



## Using This Guide

*Who can use this guide? Everyone has a role to play:*

- Individuals
  - Organizations
    - Diabetes experts
    - Other health professionals

The NDEP has developed this guide to provide you with ideas, tools, and tips to help your community take action toward controlling diabetes. By using this guide to work with others in your community, you can help raise awareness and support people with diabetes in making and maintaining the changes necessary to become a community in control of diabetes.

### For individuals and organizations

Do you need to have a health care background or be an expert in diabetes to participate? No. You might place diabetes information in local grocery stores or beauty shops. Maybe you'll organize a community walk for health. You might develop a booklet of resources for people with diabetes in your community. These are just a few of the many ways one person can make a big difference in the lives of people with diabetes. In addition, by partnering with diabetes and other health professionals, you can gain expertise and increase resources to support your activities.

### For organizations

Community diabetes control projects provide an excellent opportunity for neighbors, family members, worksites, places of worship, coalitions, professional associations, clubs, restaurants, and many others to become more involved in the communities in which they live and work.

### For diabetes experts and other health professionals

Do you have a special role to play if you are an expert in diabetes or are some other health professional? Yes! As an expert in diabetes, you can be a valuable resource to your community in many ways. You can help to encourage involvement by nontraditional partners such as religious institutions, provide access to information and materials, provide training and leadership, and serve as a quality control specialist for others engaging in diabetes promotion or intervention activities.

Use this guide to bring together diverse organizations that are part of the community. Work with them to help them determine what they can do and provide the technical expertise to help them do it successfully.

