

**TOGETHER WE CAN STOP  
DIABETES**

**A** American Diabetes Association®

**SCHOOLWALK**

for Diabetes

working together with

**DanceDance  
Revolution**

Get in on the fun...  
**REGISTER  
TODAY!**



**1.888.DIABETES • DIABETES.ORG/SCHOOLWALK**

## Dear School Health Partners,

Thank you for your interest in School Walk for Diabetes, a fund-raising event of the American Diabetes Association. School Walk for Diabetes is designed to educate children and their school community about the growing diabetes epidemic and provides educational tools – aligned with the National Association for Sport and Physical Education (NASPE) standards for physical education – to promote the prevention of diabetes and its complications.

Money raised by students will help the American Diabetes Association in its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Your school can receive up to 15% in return to purchase P.E. equipment or curriculum through Spark.

The American Diabetes Association is here to support you and all your efforts to fight diabetes and improve the health of everyone in your school community. We look forward to working with you.

Sincerely,

American Diabetes Association



[diabetes.org/schoolwalk](http://diabetes.org/schoolwalk) • 1-888-DIABETES

## Diabetes • A fight worth fighting

Diabetes is a disease that does not discriminate by age or race and it has no cure. There are two primary types of diabetes, commonly referred to as type 1 and type 2.

### Type 1 Diabetes

Type 1 diabetes is usually diagnosed in children and teenagers, though it is sometimes diagnosed in adults as well. In this type of diabetes, a person's pancreas produces little or no insulin. People with type 1 diabetes must monitor their blood sugar levels (blood glucose) and self-administer insulin throughout the day to ensure that the sugar in their blood stream is effectively converted into energy. Type 1 diabetes can not be prevented.

#### • Type 1 Warning Signs

(symptoms usually occur suddenly)

- Frequent urination
- Excessive thirst
- Extreme hunger
- Dramatic weight loss
- Irritability
- Weakness and fatigue
- Nausea and vomiting

### Type 2 Diabetes

Type 2 diabetes used to be called "adult onset" diabetes, however, because of the growing incidence of childhood obesity in this country, it is being diagnosed more frequently in children. In type 2 diabetes, the pancreas produces insulin, but the body is not able to use it effectively. While there is no cure, often times life style changes – including improved diet, weight loss and regular exercise can prevent or delay the onset of type 2 diabetes.

#### • Type 2 Warning Signs

(symptoms usually occur gradually)

- Any type 1 symptom
- Recurring or hard-to-heal skin, gum, or bladder infections
- Drowsiness
- Blurred vision
- Tingling or numbness in hands or feet
- Itching

## Important resources for kids from the American Diabetes Association

The American Diabetes Association offers a number of important services and programs for children and families affected by diabetes, a number of which are highlighted below:

**Wisdom Kits** | [diabetes.org/wisdom](http://diabetes.org/wisdom)

**Planet D Web Site** | [diabetes.org/planetD](http://diabetes.org/planetD)

**Diabetes Camps** | [diabetes.org/camp](http://diabetes.org/camp)

**Safe at School Program** | [diabetes.org/safeatschool](http://diabetes.org/safeatschool)

**Family Resource Network** | [diabetes.org/FRN](http://diabetes.org/FRN)



# School Walk for Diabetes is an educational school fund-raising program that promotes healthy living, school spirit and community involvement.

While raising money for the American Diabetes Association, students learn about diabetes and the importance of making healthy choices including eating nutritional foods and exercising every day. The money raised through School Walk for Diabetes helps to fund diabetes research, education and advocacy in support of the mission of the American Diabetes Association.

## How does the program work?

### 2 easy ways to register!

- Go online to [diabetes.org/schoolwalk](http://diabetes.org/schoolwalk)
- Call your local American Diabetes Association office at **1-888-DIABETES**

### What happens after I register?

The volunteer who is coordinating the event at the school will receive a School Walk for Diabetes Coordinator's Packet. This packet will contain all you need to plan a successful campaign.

## When and where is the event held?

School Walk for Diabetes may be held any time during the school year, as an all school event or as part of regularly scheduled P.E. classroom activities. The event may take place indoors or outdoors, depending on the time of the year and may be any distance or length of time that the school determines. Adding additional activities like basketball, **dancing** and other physical activities makes the event even more fun for the whole school.

There are two special times in each school year that present a perfect backdrop for a School Walk event: American Diabetes Month (November of each year), or the fourth Tuesday in March, which is Diabetes Alert Day. During both of these times, there will be heightened awareness about diabetes because of significant activity in the media around the country.

Schools provide a community health event that is fun for everyone!



Great incentives for students and schools!



Showing support to their classmates living with diabetes!



## It's easy as 1-2-3!

### 1 Hold a Kick-Off Event

This is the opportunity for your students to learn about diabetes, healthy lifestyles and get them excited about participating in the School Walk for Diabetes campaign.

### 2 Spread awareness about the event and start fund-raising

During this 2-3 week period, students spread the word about School Walk for Diabetes and raise money for diabetes research, education and advocacy. Online & Offline donations help fund essential programs aimed at curing diabetes and preventing its onset. **\*\*Students and coordinators can earn great thank you gifts!**

### 3 School Walk for Diabetes

This fun event promotes daily exercise and allows students and teachers to walk in memory or in honor of a class mate, family member, friend or loved one affected by diabetes.

**Register today! [diabetes.org/schoolwalk](http://diabetes.org/schoolwalk) • 1-888-DIABETES**

Here is the information you requested  
about School Walk for Diabetes!



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American Diabetes Association.  
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for Diabetes

**SPARK**

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**MyPlate**

**DanceDance  
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