

MEMORANDUM

TO: National Diabetes Education Program (NDEP) Partner

FROM:



Gladys Gary-Vaughn, Chair  
NDEP African American/African Ancestry Work Group

DATE: September 2007

RE: *Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention*



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**The NDEP is pleased to share one of our latest products with you:**

*Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention (Power to Prevent)* is a curriculum developed by the National Diabetes Education Program (NDEP) to help educate African American communities on how to prevent and control diabetes through healthy eating and physical activity. This valuable resource provides community-based organizations, faith-based communities, diabetes educators, and other program leaders with a step-by-step resource to help lead African Americans in making healthy life-style changes for themselves and for their families.

The Diabetes Prevention Program (DPP) study, published in 2002, showed that type 2 diabetes can be prevented or delayed in those at high risk through weight loss, healthy eating, and physical activity. In *Power to Prevent*, NDEP used the principles that worked in the DPP study to develop a user-friendly comprehensive curriculum offering a variety of activities, tools and information, including

- Twelve 60-90 minute interactive modules that facilitators can use to lead small groups in changing to healthier behaviors promoting diabetes prevention.
- Optional additional modules focused on diabetes care and management for groups that want to know more about self-care or about how to help loved ones with diabetes.
- A guide for program leaders that discusses steps for a successful program.
- Evaluation tools to help individuals and organizations know if they are making a difference.
- An accompanying CD-ROM with free materials to enhance the program.

*Power to Prevent* serves as a companion piece to the NDEP *Small Steps. Big Rewards. Prevent type 2 Diabetes* campaign to encourage African Americans to take steps to prevent or delay diabetes. By taking small steps to implement healthy lifestyle behaviors, African Americans can reap the rewards of delaying or preventing type 2 diabetes and its complications. **All NDEP products are copyright-free.** We encourage you to reprint the curriculum -- adding your organization's logo -- photocopy materials, share widely, and adapt the NDEP program to your specific group's needs. A CD is included that contains print-ready files for *Power to Prevent*. We urge you to use this curriculum in the work you do each day with your communities, and we encourage you to pass information about this invaluable resource on to your colleagues, friends, and family members!

In addition to the print-ready files, an additional CD is included that has several documents designed to assist you in promoting *Power to Prevent*.

- **Template News Release** – You can market these materials by incorporating your organization's contact information within the text of the template news release. Media organizations will contact your organization for additional information.

A news release can serve as an announcement introducing a new product—this is the style of the template news release provided on the CD. A news release should be e-mailed or faxed to individual reporters, the assignment desk, or an editor working for the news organization you want to cover the event.

- **Template Newsletter Article** – Template newsletter articles can be sent to your partners for inclusion in their newsletter or Web site, or you can share them with other affiliates. There are several template newsletter articles included. The quarter-page ad is a complimentary visual that could accompany the newsletter article.
- **PowerPoint presentation** – The PowerPoint presentation is very detailed but can be customized with selected slides to create a tailored presentation to suit your purpose. The presentation also includes speaker points to guide you in a presentation.
- **Flyer** – The four-color flyer can be used to promote either the PPOD materials or a presentation that could be given on the materials or diabetes awareness. It's a template document, so it can be adapted by adding specific text to reflect the correct date, time, and location of a presentation.
- **¼ Page Ad** – Insert this in your organization's publication to increase awareness about the available resource.
- **Web copy and thumbnail description** – The thumbnail description and Web copy can be added to an organization's Web site or can be shared with partners to post on their Web site.

It is important to coordinate with your state's Diabetes Prevention and Control Program (DPCP) before initiating media outreach to avoid duplication of efforts and to maximize opportunities for collaboration. A contact list for the DPCPs and the African American/African Ancestry Work Group is attached. In addition, the "Campaign Tools" section of the NDEP Web site is a great resource for media materials; visit <http://www.ndep.nih.gov/campaigns/tools.htm> for sample news releases, media advisories, articles, and more.

**For a FREE downloadable version, visit [www.ndep.nih.gov](http://www.ndep.nih.gov). Get your copy today!**

**The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention, with the support of more than 200 partner organizations.**