To: Club Presidents

Copies to: Club Secretaries, DG Millie, haseltin@chartertn.net

Subject: Action Item - Learning a New Way to Save Sight

Lions can serve to *PREVENT Blindness* by screening people for Prediabetes, and connecting them with a nationally-developed *Lifestyle Change Course*. A useful first step in screening involves a one-page *Risk Assessment* questionnaire. This was first introduced in the November issue of News and Views. Now, DG Millie is challenging every club and member to become familiar with the *Risk Assessment* in the next few weeks. Specific Actions are summarized below.

CLUB ACTION:

1. Have members take the attached American Diabetes Association (ADA) risk test. Members are not asked to share their score; just to let you know they have completed the questionnaire. (Use e-mail or other means to try and reach all members.)
2. Count the number of club members that take the test. Then divide that by your club’s *Total Membership* number to determine the *% Participation.* (Completing this in the next two weeks would allow members to sign up for the next Virtual *Lifestyle Change Course*.)
3. Report your club’s *% Participation* to Diabetes Chair Doug Haseltine by leaving a phone message at 423 239-9178 or sending an email to haseltin@chartertn.net. Also include in M&A report (Membership and Activities).

GOAL: Maximize the *% Participation*.

AWARDS & RECOGNITION: DG Millie will buy a Reverse Raffle ticket for each club that achieves participation over 50%. She will also recognize the clubs with the highest *%* *Participation* at the District Convention.

DISCUSSION POINTS:

* For people that don’t know if they are diabetic, a score of 5 or higher on the questionnaire indicates they are at Risk of having Diabetes or Prediabetes.
* There is “Good News” for *Prediabetics* (defined by A1c results of 5.7 through 6.4). By changing diet and exercise habits, they can often prevent or delay Type 2 Diabetes and its major health issues like Blindness. The evidence-based *Lifestyle Change Course* facilitates that change.
* Prediabetics are encouraged to take the *Lifestyle Change Course*. For a brief overview of the program, click this link: https://youtu.be/kXnmA3x3aas . Lions Club members who want to know more about it for screening purposes may also want to enroll. The next Virtual *Lifestyle Change Course* will start February 2nd at 10:30AM. Call 423 239-9178 and LEAVE A MESSAGE to get specifics on how to connect to this very affordable class.

Doug Haseltine, 12N Diabetes Chair