



Lions International

LIONS AND LEOS, WITH THE SUPPORT OF LIONS CLUBS INTERNATIONAL FOUNDATION (LCIF), ARE WORKING TO REDUCE THE PREVALENCE OF DIABETES AND IMPROVE THE LIVES OF THOSE LIVING WITH DIABETES.



DIABETES PROGRAMS

Get your club involved in a handful of ongoing diabetes service programs.

SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.

THIS GLOBAL CAUSE SUPPORTS SDG #3

3 GOOD HEALTH AND WELL-BEING



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

Programs

Strides:

A fun and engaging way for Lions and Leos everywhere to promote diabetes awareness. A Strides event can be any physical activity, from a run to a dance competition!

- Strides is Lions International's most popular diabetes program. Access our [Strides Planning Kit](#) to get started today!
- The World Health Organization recommends a total of at least 150-300 minutes of weekly exercise. Strides is a wonderful way to get individuals motivated to be physically active.
- Use our [press release template](#) and guide on [Developing Local Partnerships](#) to start planning.

Diabetes Peer Support Groups:

Encourage the exchange of support among community members living with diabetes.

- Diabetes self-management can feel like a full-time job! Check out the [Diabetes Peer Support Group Workbook](#) to engage people on their journey with diabetes.
- Access our [Diabetes Support Group Planner](#) to explore ways your club, district or multiple district can support your community.

Type 2 Diabetes Screening:

An important way to help your community understand their risk of diabetes and provide education, awareness and screening services.

- Type 2 diabetes accounts for 90% of all diabetes cases worldwide. Help reduce the prevalence by organizing screening events and check out our [Type 2 Diabetes Screening Project Planner](#) to get started.
- Proper diet and physical activity reduce the risk of diabetes. A great way to serve this cause is by hosting a [Healthy Living for Type 2 Diabetes](#) event or a [Type 2 Diabetes Risk Assessment Event](#).

Diabetes Camps:

Designed to help enhance the quality of life for young people living with diabetes by providing diabetes management skills.

- Check out our [Diabetes Camp Handbook](#) to get familiar with planning a diabetes camp. This guide will help to ensure that the diabetes camp experience is successful for both you and the youth!
- Access our [camp resources](#), including a sample press release, a registration document for volunteers and participants, and more.



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FACTS AND SERVICE IDEAS

Learn about diabetes and how your club can make an impact.

lionsclubs.org/diabetes



In recent years, an annual **6.7 million deaths** are due to diabetes — **1 in every 5 seconds** (International Diabetes Federation).



It is estimated that by 2030 there will be **643 million adults** ages 20-79 living with diabetes (International Diabetes Federation).



Diabetes accounts for **11.5% (US\$966 billion)** of the global health expenditure (International Diabetes Federation).



About 3-in-4 adults with diabetes live in low- and middle-income countries. (International Diabetes Federation).



Promote education and awareness by taking one of several free online courses by the **International Diabetes Federation** to better understand diabetes. Consider featuring the courses in a club service activity and sharing with your district and multiple district.



Bring people together to raise awareness about diabetes on **World Diabetes Day** — November 14. Share your impact with photos, videos and other assets on social media using the #WorldDiabetesDay hashtag.



Develop a diabetes resource list by connecting with a local health department or hospital. Use the **Club and Community Needs Assessment** to address your community's specific needs.



Organize a weekly walking club or yoga event to promote healthy living.



It is important to know the risks of diabetes. Check out this online **Diabetes Risk Assessment** and share with your community.



Work with community health organizations to distribute diabetes supplies to individuals who may not have access to adequate tools to manage their diabetes.