



**Wespath**

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

## 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. For resources on health ministry in the UMC, go to [www.wespath.org/benefits/umchmn/](http://www.wespath.org/benefits/umchmn/).

### 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 Center for Health Wellness Team at [wellnessteam@wespath.org](mailto:wellnessteam@wespath.org) for support on this and other wellness topics.

*Wespath is providing information in this publication as an educational service to illustrate some practices that may have positive impact on well-being. Wespath's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.*