

Your Help Is Critical!

Make a difference---Get involved in one or more of the following:

- **Join our Por Tu Familia volunteer committee**
- **Participate in planning and implementing Por Tu Familia Workshops in your community**
- **Promote Por Tu Familia community outreach activities in your community, organization and workplace**
- **Implement a Diabetes Day event at your church or place of worship**
- **Serve as community media spokesperson**
- **Volunteer as a Speaker**
- **Recruit Health Fair Volunteers**
- **Refer ADA to your family, friends and co-workers**

Por Tu Familia Workshops-Module Description

Diabetes Day

Día de la diabetes

Places of worship, in partnership with the American Diabetes Association, provide an excellent setting for grassroots diabetes awareness programs. They offer strong leadership within the community, they have a genuine concern about the health of their members and can serve as a link between members and the general community.

Goals:

- Increase awareness that diabetes is a serious disease
- Inform people attending the service of diabetes risk factors
- Inform people attending the service that the Hispanic/Latino population is at a high risk for developing diabetes.
- Introduce the American Diabetes Association as a valuable resource for diabetes information

Objectives:

- Participants will contact the American Diabetes Association for more diabetes information.
- Participants will contact a health professional if they or someone they love is at risk for developing diabetes.
- Participants will get other members of their church, temple or spiritual centers involved in learning more about diabetes through the Latino Initiative of the American Diabetes Association.

Everybody Dance for your Health!

¡Todos a bailar para su salud!

This activity provides the community the opportunity to come together and celebrate their rich dance heritage and enjoy dancing as a form of exercise. Brief diabetes messages are shared throughout the dance.

Goals:

- Create awareness that regular physical activity is important for losing and maintaining a healthy weight, especially for people with diabetes.
- Introduce the American Diabetes Association as a valuable resource for diabetes information.

Objectives:

- Participants will identify dancing as a form of exercise.
- Participants will commit to becoming actively engaged in a physical activity.

Everybody Move for your Health! **¡Todos a moverse para su salud!**

Community members will learn the health benefits of exercising regularly, especially for people with diabetes. Participants receive easy-to-implement, culturally relevant activities to incorporate into the lives of their families to increase their current level of physical activity.

Goals

- Create awareness that regular physical activity is important for losing and maintaining a healthy weight, especially for people with diabetes.
- Introduce the American Diabetes Association as a valuable resource for diabetes information.

Objectives

- Participants will be able to identify 2 benefits of being physically active.
- Participants will be able to name at least 2 ways to be physically active.
- Participants will identify one activity they will commit to incorporate into their regular routine in an effort to increase their physical activity.

Health and Flavor in the Latino Kitchen **Salud y sabor en la cocina latina**

This is a culturally specific community session created for people in the Hispanic/Latino community with diabetes, those at risk for developing diabetes, and those wanting to learn more about healthy eating for themselves and their families. This informative and highly interactive session will inform participants about ways to prepare foods in a healthier way, to identify correct portion sizes for preparing healthy meals and to make healthier choices when eating outside the home.

Goal:

- Create awareness that healthy eating is important for the whole family, especially family members with diabetes.

Objectives:

- Participants will be able to state reasons why eating healthy is important
- Participants will be able to name ways to prepare foods in a healthy way.
- Participants will be able to identify correct portion sizes for preparing healthy meals.
- Participants will be able to make healthier choices when eating outside the home.
- Cooking Demonstrations (Optional)

With All My Heart **De todo corazón**

A culturally specific community session created for people in the Hispanic/Latino community with diabetes, those at risk for developing diabetes, and those wanting to learn more about keeping their heart healthy. This informative session will teach participants to identify the ABCs of diabetes

management and will encourage them to make a commitment to incorporate healthier habits into their daily routines.

Goals:

- Create awareness about the link between diabetes, heart disease and stroke.
- Create awareness about the ABC's of good diabetes care.

Objectives:

- Participants will be able to identify the ABCs of diabetes.
- Participants will be able to identify three (3) actions that can be taken to maintain a healthy heart.
- Participants will identify one activity they will commit to incorporate into their regular routine in an effort to decrease their risk for heart-related complications

With Open Eyes

Con los ojos abiertos

A culturally specific community session created for Hispanics/Latinos who have diabetes or are at a high risk for developing the disease, and those wanting to learn more about how to maintain good health and good vision. This session identify how diabetes affects eye health and vision and who is at risk for these complications.

Goal:

- Create awareness about the link between diabetes and retinopathy (eye disease)
- Create awareness about how to manage diabetes in a simple way that participants can remember

Objectives:

- Participants will be able to identify the three simple tests for charting awareness and managing diabetes
- Participants will be able to identify three actions that can be taken to maintain good general health and good eye health
- Participants will be given resources to incorporate into their regular routine in an effort to decrease their risk for diabetes and eye problems

Stay in Touch

En contacto

A culturally specific community session created for Hispanics/Latinos who have diabetes or are at a high risk for developing the disease and those wanting to learn more about how to maintain good health and avoid peripheral neuropathy (nerve damage). This educational module defines **peripheral neuropathy**, explains how diabetes damages nerves, and identifies who is at risk for these complications.

Goal:

- Create awareness about the link between diabetes and peripheral neuropathy
- Create awareness about how to manage diabetes in a simple way that participants can remember

Objectives:

- Participants will be able to identify the three simple tests for charting awareness and managing diabetes
- Participants will be able to identify three actions that can be taken to maintain good general health and avoiding onset of peripheral neuropathy
- Participants will be given resources to avoid onset of peripheral neuropathy

**Something to Smile About
Algo para Hacerle Sonreír**

A culturally specific community session created for Hispanics/Latinos who have diabetes or are at a high risk for developing the disease and those wanting to learn more about how to maintain good oral health for the diabetes patient. This educational module defines good oral health and explains how diabetes can damage teeth and what steps can be taken to prevent it.

Goal:

- Learn the importance of the relationship of diabetes and oral health.
- Learn how specific components of the oral cavity may be affected, and the consequences of poor oral hygiene in people with diabetes.

Objectives:

- Recognize the signs of gum disease
- Learn other associated mouth problems that can develop in people with diabetes
- Learn how to exercise oral hygiene habits to ensure that teeth and tissues that support are clean and healthy.

**Healthy Mind, Healthy Body
Mente Sana, Cuerpo Sano**

A culturally specific community session created for Hispanics/Latinos who have diabetes or are at a high risk for developing the disease and those wanting to learn more about how to know the difference between depression and the blues and diabetes.

Goal:

- Create awareness about the link between diabetes, depression and the blues.

Objectives:

- Learn about the difference between depression and the blues and how this affects people with diabetes.

Power over Diabetes

El Poder sobre la Diabetes

A culturally specific community session created for Hispanics/Latinos who have diabetes or are at a high risk for developing the disease and those wanting to learn more about how to maintain good diabetes management and treatment.

Goal:

- Create awareness about diabetes, management and treatment of the disease.
- Integrate healthy messages and activities into the life of the family.

Objective:

- Participants will be able to define diabetes
- Participants will be able to list the risk factors associated with diabetes
- Participants will be able to recognize A1C as an indicator of diabetes control and request their A1C number from their health care provider at their next visit.

Educational Conference- “From Head to Toe”

Conferencia- “De Los Pies a La Cabeza”

The event is designed to educate and bring the optimum health message to the local community. This “educational day” is free to the public. The day’s activities can include visits by elected officials, educational workshops with doctors, nurses and diabetes educators, healthy activities with community organizations, entertainment and prizes.

Goal:

- The end result is a fun-filled community event, reaching hundreds of Hispanics/Latinos with current and timely messages about diabetes and healthy living, while building a local presence to support our mission

Objectives:

- Free Services can include: Mammograms, Blood Pressure, Cholesterol test, diabetes risk assessment, foot, dental and vision screening, as well as health information and resources
- Conferencia is planned, organized, and managed through an active volunteer committee working with local ADA staff

Health Fairs

The American Diabetes Association also participates in numerous corporate and community health fairs throughout the state – bringing health information into various communities.



Volunteer Commitment Form

*I commit for one year to integrate healthy messages into the life of the local Hispanic/Latino community and to coordinate on-going **Por Tu Familia** presentations and/or workshops to encourage the Hispanic/Latino community to live healthier lives.*

Please print.

Volunteer Information

Primary Contact Name:	
Title:	Contact's Phone #:
Contact's Fax #:	Contact's Email:
Home Address: (optional)	
Current Employer or School:	
Do you or anyone in your family have diabetes? (Optional) (Type 1)_____ (Type 2)_____	
Volunteer Preference:	
Availability:	

Form Completed by: _____ **Date:** _____