



PROJECT IDEAS DIABETES

LEARN

- Work with a healthcare professional to organize an educational talk about diabetes, pre-diabetes, prevention and management at your club or district meeting.
- Facilitate a discussion about diabetes to encourage club members to share their personal connections to the disease.
- Visit/explore the website of your national diabetes association and other organizations to learn more about diabetes.
- Share a low glycemic index snack at your club meeting and ask a nutritionist or diabetes educator to teach club members and their families about interpreting food labels.
- Sign-up for MyLION and learn how Lions and Leos are getting involved in diabetes service.
- Download an app that educates and encourages healthy lifestyle choices. Invite club members to participate in a healthy lifestyles related challenge.

ACT // BEGINNER

- Donate a diabetes magazine subscription or diabetes-related books to your local library.
- Invite a role model with diabetes to a local school to talk about healthy lifestyle choices.
- Sponsor a child to attend a diabetes camp and/or supply a camp with needed supplies.
- Post monthly notices on your club or district website and social media accounts, sharing available community resources for people with or at risk of diabetes.
- Write about healthy lifestyle choices in your community or school newspaper.
- Organize a Strides: Lions for Diabetes Awareness event in your community.
- Develop a list of patient resources and services and distribute them to Lions and the public.

ACT // INTERMEDIATE

- Partner with healthcare professionals to organize a screening for diabetes, diabetic retinopathy and diabetic foot.
- Promote diabetes prevention through social media campaigns or radio announcements.
- Volunteer for a day at a diabetes camp. Visit www.diabetescamps.org to find a camp near you.
- Sponsor a healthy cooking demonstration for people with diabetes and pre-diabetes.
- **Organize a weekly walking club at your place of work and share a healthy snack afterwards.**
- Bring fresh fruits or vegetables to an elementary school classroom to encourage children to try a variety of healthy foods.
- Collaborate with a healthcare professional to organize a physical activity and promote exercise.
- Donate needed exercise equipment to a community center or school.

ACT // ADVANCED

- **Organize a community support group for people diagnosed with diabetes and their families.**
- Work with a healthcare professional to organize a mentorship program, pairing a younger person with diabetes with an older mentor.
- Organize a school or community vegetable garden to encourage healthy eating.
- Establish a fitness room or ongoing fitness classes at a community center or school.
- Sponsor a training program for community healthcare workers to learn about screening, community support programs and prevention of diabetes complications.

