ye are not your own...therefore glorify God in your body and in your spirit, which are God's. (1 Corinthians 6:19-20).

Diabetes is a serious problem in our community. More than 20 million Americans—have diabetes. And, nearly 5 million of those are African American. Many of us have diabetes but don't even know we have it.



Celebrities David and Tamela Mann from the TBS hit show "Meet the Browns" serve as the Association's ID Day spokespersons.



Did you know?

- African Americans are almost twice as likely to have diabetes compared to the general population.
- One in four African American women over 55 years of age has diabetes.
- African Americans experience higher rates of at least four serious complications of diabetes: heart disease, blindness, amputation, and kidney disease.

Let's take a minute to learn the risk factors of diabetes:

- If someone in your family has diabetes, raise your hand.
- If you are over age 45, raise your hand.
- If you have high blood pressure, raise your hand.
- If you are overweight, raise your hand.
- If you are not physically active on a regular basis, raise your hand.

It looks like [*insert adjective describing how many members raised their hands*] members are at risk for diabetes. If you or someone you love is at risk for developing diabetes, act today, please see your healthcare provider and ask about being tested for diabetes. Right now, there is no cure for diabetes—it is a lifelong disease. However, with careful attention to what and how much we eat, regular physical activity, and for some, the right medicine, diabetes can be controlled.

Share the materials we are distributing today [*hold them up*] with your family and friends. They contain important information about diabetes. Learn more, call the American Diabetes Association at 1-800-DIABETES (342-2383) to receive free information.

SAMPLE SCRIPT #3—TALKING POINTS

If you prefer to speak without a script, here are some talking points for reference.

- Diabetes is a serious disease—nearly 5 million African Americans have the disease.
- African Americans experience higher rates of serious complications of diabetes: heart disease, blindness, amputation, and kidney disease.
- One third of the people who have diabetes don't know they have it. Risk factors include:
 - Being overweight
 - Not being physically active on a regular basis
 - Being 45 and older
 - Having high blood pressure
 - Having diabetes in your family
- Learn more, contact the American Diabetes Association at 1-800-DIABETES (342-2383).

ID DAY REPORT FORM

Church: _____ Date: _____

Activity: _____

LIST CLASSES, PHONE CALLS, SEMINARS, SERMONS, SCREENINGS, ETC.)

_____	# of attendees: _____
_____	# of attendees: _____
_____	# of attendees: _____
_____	# of attendees: _____
_____	# of attendees: _____
_____	# of attendees: _____
_____	# of attendees: _____

HEALTH INFORMATION DISSEMINATED

Subject covered: _____	# of people who received info: _____
Subject covered: _____	# of people who received info: _____
Subject covered: _____	# of people who received info: _____
Subject covered: _____	# of people who received info: _____
Subject covered: _____	# of people who received info: _____

REFERRALS

Number of referrals made to a health service or medical provider(s): _____

OTHER COMMUNITY OUTREACH ACTIVITIES

List activities or interactions you had with people outside the congregation:

PARTNERSHIPS

What organizations did you partner with to raise awareness? Include contact information.

OTHER FEEDBACK AND COMMENTS

Please include any additional comments or feedback below.

Your name: _____

Signature: _____

Date: _____

Please mail to: **Live EMPOWERED, American Diabetes Association**
1701 North Beauregard Street, Alexandria, VA 22311

