



**ASIAN AMERICAN  
NATIVE HAWAIIAN  
& PACIFIC ISLANDER  
AANHPI INITIATIVE<sup>SM</sup>**

 **American Diabetes Association.**

# WALKING CLUB MANUAL

TAKING STEPS TO STOP DIABETES<sup>®</sup>



 **American  
Diabetes  
Association<sup>®</sup>**

 **Joslin Diabetes Center**  
*Asian American Diabetes Initiative*

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# DIABETES BASICS

**D**iabetes is one of the fastest growing chronic diseases in the world. In 2012, 371 million people worldwide are living with diabetes. It is projected that this number will increase to 552 million by 2030. In the United States, nearly 26 million people have diabetes, of whom 7 million are undiagnosed. Another 79 million people in the U.S. have prediabetes, putting them at a very high risk for developing type 2 diabetes.

Diabetes is a disease that occurs when the body is either unable to make insulin or is unable to use it properly. When you have diabetes, glucose (sugar) builds up in the blood, causing your blood glucose to rise too high, which, if not controlled, can damage the body over time.

Prediabetes is a condition in which a person's blood glucose levels are high, but not yet high enough to be diagnosed as diabetes. If you are told you have prediabetes, it is important to make healthy food choices and be active.

To find out your risk for diabetes, you can take our diabetes risk test at [www.diabetes.org/risktest](http://www.diabetes.org/risktest)

Living with poorly controlled diabetes can cause health problems. The good news is that there are many ways to control blood glucose levels. Achieving a target range can greatly reduce the risk of heart and kidney disease, blindness and amputation. Healthy eating and physical activities

are important parts of diabetes management and prevention. Studies have shown that weight loss of only 7% (equal to losing 14 pounds in someone weighing 200 pounds) with regular exercise of 150 minutes each week helps to delay or prevent type 2 diabetes. Activities as simple as walking can help your body use glucose better and help improve your health.

*There are three main types of diabetes: type 1, type 2 and gestational diabetes.*

## TYPE 1 & TYPE 2 DIABETES

When we eat, the body breaks down our food into glucose for energy. Insulin is needed to move the glucose from the blood to our cells. In type 1 diabetes, the body does not make insulin. In type 2 diabetes, the body produces insulin but cannot use it properly.

## GESTATIONAL DIABETES

Gestational diabetes develops in some women during their pregnancy. Although it may resolve after giving birth, it increases the chance of having type 2 diabetes within 10 years by 40 - 60%.

**Want to walk with thousands? Register today for a Step Out.  
Walk to Stop Diabetes in a city near you! [diabetes.org/stepout](http://diabetes.org/stepout)**

# BENEFITS OF WALKING IN A GROUP

**S**o, you may be asking yourself why you should start or join a walking club. The answer is simple!

Walking is universal, and taking part does not depend on your background, culture or language. Walking with others also provides a great way to connect with people from many cultures. Many group walkers enjoy being able to share experiences about diabetes with one another and often become friends. Making friends at the walk is a great reason for walkers to return for the next group walk.

Many people join walking clubs to exercise more or meet new people. You can help people reach these goals with a walking club. A walking club is a group of people, large or small, that meets regularly to walk. A walking club promotes exercise and a healthy lifestyle. Walking helps lower blood glucose by using up extra glucose in the blood. It also helps with weight loss. Walking is easy and most people with diabetes can do it

## FAQ: How is walking in a group beneficial?

One of the main goals for a walking club is to help walkers to adopt a healthy lifestyle. Meeting new people with the same interests will increase the chances of meeting this goal because members find themselves enjoying club walks, making it less of a chore and more fun. In addition, it may be safer to walk with another person so you can receive help if you develop hypoglycemia, or low blood glucose, during the walk. Walking on your own is great, and it means you can go anytime that suits you, but going on your own also makes it easier to put off. Walking with others can give you an extra reason to get up and out the door.

safely. You can walk in most types of weather and you do not need a pricey gym membership, special skills or training.

- 
- ▶ Lower your blood glucose, blood pressure and cholesterol
  - ▶ Lower your risk for heart disease, stroke and diabetes
  - ▶ Relieve stress and strengthen heart, muscles and bones

- ▶ Strengthen heart, muscles and bones
- ▶ Improve blood flow and muscle tone
- ▶ Keep your body and joints flexible

# RECRUITING WALKING CLUB MEMBERS

**A** great walking club needs committed walkers. Since walking can be enjoyed by anyone, think about who you want to invite to be a part of your club. Will your team be made of only people with diabetes? Maybe you want to have a club with anyone who wants to walk. Family and friends may want to walk together. Depending on the ages and health of your walkers, you can tailor who you will include. Consider including people who may have special needs—for example, people with diabetes-related complications such as nerve or vision problems, or, people who use a wheelchair. These people might welcome an invite to a walking club to get some exercise, particularly if they can meet or spend time with other individuals who share similar interests or similar health conditions.

To build your walking group, ask your:

- ▶ friends
- ▶ family members
- ▶ coworkers
- ▶ neighbors
- ▶ college, high school or middle school students
- ▶ hospital organizations
- ▶ religious groups
- ▶ cultural organizations
- ▶ senior centers and retirement communities
- ▶ professional organizations (e.g., clubs, fraternities, sororities)

## **FAQ: How many people do we need to start the walking club?**

A walking club can be any size that you want it to be. You can start with a couple of people just walking around in the neighborhood.



Another idea is to partner with an organization that may have interested members. Partnering this way has many benefits and may make it easier to get new members.

The **American Diabetes Association (ADA)**, with its local offices, can be a good resource. Your local ADA office may promote your walking club to Red Striders, a select group of people with type 1, type 2 and gestational diabetes who walk in the ADA's "Step Out: Walk to Stop Diabetes." Be sure to reach out to your local ADA staff for ways to promote your local walking club. Find your local office by visiting [www.diabetes.org/local](http://www.diabetes.org/local).

A flyer is a great tool to invite walkers to your meetings and walks. Your flyer should include:

- ▶ date
- ▶ time
- ▶ location
- ▶ contact information to receive more details

Joslin Asian Clinic invites you to  
**The Six Steps of Summer**

Put on your walking shoes for this social event!  
Let's walk together at the Boston Common to celebrate good health!

**Six Easy Steps!**

1. Invite all your family and friends!
2. Enjoy the fresh air.
3. Improve your health.
4. Meet new people.
5. Receive fun fact sheets on healthy living.
6. Have fun!

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Saturdays in June, July and August

6/4 and 6/18  
7/2 and 7/16  
8/6 and 8/20

Check-in: 8:00am  
Event ends: 10:00am

**Where:** Boston Common, Parkman Bandstand  
Start and Finish at Parkman Bandstand on Tremont Street (near Boylston Street)

- Walk at your own pace for at least 30 minutes.
- Walking the perimeter of the park is 1 mile.
- At the end of the walk, get fun fact sheets on healthy living!
- Enjoy refreshments with other walkers!

\*No medical supervision provided.

**Please remember:**

- Wear comfortable walking shoes and clothing
- Bring a hat and/or sunscreen
- Bring your blood glucose meter
- Bring a drink, snack and/or blood glucose tablets

**For more info or to RSVP:**  
Call 617-732-2606 or  
Email aadi@joslin.harvard.edu

**We look forward to walking with you and your family for 6 Saturdays this summer!**

[www.aadi.joslin.org](http://www.aadi.joslin.org)

**Joslin Diabetes Center**  
Asian American Diabetes Initiative

**DATE**

**TIME**

**LOCATION**

**CONTACT INFORMATION**

Make the flyer colorful so it stands out and people stop to look. Great places to put up flyers are high traffic areas like bulletin boards of coffee shops, schools, hair salons, libraries, or health fairs.

Email and other online tools such as Twitter, Facebook and Google+ groups can also serve as great ways to reach out to people. If many of your walkers are on Facebook, then create a Facebook group or event and invite people to join. This is a quick and easy way to invite people and post pictures of your events.

Make a schedule of your future walking times so that walkers can put them on their calendars.

### Tips for advertising the event:

Be sure to reach out to walkers the right way. For example, some groups may not have easy access to the internet so phone calls or regular (snail) mail may be the best way to reach them.

Ways to reach out can include:

- ▶ phone calls
- ▶ mass texts
- ▶ emails (including mass emails)
- ▶ online group invitations (e.g., Facebook, Google+, etc.)
- ▶ Twitter
- ▶ flyers
- ▶ advertising at health fairs
- ▶ free ads in some local newspapers

# PLANNING THE WALK

**M**aking it easy for your club is key: an easy-to-get-to place and time that is set well before the event, with a back-up plan in case of poor weather, will keep walkers coming back.

## LOCATION

Finding a place to walk for your walking club is one of the first steps in getting started. Think about places you pass by every day or are easy to get to.

Small walking groups can be as simple as neighbors walking around the neighborhood or students walking home after school. Larger groups will need more walking space.

## SCHEDULE

Plan how often your club wants to walk. It may range from daily to weekly events, depending on when people can make it. Try to schedule your events and meetings well in advance for your members to plan ahead. Being organized and flexible is part of making a good schedule.

## WEATHER AND BACK-UP PLANS

Weather is important to keep in mind. Snow and ice can cover walking paths and make them unsafe. Have an indoor back-up plan, such as a school gym, community center or shopping mall, in case you can't walk your normal route.

You should probably have a "bad weather plan" in case you need to cancel your walk or move it indoors. You will need a way to contact your walkers, whether it is by phone, email or an online group you set up.

### A good place to walk:

- ▶ is easy to reach by all
- ▶ has parking
- ▶ has restrooms
- ▶ has pleasant scenery
- ▶ is safe at the time of day you plan to walk.

## SPECIAL NEEDS

Your walking club may also have members with special needs. For example, people with diabetes-related complications, such as nerve damage (which often affects the feet) or vision problems need special attention when walking. Some of your walkers may have had an amputation or use a wheelchair or walker. Make sure to find a path that everyone can walk.

## LEGAL CONCERNS

If the group is small and has just a few friends, co-workers, or family members you may find that steps to protect the club from lawsuits may not be needed. However, you may need to protect your group, especially if it is large. It is important to state in a written disclaimer that you are running a social event and that no medical care or advice will be given. You may not need a permit if you state that you are meeting as a non-medical group and no medical advice will be given.

To further protect your group from any legal issues, you may want to consider having your participants sign a waiver stating that your group is not responsible in the event of an accident that may occur. A waiver in order to give permission to show one's likeness in publications may also

be necessary if you wish to publish anything regarding the club.

It is also your legal responsibility to advise your participants of any risks associated with their participation in the club as well as inform them of any precautions they can take to lower their risk. We recommend you consult a legal expert if you have any specific questions or are seeking to organize events for a large group.



#### **FAQ: Do I need a permit for using a park, mall, or street?**

It all depends on the size of your club. Locations can vary greatly in what they allow. Look into the rules and regulations for each venue and find the best fit for your needs. If using a park, you may want to check with park services. If you are organizing a large walking event, you may want to check with local government offices.

## **WHAT ORGANIZERS SHOULD BRING TO EVENTS**

Being prepared and ready for your walkers is important to having a successful walking club. Good organization and having the proper resources will allow you to run things smoothly and continue to have walkers coming back again and again. What is needed will vary based on the size of your club and how much you wish to provide for your walkers.

In order to get everyone's information you may want to create and print blank contact sheets before the walk to hand to members during or after the walk to fill out and return.

For larger groups you may want to provide name tags or colored shirts. Club T-shirts might be a good idea to identify members of the same group. Your walking club needs will vary based on the weather and location of your club meetings. Warm weather will require looser clothing, a hat and sunscreen for exposure to the sun, especially in sunny weather.

In cold weather, suggest layered clothing to allow every walker to adjust by either removing or adding layers. Everyone should be encouraged to bring water bottles in order to stay hydrated. Walkers may need to bring a snack, particularly if they are at risk for low blood glucose.

#### **Some other items you might need for larger walking clubs include:**

- ▶ water cooler
- ▶ cups
- ▶ trash bags
- ▶ snacks
- ▶ pens and markers
- ▶ signs for marking locations
- ▶ nametags
- ▶ pedometers (with tape measures and weight conversion information)
- ▶ first aid kit
- ▶ juices and glucose tablets for treating low blood glucose
- ▶ log books to record physical activity
- ▶ emergency contact sheets for walkers to fill out
- ▶ camera
- ▶ cell phone for emergency calls

#### **The following is a list of suggested items walkers should consider bringing:**

- ▶ filled water bottle
- ▶ snacks
- ▶ change of clothes
- ▶ rain jacket
- ▶ cell phone
- ▶ towel
- ▶ medications
- ▶ pedometer (if they have one)
- ▶ comfortable and supportive shoes
- ▶ sunscreen
- ▶ hat
- ▶ sunglasses
- ▶ glucose meter
- ▶ glucose tablets or other fast-acting carbohydrate to treat hypoglycemia

# RESOURCES: RAISING MONEY, GETTING SUPPLIES, AND INVOLVING VOLUNTEERS

**M**ost walking groups do not need any funding. However, if you have a larger group that meets often, you may want to raise some money to make your group even more successful.

For example, with a little money, you may be able to provide snacks, pedometers (which track the number of steps taken), and water for your walkers, which may encourage them to keep up their walking habits and keep them coming back. How much you want to raise and spend is up to you and will depend on the size of the group. You might want to elect a member as treasurer of the club to ease the process of managing finances. This person can purchase and order items for your club or you can ask each walker to prepare the needed items for him or herself.

## FUNDING FOR SMALL AND LARGE GROUPS

Small groups will likely require very little money to get started.

Larger groups may want some funding to have the best results. For example, you may want to have nametags and signs for your meetings and walks.

An advantage for larger groups is the ability to purchase items like group shirts and water bottles. The use of pedometers is helpful for the walkers to keep



track of their activities. Your group can even have friendly competitions that encourage participants to keep track of all their daily steps.

## SOURCES OF FUNDING

The good news: there are many ways to find funding, whether you look within your own club or outside sources. Think about what you already have and what you will need, and then explore some of the following great options for getting funding and donations:

- ▶ sporting good stores
- ▶ houses of worship (e.g., churches, synagogues, etc.)
- ▶ employers
- ▶ hospitals
- ▶ local authorities
- ▶ pharmacies
- ▶ fundraising activities (i.e., bake sales, car washes, etc.)
- ▶ local businesses
- ▶ gyms
- ▶ members

Within your club:

You may want to have a small membership fee that will help purchase supplies. Ask your walkers to see if they are willing to donate. You may want to host events such as bake sales and raffles to raise money for your club. This money could also go toward buying T-shirts for all the members or a water cooler. Membership fees can get the club started. Then, you can look at outside sources for more funding (or supplies). Brainstorm with your club members what your club might need



Always thank all of your supporters and sponsors with a personalized thank you message. Including a group picture of all your participants or a signed card by all of them is always a great way to show that you appreciate their support.

and where and how it may be obtained. You never know what great ideas may be presented.

Outside your club:

Ask your local businesses and other organizations if they would help fund your club. Local sponsors love to show their support in areas they operate, and you can help them advertise their company—for example, you could list sponsors on the back of your club T-shirts. Have an idea of what you need and be able to tell them:

- ▶ your purpose
- ▶ who you are
- ▶ who will be involved
- ▶ the goals of your group

In the back of this manual we have provided you with a work sheet to help organize this information to present to potential supporters. Be open to the different funding options!

You may want to ask for useful items instead of money. A sporting goods store may donate water bottles or a local supermarket might be

**Here are a few things money can bring to your club:**

- ▶ nametags
- ▶ T-shirts
- ▶ water
- ▶ water bottles
- ▶ water coolers
- ▶ banners
- ▶ pedometers
- ▶ shuttles
- ▶ snacks
- ▶ reflective gear
- ▶ towels
- ▶ hats
- ▶ guided tours for special scenic locations

able to donate snacks. Some stores may donate gift baskets that you can raffle for your club. Go to stores and companies in person and ask to speak to managers about donating. You can also advertise your need for sponsors in emails to members and flyers for your events.

In exchange for their support, sponsors might ask you to display their company logo or be able to advertise at the event or to the club. Be willing to display their banner at your events or their

names on your T-shirts so that they will be more likely to continue their support of your club. Make sure that it is okay to display your sponsors' information where you are holding your meetings.

Your local government may be another source of funding as they like to see organized activities that promote health in their area. Present your club as something that can help the whole community to help get them to donate or even make the club walks official community events!

Don't be afraid to look outside your own area for funding. National groups and companies like to show support and donate to causes that improve health. Try emailing them to ask whether they might donate items or money. Free stuff for your club could be just an email away!

## VOLUNTEERS

Money and equipment are not your only resources. People can also be a resource. Good volunteers are people looking to help others while having a fun time doing so. They can help with running your club and greatly assist in the smooth operation of your club. Look to your own members and see if any want to get involved. This will often just involve them coming a little bit earlier and staying a little bit later after each meeting.

You may want to assign roles for the volunteers to help with your club's needs, especially for your larger group events.

Roles your volunteers can include:

- ▶ greeting the walkers
- ▶ carrying and passing out supplies of water, snacks, etc.
- ▶ holding signs to get walkers organized
- ▶ distributing nametags
- ▶ calibrating pedometers
- ▶ assisting walkers, especially those with special needs

Volunteers are not always needed for small groups, but are very helpful for larger club meetings. A



### Potential sources of volunteers:

- ▶ schools and colleges
- ▶ houses of worship (e.g., churches, synagogues, etc.)
- ▶ community organizations (e.g., YMCAs)
- ▶ friends
- ▶ family
- ▶ coworkers
- ▶ your own members!

good rule of thumb for how many you will need is one volunteer for every five to eight walkers.

Another option for finding volunteers is to look for local organizations that promote community services. They may have volunteers who are looking for projects to help. Churches, temples, mosques, advocacy organizations and schools are great places to look as people always like to get involved in the community. Your ADA local chapter can also be a great resource. There may be a Red Strider group, people affected by diabetes who participate in ADA's "Step Out: Walk to Stop Diabetes," that may volunteer with your club (or may even want to participate!).

Tips for working with volunteers include:

- ▶ Keep them updated, just like with your walkers and always let them know far in advance of any changes
- ▶ involve them in your planning
- ▶ listen to suggestions
- ▶ show your thanks for donated time and effort

# TIPS FOR THE DAY OF THE WALK

**Y**ou have planned your walking club very well. The day has come for your walk as a group. Think about the details of the walk. How should a leader manage on-site plans? For a smaller group, it could simply mean showing up and enjoying the walk with a few friends. For larger groups, there may be more to manage.

## REGISTRATION AND PREPARATION

When walkers arrive, write down the walkers' names and contact information and show them a map of the walk, the level of difficulty on the route and the amount of time needed to finish. Walkers with diabetes should check their blood glucose levels prior to starting. All walkers must drink plenty of water.

## WALK

During the walk, remind walkers to drink water and check their blood glucose levels during longer walks or if they ever start to develop symptoms of low blood glucose. In case of an emergency, make sure to bring a cell phone with you. It's good to pair up walkers that share a similar pace. Most importantly, enjoy your walk.

## WRAP-UP

Once the walk is over, make sure that everyone is back. Walkers with diabetes should check their blood glucose levels after the walk as well as drinking water and eating a snack if necessary. Encourage walkers to walk regularly and log their steps during the week. Remember to inform everyone about the next walk or meeting and thank them for coming.

## HOW MUCH WALKING?

Aim for about 30 minutes a day, at least 5 days a week. If you haven't been very active, start out with less time or a slow pace and work up to walking for longer periods each week. If you can't find time



### **FAQ: Should those with diabetes eat before or after the walk?**

A snack before or after the walk may not be needed, depending on a number of individual factors. Certain diabetes medications may lower blood glucose and increase the risk of developing low blood glucose. Therefore, it is a good idea to check blood glucose levels before and after the walk. Walking for a prolonged period may lead to low blood glucose, and in that case a snack may be needed before the walk. Checking blood glucose levels before and after the walk can help determine whether a snack is needed. (Refer to "Steps to Treat Low Blood Glucose") (page 14).



### **FAQ: What should I do if a participant feels sick while walking?**

Walkers should stop walking if they feel sick (e.g., symptoms of low blood glucose, confusion, chest pain, etc). You should assess the situation, and call for help if needed. If they have low blood glucose, then follow the treatment in this Manual (see "Steps to Treat Low Blood Glucose," page 14). If the walker is unable to respond or has trouble following your direction, call 911 right away.



to walk daily, you may want to spread out activity to at least 3 times a week. If you're trying to lose weight, aim for more than 30 minutes a day. One way to raise your goal is by increasing your daily number of steps. Keeping a log sheet (a sample is provided in the back of this Manual) will help your walkers to track their progress and guide them to increase their steps gradually.

Walkers in your club may have different physical fitness levels. The speed and how long they are able to walk may vary. Whether your walkers have reached their physical activity goal or not, encourage them to slowly increase how fast they walk, how long they walk and how often they walk. The goal is to help them develop an active lifestyle. Even ask them to walk between the group walks!

## HEALTH CONSIDERATIONS FOR WALKERS WITH DIABETES

Exercise helps to lower blood glucose. Remind walkers to check blood glucose before exercising. Encourage each individual to have fast-acting

carbohydrate like glucose tablets or juice available in case of low blood glucose. It is important to be able to identify and watch out for signs and symptoms of blood glucose below 70 mg/dL. If your walkers have low blood glucose, treat it right away.



### **FAQ: Should we walk if a participant's blood glucose is too high?**

Walking helps to lower blood glucose; however, when blood glucose is too high, it may not be ideal to exercise. Check blood glucose before the walk. Do not start the walk in the following situation:

- ▶ If the walker has type 1 or type 2 diabetes and the blood glucose is higher than 300 mg/dL, use caution and ensure proper hydration.
- ▶ If you can't check blood glucose, but someone thinks theirs might be low, treat it anyway.

## SOME OF THE SIGNS AND SYMPTOMS OF LOW BLOOD GLUCOSE

- ▶ increased hunger
- ▶ sweaty
- ▶ shaky
- ▶ weak
- ▶ dizzy
- ▶ headache
- ▶ irritable
- ▶ agitated
- ▶ difficulty concentrating
- ▶ blurred vision
- ▶ poor physical coordination
- ▶ visual spots

## STEPS TO TREAT LOW BLOOD GLUCOSE

1. Stop the activity and sit down.
2. Check blood glucose levels. If the blood glucose falls below 70 mg/dL, treat it right away. If you can't do a blood glucose check, but someone thinks theirs might be low, treat it anyway.
3. Treat low blood glucose by having the person take 15 grams of fast-acting carbohydrate like the following food items: (Do NOT treat low blood glucose with chocolate, peanut butter or other high-fat foods.)
  - ▶ 4 oz fruit juice
  - ▶ 6 oz regular soda
  - ▶ 3 – 4 glucose tablets
  - ▶ 1 small box of raisins
  - ▶ 1 Tbsp honey or syrup
  - ▶ 7 – 8 gummy bears

4. Recheck blood glucose after 10 – 15 minutes. If blood glucose is still less than 70 mg/dL, repeat the treatment (step 3).
5. Follow with a meal or snack. This snack should contain 15 grams of carbohydrates, such as half of a sandwich. If a meal is more than an hour away, make sure the person has a snack of 30 grams of carbohydrates.

In case of emergency, such as severe hypoglycemia or chest pain, call 911.

Taking medications listed below may increase the risk of low blood glucose:

- ▶ glyburide
- ▶ glipizide
- ▶ glimepiride
- ▶ repaglinide
- ▶ nateglinide
- ▶ metformin and glyburide
- ▶ metformin and glipizide
- ▶ repaglinide and metformin
- ▶ pioglitazone and glimepiride
- ▶ insulin (any type)
- ▶ any combination drugs that contain one of the above medications.

**Your walking event is a great place to promote the ADA's signature fundraising event, Step Out: Walk to Stop Diabetes. Register today or contact your local Step Out staff person at 888-DIABETES.**

# UNTIL THE NEXT WALK

## TRACK PROGRESS AND CELEBRATE SUCCESS

**C**ongratulations! The first walk is finished. Walkers had fun and feel confident. Consider issuing certificates to participants at the end of a walk series or for individual achievement.

Keep the walkers motivated to continue the success for the walking club. Offer to exchange contact information among members of your walking club. Encourage a buddy system for the week so that pairs can set walking goals and have members keep a log of steps taken during the week.

A newsletter is a good way to keep the club informed. The newsletter may include:

- ▶ what to do and where to go during poor weather
- ▶ who to contact if away
- ▶ responses to questions
- ▶ welcome and introduce new walkers
- ▶ providing encouragement

## STAY IN TOUCH WITH YOUR GROUP

It is important to stay in touch with your walkers and volunteers. You will need to send out reminders about the walks coming up. Consider your walkers' age group and background when choosing how to reach out to them (such as email, letters or phone calls). For emails, a few days before the walk should be enough time as it can be received within minutes. However, for flyers or post cards, you will want to put it up or mail it out at least a week before the walk date. You

## SAMPLE NEWSLETTER



might want to call your walkers, or set up a phone tree, where each person is responsible for calling the next person. Try a few of these methods out and see what works best for you, your walkers, and volunteers.

Regardless of the method you choose to reach your club members, stay organized and have everybody's contact information. It's important to know how to get in touch with everyone in case of last minute changes.

After the walk is over, you may want to send out a re-cap message as a thank you to all of your walkers and volunteers. Include the number of walkers that attended and perhaps some pictures from the event. This is a great way to build a sense of community and to stay in touch with your team.

With great ways to reach your club, you are significantly closer to having a successful walking club!

WALK TOGETHER @ STEP OUT! [diabetes.org/stepout](http://diabetes.org/stepout)

# OUTCOME MEASUREMENTS

Organizers may want to measure the progress of the walking club. You may want to measure the before-and-after changes of your walkers in the following areas:

## STEPS

It is generally recommended to walk 30 minutes a day, 5 days a week. Many people also like to set a goal for getting in a certain number of steps in, such as 10,000 per day.

## WEIGHT

For those who are overweight, weight loss of 5 – 10% reduces the risk of having cardiovascular disease and developing type 2 diabetes.

## BODY MASS INDEX (BMI)

Body mass index (BMI) is a measure of body fat based on height and weight for adults.

BMI Weight Categories:

- ▶ <18.5 - Underweight
- ▶ 18.5-24.9 - Healthy weight
- ▶ 25-29.9 - Overweight
- ▶ 30 and above - Obese

Overweight is lower for Asian descendents; some groups have proposed a BMI of 23 or higher as being overweight for them.

Visit [www.diabetes.org/bmi](http://www.diabetes.org/bmi) to find your BMI.

## WAIST CIRCUMFERENCE

Waist circumference is helpful in predicting overweight-related risk factors. The National Heart, Lung and Blood Institute (NHBLI) defines a waist size

as >40 inches for men and >35 inches for women. The waist size for Asian descendents is lower as well, >35.5 inches for men and 31.5 inches for women.

## BLOOD PRESSURE

People with diabetes have an increased risk of having cardiovascular disease. The goal for people with diabetes is to have a resting blood pressure of <140/80 mm Hg.

## A1C

A1C is a measure of the past three months' blood glucose average. The normal A1C is <5.7%. An A1C of 5.7 – 6.4% is prediabetes, and A1C >6.5% is a diabetic range. The A1C goal for most people with diabetes is <7.0%. A decrease in A1C reduces the risk of having diabetes complications.

## LENGTH OF PHYSICAL ACTIVITY PER DAY

It is recommended that an adult should have at least 150 minutes of moderate-intensity aerobic physical activity each week. Studies have also shown that exercising for 150 minutes each week, accompanied with 5 – 10% weight loss reduces the risk of heart disease and diabetes.

## MENTAL HEALTH

On top of physical health, physical activity also helps improve mental health. Studies have found that physical activity is helpful in lowering the risk of depression and cognitive decline.

Not only can these outcomes be used in tracking the progress of your club, it can also be used to motivate your members to walk!

Take the next step with your walking group. Register as a team today at [diabetes.org/stepout](http://diabetes.org/stepout)

# APPENDIX

## Support our Walking Club!



### Who we are

Tell a bit about the members of your group. This way, sponsors will get to know who you are and will be more interested in supporting your cause.

- ▶ How many members are there?
- ▶ How did all the members connect with one another?
- ▶ What is the background of all the members?
- ▶ What are your interests?

### What is a walking club?

Describe what a walking club is. You can refer to the Walking Club Manual for help. Be sure to also address the following:

- ▶ Where do you meet and how often?
- ▶ What is your walking route like?
- ▶ How long do your gatherings last?

### Why are we doing this?

Describe the benefits of walking together in a group. Again, you can refer to the Walking Club Manual for help. Also, describe some of great things that your club has to offer.

- ▶ What are some qualities that make your club special or enjoyable?

### How can you help?

Tell sponsors how they can be supportive of your group's cause. List out the steps that sponsors will take in order to support your group. Finally, let sponsors know how you will recognize their support.

- ▶ Can they donate money? Physical items?
- ▶ To whom will sponsors reach out in order to make a donation?
- ▶ What form of payment can be made?
- ▶ Where do they drop off physical items?

For more information, contact [insert contact name] at

Phone:

Email:

[Insert logo here]

# MY WALKING LOG

MONTH: \_\_\_\_\_

MONTH: \_\_\_\_\_

Day	Steps	Duration
1		
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Day	Steps	Duration
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**TAKE THE FIRST STEP. REGISTER TODAY**  
at [diabetes.org/stepout](http://diabetes.org/stepout) or call 1-888-DIABETES.

# STEP OUT<sup>®</sup> | WALK TO STOP DIABETES<sup>®</sup>

 American Diabetes Association.

**Why walk?** For yourself. For your loved ones.  
For the 26 million Americans with diabetes.



REGISTER. FUNDRAISE. **STOP** DIABETES.



## RAISE YOUR VOICE TO STOP DIABETES<sup>®</sup>

The American Diabetes Association is the voice for all Americans who are living with, or at risk for diabetes. Make your voice heard as a diabetes advocate and become part of a group dedicated to bringing an end to diabetes, and ensuring the rights of those who are affected by this disease. As an advocate, you'll make it safer for children

with diabetes in schools, protect people who are discriminated against because of their diabetes and raise awareness to make sure our federal and state legislative priorities are heard. These battles are fought and won in communities across the country, and we need your help.



**WANT TO HELP STOP DIABETES?** Become a diabetes advocate and sign up to receive action alerts at [diabetes.org/takeaction](http://diabetes.org/takeaction).

In the summer of 2011, a small group of staff and student volunteers from Joslin Diabetes Center's Asian American Diabetes Initiative (AADI) and people with diabetes from Joslin's Asian Clinic began a walking club on Saturday mornings. They gathered at 8 A.M. and walked around the Boston Common for about an hour. The participants were invigorated by the exercise and social interaction with their fellow walkers. Driven by health benefits and fun, the group spread the word to others about the walks. By the end of the 6th weekly walk, there were more than 100 walkers!

Through this manual, we hope to share with you some of the lessons we have learned from organizing a walking club. Anyone who is looking to have fun, improve their health and the health of their community is invited to read this manual. Best wishes in starting your own walking club, big or small!

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Visit [www.diabetes.org](http://www.diabetes.org) or call 1-800-Diabetes (1-800-342-2383) for more information.

The mission of the Joslin Diabetes Center is to prevent, treat and cure diabetes. Our vision is a world free of diabetes and its complications. Visit [www.aadi.joslin.org](http://www.aadi.joslin.org) or call 617-309-2400 for more information.