



Strides: Lions for Diabetes Awareness

Promoting awareness, prevention and control of diabetes

What is Strides: Lions for Diabetes Awareness?

Strides is a friendly, positive and active community event that enables Lions clubs or districts to take action and raise awareness about diabetes prevention and control. The Strides program incorporates enjoyable physical activity through a community walk, run, bicycle ride, dance or other healthy exercise.

Strides Mission

The mission of **Strides: Lions for Diabetes Awareness** is to empower Lions to join the fight against diabetes and implement Strides community events.

The Need

Diabetes is increasing worldwide. Over 360 million people have diabetes. By 2030, the International Diabetes Federation (IDF) estimates that over 550 million worldwide will have the disease. It is deadly and debilitating; every 8 seconds, someone in the world dies from the complications of diabetes. Diabetic retinopathy is a leading cause of blindness.

Strides Objectives

- Heighten Lions' interest in diabetes awareness
- Empower Lions to take action and join the fight against diabetes
- Generate community involvement in a Strides event
- Promote a healthy lifestyle through enjoyable exercise/movement activities
- Enable Lions to implement Strides events with ease and confidence
- Convey a sense of optimism and Lions' community support for those affected by diabetes
- Prevent vision loss through greater awareness of diabetes and diabetic retinopathy
- Increase Lions' visibility within the community



Strides Resources

Lions Clubs International developed the ***Strides: Lions for Diabetes Awareness Information Kit*** to provide materials and resources needed to organize a successful Strides event. The kit contains an activity guide, sample registration form, press release, public service announcement, diabetes bookmarks and more. All kit components can be downloaded online at www.lionsclubs.org or they may be ordered from Lions Clubs International with an associated cost.

For more information about ***Strides: Lions for Diabetes Awareness***, refer to the Lions Clubs International website at www.lionsclubs.org and keyword search “Strides,” or send an e-mail to programs@lionsclubs.org.

The following organizations can provide additional diabetes information and resources:

International Diabetes Federation (IDF)

www.idf.org

World Health Organization (WHO)

www.who.org

Diabetes Education and Camping Association (DECA)

www.diabetescamps.org

National Diabetes Education Program (NDEP)

www.ndep.nih.gov



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