



# Diabetes

## Service Ideas and Resources



Education	Fundraising	Community support	Project Ideas	California Lions Foundation/ LCIF Grants
Project IMPACT: Diabetes: A program that helps people with diabetes learn how to manage their condition	Tour de Cure: A signature fundraising event by the American Diabetes Association	Community support groups: For people with diabetes and their families	Donate a diabetes magazine	Diabetes Grants fund large-scale diabetes projects to improve the public health of a community and provide equitable access to services. Projects that serve high-risk, under-served and marginalized populations are encouraged. Lions should partner with local diabetes organizations or medical facilities to plan and implement projects.
American Diabetes Association: Offers education programs, a support toolkit, and a patient education library	Step Out Walk to Stop Diabetes: A signature fundraising event by the American Diabetes	Mentorship programs: Pair a younger person with diabetes with an older mentor	subscription or diabetes-related books to your local library.	<a href="https://www.lionsclubs.org/en/ember-resource-center/grants-and-awards/foundation-grants/lcif-grants-toolkit/diabetes-grant">https://www.lionsclubs.org/en/ember-resource-center/grants-and-awards/foundation-grants/lcif-grants-toolkit/diabetes-grant</a>
Project Power: Helps kids and families create healthy habits for life		Community vegetable gardens: Encourage healthy eating	Invite a role model with diabetes to a local school to talk about healthy lifestyle choices.	

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		Healthy eating events: Host events at schools, community centers, or places of worship	Sponsor a child to attend a diabetes camp and/or supply a camp with needed supplies.	
		Deliver meals: Deliver nutritious meals to people who are elderly, disabled, or ill	Post monthly notices on your club or district website and social media accounts, sharing available community resources for people with or at risk of diabetes.	
		Food drives: Collect items most needed in your area	Write about healthy lifestyle choices in your community or school newspaper.	
			Organize a Strides: Lions for Diabetes Awareness event in your community.	
			Develop a list of patient resources and services and distribute them to Lions and the public. Partner with healthcare professionals to organize a screening for diabetes, diabetic retinopathy and diabetic foot.	
			Promote diabetes prevention through social media campaigns or radio announcements.	

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			Volunteer for a day at a diabetescamp. Visit <a href="http://www.diabetescamps.org">www.diabetescamps.org</a> to find a camp near you.	
			Sponsor a healthy cooking demonstration for people with diabetes and pre-diabetes.	
			Organize a weekly walking club at your place of work and share a healthy snack afterwards.	
			Bring fresh fruits or vegetables to an elementary school classroom to encourage children to try a variety of healthy foods.	
			Collaborate with a healthcare professional to organize a physical activity and promote exercise.	
			Donate needed exercise equipment to a community center or school. Organize a community support group for people diagnosed with diabetes and their families.	

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			Work with a healthcare professional to organize a mentorship program, pairing a younger person with diabetes with an older mentor.	
			Organize a school or community vegetable garden to encourage healthy eating.	
			Establish a fitness room or ongoing fitness classes at a community center or school.	
			Sponsor a training program for community healthcare workers to learn about screening, community support programs and prevention of diabetes complications.	
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\* Created by Lion Maryah Tucker

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<https://californialionsfoundation.org/>