



## Join Us!

Together, we can fight diabetes. Help us raise the awareness of diabetes and its serious complications. Here's how you and your club can mobilize your community:

- Sponsor a Strides event to promote greater awareness
- Host a health fair at a school or community center
- Coordinate meals or transportation for a children's diabetes camp
- Invite healthcare professionals to speak at your club and district events
- Partner with local healthcare providers to organize diabetes and vision screenings
- Reach out to populations at high risk for diabetes
- Distribute educational resources to increase community awareness
- Organize a support group for people with diabetes
- Learn how you can help with diabetes programs in your community

## Partnerships for Diabetes

Lions collaborate with local health care providers, diabetes associations and national partners to provide information, materials and resources best suited for their communities. Lions Clubs International's collaborative partners for diabetes include:

**International Diabetes Federation (IDF)**  
www.idf.org

**World Health Organization (WHO)**  
www.who.int

**Diabetes Education and Camping Association (DECA)**  
www.diabetescamps.org

**National Diabetes Education Program (NDEP)**

For more diabetes materials and resources, including **Strides...Lions for Diabetes Awareness**, visit the Lions Clubs International Web site at [www.lionsclubs.org](http://www.lionsclubs.org) and keyword search "diabetes."

*"No country is immune to diabetes, No country has all the answers to this common enemy. No country has yet managed to reverse the rising prevalence. Defeating diabetes will take every ounce of commitment and ingenuity that we can summon."*

Jean Claude Mbanya, President (2009-2012)  
International Diabetes Federation



## Lions Clubs International

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# Diabetes Awareness and Action

## Lions Support the Fight Against Diabetes!



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# WHAT is Diabetes?

Diabetes means that your blood glucose, also called blood sugar, is too high. Glucose comes from the food you eat, and cells take the glucose and turn it into energy. But having too much glucose in your body is not healthy. There are three main types of diabetes:

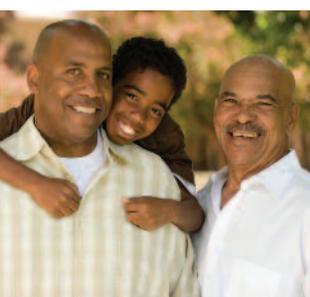


**Type 1:** Generally develops during childhood.

- The body produces little or none of its own insulin, a hormone that helps glucose get from the blood into the cells
- People with Type 1 need to take insulin every day
- Type 1 accounts for 3 - 5% of all diabetes worldwide

**Type 2:** Usually develops in adulthood, although it is increasing in children and adolescents in all countries.

- The body does not make or use insulin well
- People with Type 2 often need to take pills or insulin
- It accounts for 90% or more of all diabetes globally



**Gestational Diabetes (GDM):**

It is any glucose intolerance with onset or first recognition during pregnancy. It affects an estimated one in 25 pregnancies worldwide.



## Why is Diabetes Important?

**Diabetes is increasing worldwide...**Diabetes is a disease shared by young and old, rich and poor. Over 360 million people have diabetes. By 2030, the International Diabetes Federation (IDF) estimates that over 550 million worldwide will have the disease.

**Diabetes is deadly and debilitating...**Every 8 seconds, someone in the world dies from the complications of diabetes. It is among the top 10 causes of disability: tens of millions of people with diabetes suffer serious conditions including heart disease, stroke, lower limb amputations, diabetic retinopathy (vision loss or blindness caused by diabetic eye disease) and kidney failure.

**Diabetes is a major global threat to human security and prosperity...**Diabetes impoverishes families and overwhelms health systems. A large proportion of the four million people who die each year as a result of diabetes are in their most productive years (40-60 years), resulting in a high economic cost to society. Children die of Type 1 diabetes in low-and middle-income countries because they lack access to life-saving insulin.

## Can Diabetes be Prevented?

Achieving a healthy body weight and moderate physical activity can help prevent the development of Type 2 diabetes. To date, there is no proven therapy to prevent or cure Type 1 diabetes.



## Lions Make a Difference

Lions have a strong commitment to fight diabetes and diabetic eye disease. Whether they are hosting screenings in their local communities or volunteering at a diabetes recreational camp, they meet the challenge head on in various ways:

### ■ Community Outreach

Lions work together to enhance existing programs or provide life-saving services where none exist, including:

- Community education programs
- Diabetes and vision screenings
- Provision of medication and supplies for families in need
- Support of diabetes foundations and recreational camps

### ■ Strides...Lions for Diabetes Awareness Program

People with diabetes need to stay at a healthy weight and be physically active every day. The Strides Program enables Lions to engage and empower their communities to join together in the fight against diabetes. Strides events can include walking, cycling, running, dog walking, dancing or other enjoyable physical activities to promote the benefits of healthy exercise.

### ■ Annual Events for Diabetes Awareness

Lions around the world observe special days that promote awareness of diabetes and its complications, including diabetic retinopathy (vision loss or blindness caused by diabetic eye disease).

- World Sight Day (October)
- Sharing the Vision Global Service Action Campaign (October)
- Diabetes Awareness Month (November)
- World Diabetes Day (November 14)
- Diabetes Alert Day (4th Tuesday of March – USA)

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