

1 in 11 adults
globally has
diabetes¹

ONE MAN'S ROAD TO HEALTH



It's a 12-minute drive from Len Dompke's suburban Chicago home to Edward-Elmhurst Hospital. Straight down York Road, four quick stop lights, and a sharp right into the parking lot. Traffic-wise, it's easy. Yet, the first time Dompke made the drive, it was one of the hardest of his life... a ride straight into tough stuff. Like soul-searching, breaking decades-old bad

habits, adopting healthier ones. Dompke — a 60-something husband, father, grandfather, friend — knew if something didn't change, he'd become one of the 400 million people worldwide living with diabetes. It was time to get healthy. Forever.

With a US\$95,000 grant from Lions Clubs International Foundation (LCIF), Lions partnered with Edward-Elmhurst to develop *Jumpstart Your Health*, a program providing education and resources to low-income adults at risk of developing diabetes. Lions, backed by LCIF and Edward-Elmhurst health

professionals, are trained as ambassadors who can advocate for diabetes prevention and facilitate Jumpstart meetings. It's a classic example of Lions doing what they do best — serve!

Dompke, who had tried, unsuccessfully, to become healthier on his own, made the drive to Edward-Elmhurst each week for a year, finding Jumpstart, LCIF, and Lions to be the lifelines he needed to become educated, stronger, 80 pounds lighter, and no longer at risk of diabetes. "Thank you, Lions!" said Dompke. "I want everyone to know how much good you're doing for communities every single day."

"I want everyone to know how much good you're doing for communities every single day."

Diabetes



A Disease of Epic Proportion

31 million.

That's the number of people in this part of the world with diabetes². But that's just the beginning. Consider these sobering insights into the disease the World Health Organization says is the eighth leading cause of death in the United States³:



~16% of adults in Puerto Rico have diabetes
Related deaths rose **~25%** in the last 10 years⁴

Diabetes is **one** of the Caribbean's major public health challenges⁵

\$327B is the cost of diagnosed diabetes in the United States⁶



THAT'S HERE. GLOBALLY, DIABETES LOOKED LIKE THIS IN 2019:

~463 million 20-79-year-olds had diabetes
Cases expected by 2045: 700 million

50% of diabetes cases were undiagnosed

10% of all health expenditure on adults was due to diabetes

374 million people were at increased risk of type 2 diabetes

4.2 million deaths were caused by diabetes

Type 1 diabetes has no known cause nor cure; combatting type 2 diabetes — often caused by poor diet and lack of exercise — requires education and behavior modification programs. Left untreated, diabetes can lead to blindness, nerve damage, kidney failure, stroke, heart attack, and more⁷.

LCIF AND LIONS

Funding Service, Delivering Solutions

Since 2000, diabetes' prevalence has risen more than 300%⁸. LCIF and Lions are there, and part of the solution to this global epidemic.

lcif.org/diabetes

DIABETES GRANTS support screenings, health facility access, education, camps

UP TO US\$250,000

MATCHING GRANTS fund large-scale construction and equipment costs

US\$10,000 - US\$100,000

DISTRICT AND CLUB COMMUNITY IMPACT GRANTS apply to district and club projects

GRANT AMOUNT VARIES

SOURCES/NOTE: ^{1,2}International Diabetes Federation; ^{3,7,8}World Health Organization; ⁴Project Hope; ⁵National Center for Biotechnology Information; ⁶American Diabetes Association; grant limits subject to change



Lions Clubs International
FOUNDATION

LCIF is the grant-making body empowering Lions to create greater impact in their communities and around the world. The vast majority of funding LCIF receives is from Lions; one hundred percent of every donation supports Lions service through LCIF grants and programs.

Diabetes is just one cause area supported by LCIF and *Campaign 100: LCIF Empowering Service*. With financial support from Lions and clubs worldwide, Campaign 100 is empowering Lions to increase service impact in vision, youth, disaster relief, and humanitarian efforts; fight the global epidemic of diabetes; and make important progress in expanded cause areas of childhood cancer, hunger, and the environment.

SUPPORT YOUR SERVICE BY SUPPORTING YOUR FOUNDATION

lionsclubs.org/donate