

**NDEPAfrican American Campaign  
Media Advisory Template**

FOR IMMEDIATE RELEASE  
{ DATE }

Contact: {CONTACT NAME  
AND PHONE NUMBER}

**AFRICAN AMERICANS ARE MAKING PLANS FOR  
HEALTHY FAMILY REUNIONS AND PARTIES**

{CITY, STATE} – It’s summer – time for family reunions, barbecues and summer holiday parties with lots of food! These get-togethers can be challenging for the 2.2 million African Americans with diabetes who need to control their diet to manage their disease. This summer, {INSERT YOUR ORGANIZATION’S NAME} and the National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention, are providing ideas for people with diabetes and their family members and friends for making this a healthy summer for everyone to enjoy.

There is nothing harder for people with diabetes than making healthy food choices at a big family feast. And, choosing healthy foods is critical in managing diabetes. Current research shows that when people with diabetes follow a meal plan to control their blood sugar, get regular physical activity, take prescribed medicines, and keep blood sugar levels in a normal range, they may delay or prevent the death and disability associated with diabetes. U.S. Surgeon General Dr. David Satcher has issued a call to action for all African Americans with diabetes to control their disease to improve their quality of life.

To support the Surgeon General’s call to action, {INSERT YOUR ORGANIZATION’S NAME} recommends that people with diabetes take the following steps to stay in control at this summer’s family gatherings:

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- **Have a plan for what, when, and how much you will eat.** Check out the buffet table and select the healthy foods that fit your meal plan.
- **Bring your favorite healthy dish to the party.** By bringing your favorite dish to the party, you are guaranteed to have at least one thing you will enjoy.
- **Eat slowly and enjoy every bite.** Eating slowly reduces your chances of eating too much.
- **Don't come to the party hungry.** Eating a low-calorie healthy snack before you leave home lowers your chances of being tempted to eat more when you get to the party.
- **For your beverage, choose water.** Water is a healthy *no-calorie* beverage.
- **Don't be shy to discuss your diabetes control plan with your friends and family members.** Your family and friends are your support system and may be able to help you control your diabetes.

{INSERT YOUR ORGANIZATION'S NAME} also suggests that the loved ones of people with diabetes support their family members through the challenges of summer festivities. {INSERT YOUR ORGANIZATION'S NAME} recommends the following:

- **Offer a variety of low fat, high fiber foods on the buffet table.** That means fresh fruits and vegetables, grilled lean meats, fish, and chicken without the skin. Cut down on mayonnaise, oil, and butter, and increase fiber with whole grain breads, peas, and beans.

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- **Transform traditionally high fat and high calorie foods into low fat healthier versions.** Find recipes for low fat versions of your family's favorite dishes – contact the National Diabetes Education Program for a resource list that provides sources for healthy low fat recipes.
- **Incorporate exercise into your family gathering.** Plan physically active games and activities. Dancing, potato sack races, volleyball, softball, or a nature walk are activities the whole family can enjoy.
- **Be supportive of your family members with diabetes.** Encourage loved ones with diabetes to stay in control of their disease. If you see them slipping, don't chastise or scold them—keep encouraging them.

**{INSERT YOUR ORGANIZATION'S NAME}** and its *Control Your Diabetes.*

*For Life.* African American campaign emphasizes that controlling diabetes makes a huge difference. The campaign also encourages family members and friends to support those who have the disease. To find out more about the campaign, or to obtain diabetes

information, call **{INSERT YOUR ORGANIZATION'S PHONE NUMBER OR**

**LIST THE NDEP's #: 1-800-438-5383}** or visit the **{INSERT YOUR**

**ORGANIZATION'S WEBSITE ADDRESS OR LIST THE NDEP WEBISTES:**

<http://ndep.nih.gov> or [http:// www.cdc.gov/diabetes/.](http://www.cdc.gov/diabetes/)}

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