

NDEP African American Campaign
Sample Letter to Newspaper or Magazine Health Editors

Dear Health Editor:

Summer is just around the corner. If you polled your readers with diabetes on their feelings about the upcoming summer months, you would probably find that summertime presents some unique challenges. Summer is a time for family reunions, barbecues, and holiday gatherings...with lots of food. There is nothing harder for a person with diabetes than making healthy food choices at a big family feast.

That's why the National Diabetes Education Program's African American campaign is providing valuable information to make this summer's family gatherings enjoyable and healthy for everyone. Diabetes is a serious disease among African Americans; however, controlling blood sugar levels can make a huge difference in a person's quality of life. Family members and friends of people with diabetes need to show their loved ones support as they face the daily challenges of controlling this disease.

By including the enclosed information in your publication, your readers with diabetes will learn new coping skills for difficult times. Your readers who have family members or friends with diabetes will learn new ways to help their loved ones control their disease. Your readers will also be able to contact the National Diabetes Education Program to find out more about controlling their diabetes for life.

Enclosed is a feature article about making plans for a healthy family reunion from the *Control Your Diabetes. For Life.* campaign. We hope you will use or adapt it in an upcoming issue of your publication. Also enclosed is a resource guide with ideas on how to prepare healthy foods and include physical activity at a family reunion, diabetes background information, and a list of diabetes experts who would be happy to talk with you. We can also arrange for you to speak with diabetes patients. If you would like us to set up an interview, or have any questions, please feel free to call **{NAME}** at **{PHONE NUMBERS}**.

We will call you soon to follow up.

Sincerely,