



Healthy Living for Type 2 Diabetes

All Lions clubs are autonomous, meaning that each Lions club is an independent entity responsible for conducting its own events and complying with local laws and regulations. This planner is intended to provide recommendations and should not be considered legal advice or best practices. The activities in this planner may or may not be appropriate within your community. Please consult a local professional to ensure compliance with all laws and regulations, safety guidelines and best practices.



Lions Clubs International



Healthy Living for Type 2 Diabetes

This project planner can help your club host a health and wellness event to benefit people at risk of Type 2 diabetes, promoting healthy eating, meal planning and physical activity.

By taking on a project like this, you're helping us achieve our strategic vision of reducing the prevalence of diabetes and improving quality of life for those diagnosed.

Start planning your event.

Fill in the blank fields in the form below to determine the details of your event.

What you will achieve 1 Raise awareness and provide education for the community by promoting healthy living	Duration 1-2 hours	Location <input type="radio"/> School or educational facility <input type="radio"/> Community recreational facility <input type="radio"/> Open-air/outdoor community space <input type="radio"/> Other _____
	Planning time 1-2 months	
	Start/end dates _____	

Planned participants		
Select the audience you would like to serve at your event.		
People we will serve: <input type="radio"/> Children <input type="radio"/> Youth <input checked="" type="radio"/> Adult <input type="radio"/> All	People who will provide service: <input type="radio"/> Local diabetes association <input type="radio"/> Local diabetes educator <input type="radio"/> Community hospital	Notes:

Determine all required tasks for your project.

All projects should incorporate the following tasks:

1. Identify diabetes educational speakers and materials.



QUICK TIP

- ▶ Should be provided by your local diabetes association, a local diabetes educator or a community hospital

Speakers

- a. _____
- b. _____
- c. _____

Materials

- d. _____
- e. _____
- f. _____

2. Determine the type of physical activity.



QUICK TIP

- ▶ This can consist of structured exercise, a walk or any activity you feel may be successful in your local community
- ▶ Make sure the activity is of a beginner level and can be modified for those of various physical capabilities

Activities

- a. _____
- b. _____
- c. _____

- d. _____
- e. _____
- f. _____

3. Determine the nutritional education topic.



QUICK TIP

- ▶ This should be relevant to diabetes prevention and management, and may be provided by a local nutritionist, a local diabetes educator or a community hospital
- ▶ Topics may include the importance of hydration, the integration of vegetables into every meal, etc.

Topic ideas

- a. _____
- b. _____
- c. _____

- d. _____
- e. _____
- f. _____



Volunteer planner

Assign roles for volunteers at your event.

Position/role	Name	Contact information	Notes
Event director			Can be a Lion/Leo or healthcare professional; must possess basic knowledge about diabetes, and should be able to manage both event logistics and volunteers
Volunteer manager			
Education lead			Should be a certified healthcare professional or educator familiar with diabetes
Physical activity lead			Should be a physical activity professional that can ensure attendee safety during participation in physical activities
Nutrition lead			Should be a certified nutrition or healthcare professional experienced in supporting people living with diabetes
Local emergency medical services			Must be present at all times in case of a health emergency
Marketing lead			
Event photographer			You must secure signed release forms from participants if you plan to use event photographs for promotional purposes
Local partners/ collaborators <i>Recommended: Local diabetes association, diabetes educator and/or community hospital</i>			
Other			

Number of Lions	
Number of Leos	
Number of others	



Organize your project into achievable steps.

The event director may complete this form and track progress.

Status	Task	Deadline	Task Lead	Tips
X	Inform your club			Host a meeting to inform your club about the event
	Create event name/title			
	Form a planning committee			<ul style="list-style-type: none"> » Determine event participants, activities and logistics » Decide and assign volunteer tasks
	Identify potential event collaborators			<ul style="list-style-type: none"> » Local diabetes association » Fitness organizations » Local community hospital » Local diabetes educator
	Prepare a preliminary budget			
	Secure location, date and time			<p>Things to consider:</p> <ul style="list-style-type: none"> » Time of year/weather » Flexibility of location's capacity » Safety of location » Accessibility of location to community members most at risk of diabetes
	Ensure proper insurance coverage			<p>Check with relevant officials to determine if a certificate of insurance or supplemental insurance will be required</p> <p>For questions regarding coverage under the General Liability Insurance Policy provided to all Lions clubs, please review the Program Insurance Booklet by visiting http://lionsclubs.org/pib-en</p>



Organize your project into achievable steps (continued).

Status	Task	Deadline	Task Lead	Tips
	Secure necessary volunteers			
	Promote your event			<p>Things to consider:</p> <ul style="list-style-type: none"> » Invite local media to your event » Prepare a press release and share it with local media outlets » Enlist the help of a local celebrity or sports personality » Social media platforms » Email outreach to your club's network
	Finalize event logistics			<p>Before your event, make sure you contact any service providers or event collaborators to make sure they are prepared to fill their roles in the event</p> <p>Things to consider:</p> <ul style="list-style-type: none"> » Any special requirements for the physical activity space (signs, directions, etc.) » Rest station with water and healthy snacks
	Schedule a post-event meeting to celebrate successes and discuss opportunities for improvement			Schedule other events throughout the course of the year to continue building community after the event



Determine the budget for your project.

_____ may use this worksheet to determine finances for the event.

Description	Quantity	Cost	Total expense	In-kind/donations	Income	Balance
Education						
Education materials						
Guest speaker fees						
Equipment						
Facility/space rental						
Physical activity supplies						
Water/snacks						
Audio/visual equipment						
Marketing						
Promotional materials						
Other						



Measure the success of your project.

Reconvene as an event planning committee to celebrate your impact and report your service!

Success measures			
Measure your project			
# of people served under 18		# of non-members volunteered	
# of people served 18+		Total direct service hours	
# of Lions volunteered		Total project planning/fundraising hours	
# of Leos volunteered			
Reflect on your project			
1. Were you able to raise community awareness about diabetes through education and the promotion of healthy living?			
2. What were the biggest successes?			
3. What were the biggest challenges?			
4. Would you do this event again?			
5. What would you change?			



Consider leading your participants through a carbohydrate counting activity.

Carbohydrates are an important part of your diet, but too much of them in your diet can increase your risk for developing type 2 diabetes. People living with diabetes need to be very conscious about the amount of carbohydrates they eat during each meal in order to properly manage their blood glucose safely.

Have you ever thought about how many carbohydrates are in a normal meal you eat each day? Consider contacting a government agency or health organization to determine how many carbohydrates are recommended per meal.

Activity instructions:

- » Group facilitator can enter the foods that create a popular meal in your local community.
- » Prior to hosting the awareness event, the group facilitator may also use the appropriate channels to research the number of carbohydrates in each item, and the total number of carbohydrates for the whole meal.
- » Ask your club and community members to guess the amount of carbohydrates in each item, and the total for the whole meal. Inform them that they are not allowed to utilize technology or other sources for their answers.
- » Once all participants have provided their guesses, share the answers to determine if people were correct in their guesses.
- » The group facilitator can use the discussion questions to help sensitize more people to the different considerations people living with diabetes need to make in their daily lives.

Meal	Carbohydrates (grams)
Protein	
Vegetable	
Starch/grain	
Beverage	
Total	

Discussion questions:

- » Would anyone like to share their initial thoughts about this activity?
- » Did you find this difficult or time consuming? Why or why not?
- » How do you feel this would affect your experience with choosing meals in your daily life?
- » How do you feel this would affect your experience choosing meals in a social setting?
- » Realizing that this is something people living with diabetes may have to go through on a daily basis, what steps do you feel we could take as a community to help them feel more supported and better understood?

