

D1 Committee report:

November Muscoda area: Good support from local grocery store: diabetes materials placed in grocery bags, library display, food pantry materials, discussion at club meetings (prevention test, bookmark), also distributed materials to 3 neighboring towns.

Mt. Horeb area- support in local grocery store for diabetes table.

Backpack stuffing Holiday Party (American Diabetes Association): December 14. Mass email request to presidents, secretaries, cabinet list serve for requests for cards of encouragement to be included in the backpacks that will be provided to newly diagnosed families at AFCH. Received about 15-20 cards from area clubs, as well as supplies from Marshall Lions club. Delivered Thursday to use for the event, as well as toothbrushes and toothpaste from a local dentist. Received the following message from ADA WI staff Sue Whalen Hjelsand: Oh Jill, that's awesome!! Thank you thank you thank you!! Please give my love to the Lions!!!!!!

**NOTE: This was cancelled due to weather, will be rescheduled.** I did receive some more cards that I will be dropping off. If any clubs didn't get a chance to send a card, they can still send to my home address: 640 S. 1ST ST. Mt. Horeb WI 53572.

Lion Jill, D1 Diabetes Committee Chair, as well as Lion Alexandra Saliscott from A1 have been accepted as attendees at the 2020 Call to Congress in Washington DC. We are both volunteers at Camp Lakota and I'm sure I speak for Alex in that we are proud to represent such a vital partnership in Diabetes Advocacy. When there are advocacy action alerts I post them on the MH Lion's page, which can be shared by anyone.

I had the privilege of attending the Diabetes Prevention Program Lifestyle Coach Certification on October 29, 30. Thanks to grant funding on behalf of the Lions this was offered at no charge in Madison. Two day training arranged by the phenomenal Pam Geis of the WI Department of Health Institute of Healthy Aging and Chronic Disease Prevention Program. Instructor has led this program within the WI prison system.

As a result of this training D1 is passionate about offering this program as a pilot in the Mt. Horeb area. As I understand, the Lion's have always supported this nationally recognized and peer-supported program and have previously attempted to encourage Lions to become trained in leading this program. D1 Diabetes Committee believes we have what it takes to actually offer this program within our community, both to Lion's as well as community members. We have the benefit of having Trollway Diabetes Care, LLC as a sponsoring organization to officially become an approved provider, and myself as a certified lifestyle coach. The materials can be printed at a very low cost (approx \$30/student for the entire program) and I anticipate acquiring meeting space at no cost. I am asking for the support of the Hearing/Diabetes committee to approach the board for the possibility of providing funding to give this a try. **This was tentatively approved at the December 14 WLF Board meeting. I will be returning to the next meeting in February with more details so they can decide on a monetary amount for this next budget cycle.** The funds are already available through other grants once they decide how much is appropriate.

I leave you with insights from this article by Erin Kasdin in the Fall, 2019 issue of Lion Magazine. "When it comes to our health, how much of our destiny is within our control, and how much does our zip code come into play in deciding who is healthy and who is sick?" This article is exemplary of why I became a Lion and why I am passionate about diabetes. Put those two things together and the resources that the Lion's collectively have, and you have what seems to our committee as a no-brainer. The article describes how different neighborhoods in the same city can have life expectancy differences between 20-30 years, due to what was available to them in their communities, all due to lack of social support. Such as in the case of community barn-raising in the 18-19th centuries, "They knew that the well-being of their fellow community members was integral to their own well-being". Kasdin suggests that Lions are "helping repair the fabric of the community" which is essential to health.

This is what we want to try in D1, by offering the Diabetes Prevention Program to members in our community and to our own members, who are at risk. We know the statistics, we know that 1 in 3 now have pre diabetes, but 1 in 2 over the age of 65. We want to offer a 7% weight loss and more active community members through this peer-supported, research-based and phenomenally successful program, as we strive to mend the social fabric before it is too late.

Also at the WLF Board meeting in December, the Hearing and Diabetes Committee agreed on new printed materials and posters that will be available to clubs and the district diabetes committees for the displays. Once these supplies are ready for distribution, Liz Shelley will send out an email to all of the clubs to order.

I will try to attach more detailed information to this report about the Diabetes Prevention Program.

My goal would be to perhaps have a "Session 0" informational drop-in on March 24, 2020, which is Diabetes Alert Day.

I have approached the D1 Cabinet about this project as well and have their support.

I would like to be able to attend some zone meetings in the near future, so I will watch for when those are to talk it up. :) You all know how I love to do that.

Lion Jill Kietzke  
D1 Diabetes Committee Chair