Reversing Prediabetes—Congregational Tips

You can help your congregation combat or even reverse prediabetes in several ways

**Food Choices**
Offer healthy, low-sugar or sugar-free food and drink options at all church gatherings and events, such as: fresh fruit on the dessert table, whole grain breads, low-fat salad dressings, unsweetened tea, ice water, etc. This will help those who may not otherwise make healthy choices, and can be an act of Christian hospitality to help all feel welcome and included in church events.

**Exercise Opportunities**
Consider making your facilities available to those who want to exercise indoors. Hosting exercise classes or walking groups is another great way to support a healthy lifestyle.

**Health Ministry**
Begin or expand health ministry in your congregation, using nurses or others interested in supporting healthy living to coordinate educational events, health screenings, etc.

**Educational Events**
Contact a local hospital system or a local chapter of the American Diabetes Association to find a diabetes educator who can come to your church to do a workshop on diabetes prevention.

You can also contact the Wellness Team at wellnesssteam@wespath.org for support on this and other wellness topics.

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