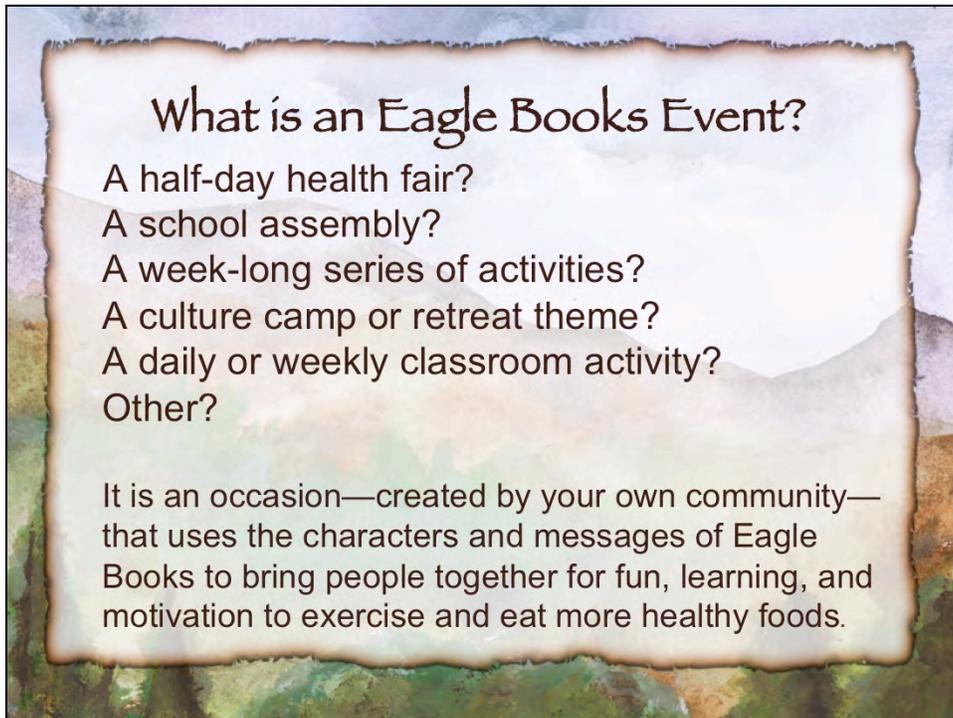


Creating Eagle Books Events





An Eagle Books event may take any form:

- a half-day health fair
- a school assembly
- a retreat
- a daily/weekly classroom activity
- a party or culture camp theme
- a week-long series of activities

Essentially, an Eagle Books event incorporates the characters and messages of Eagle Books to promote healthy eating and exercise particularly in reference to combating diabetes.

Strength In Numbers

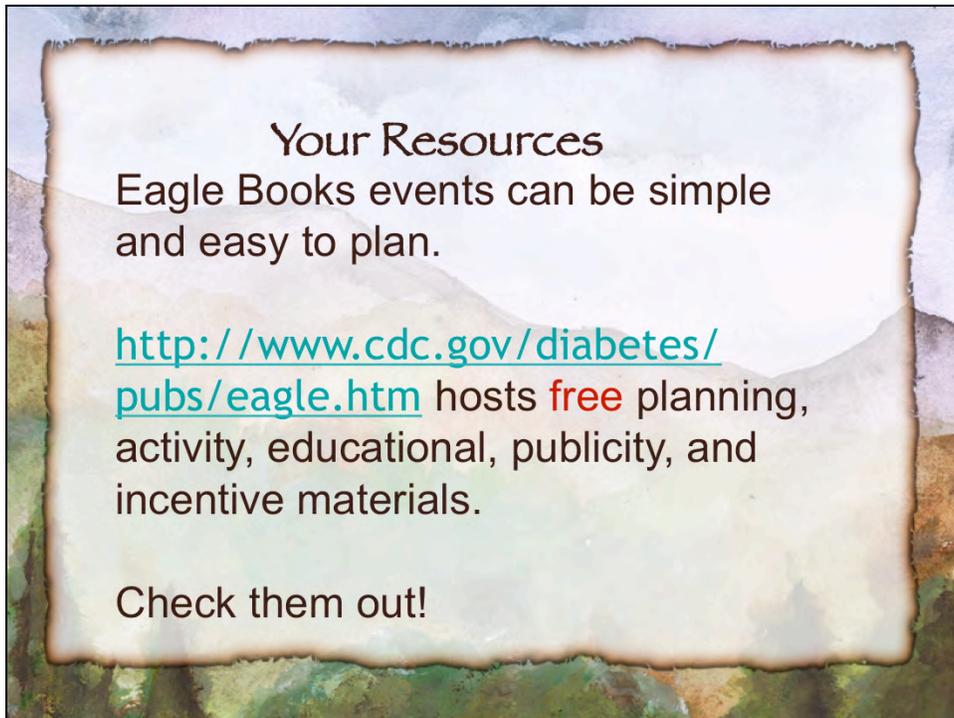
Enlist lots of people to help plan your event.

- health clinics and programs
- teachers and coaches
- school boards
- tribal leaders
- businesses
- youth programs
- parents and grandparents

When embraced by the entire community, lasting healthy lifestyle changes become much more possible.

Enlist lots of support when creating your event. The combined dedication of health, education, and tribal leaders is tremendously effective. When embraced by the entire community, lasting healthy behavior changes become much more possible.

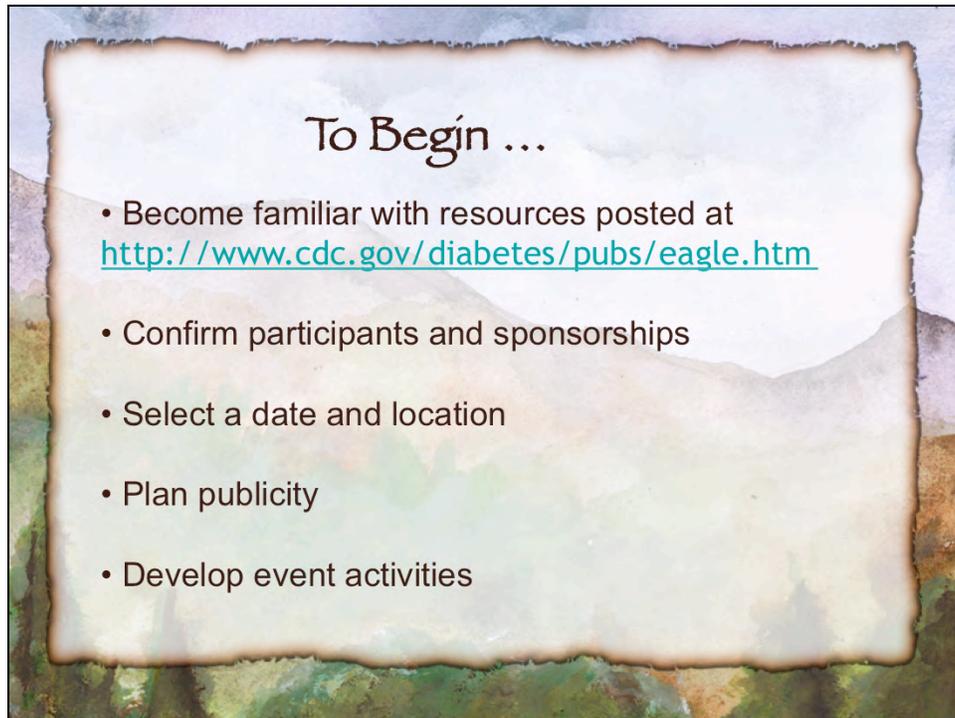
The first series of Eagle Books was written for young children, Pre-K to grade 4, yet Eagle Books events can easily be enjoyed by the entire family.



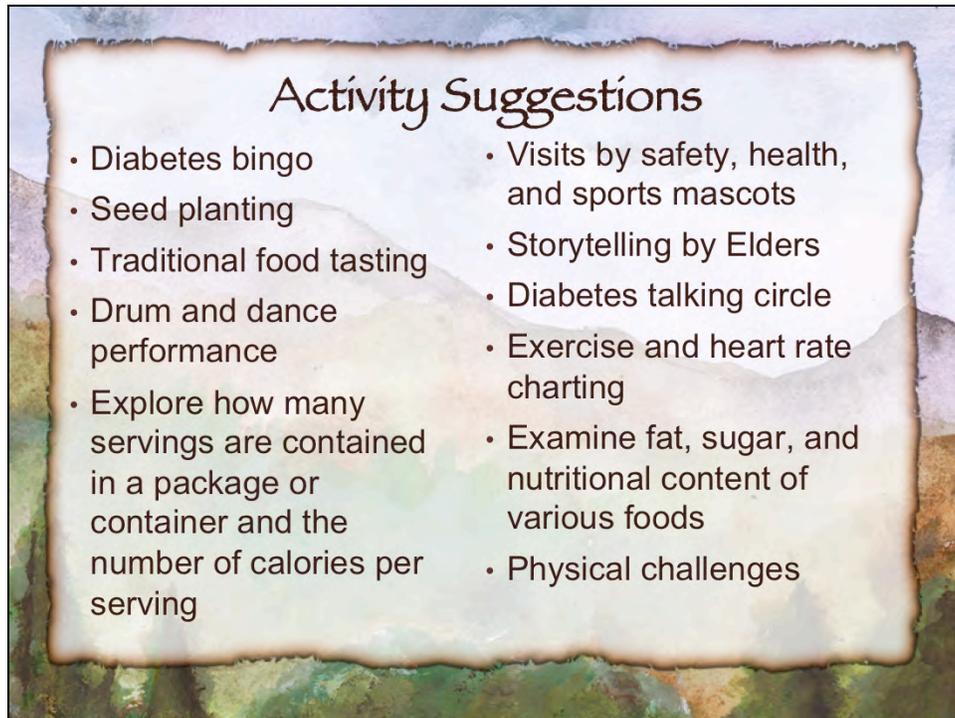
Eagle Books events may be relatively simple and can be inexpensive to conduct. The scale of your event is up to you. Planning, activity, educational, publicity, and incentive materials are available for print, free of charge, at <http://www.cdc.gov/diabetes/pubs/eagle.htm>.

Information on ordering single and multiple copies of the Eagle Books is available at this site.

Become familiar with the materials and information posted online early in your planning to get ideas and options for event.



- Become familiar with resources posted online. This will help you determine, early on, what is already available for your event.
- Confirm participants and sponsorships
- Select a date and location
- Plan publicity
- Develop event activities
- Strive to get Eagle Books in the hands of children, parents, and educators well before your event, if possible, to increase familiarity and build anticipation



Consider these as activities at your event:

Diabetes bingo

Art exploration

Explore how many servings are actually contained in a package or container and the number of calories per serving

Examine fat, sugar, and nutritional content of various foods

Seed planting

Physical challenges

Visits by safety, health, and sports mascots

Storytelling by Elders

Diabetes talking circle

Eagle books plays

Exercise and heart rate charting

Traditional food tasting

Drum and dance performance

FYI: IHS Best Practices

Eagle Books activities can be used to support 11 of the Best Practices adopted in 2009 by the Indian Health Service (IHS) for diabetes programs.

- Community Advocacy
- Community Screening
- Diabetes and Pregnancy
- Diabetes Systems of Care
- Diabetes Self Management Education
- Nutrition
- Oral Health
- Physical Activity
- School Health and Diabetes
- Youth and Type 2 Diabetes
- Adult Weight Management

Eagle Books are an excellent tool for engaging tribal health program personnel as stakeholders in community events and may add credibility to your community health projects.

Eagle Books activities can be used to support 11 of the Best Practices adopted in 2009 by the Indian Health Service (IHS) for diabetes programs.

Community Advocacy

Community Screening

Diabetes and Pregnancy

Diabetes Systems of Care

Diabetes Self Management Education (DSME)

Nutrition

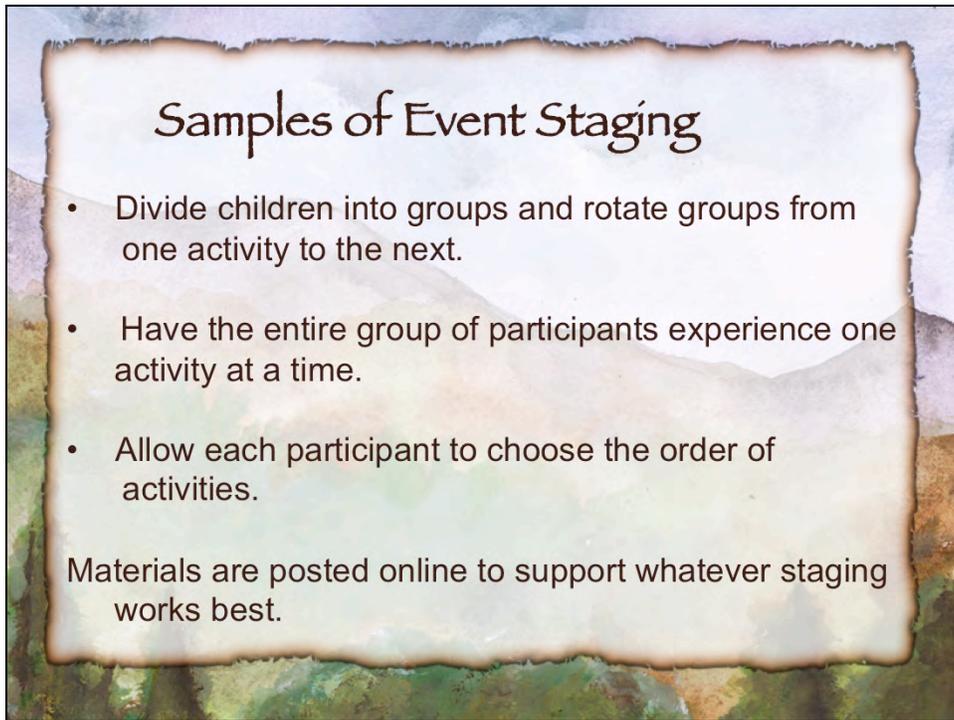
Oral Health

Physical Activity

School Health and Diabetes

Youth and Type 2 Diabetes

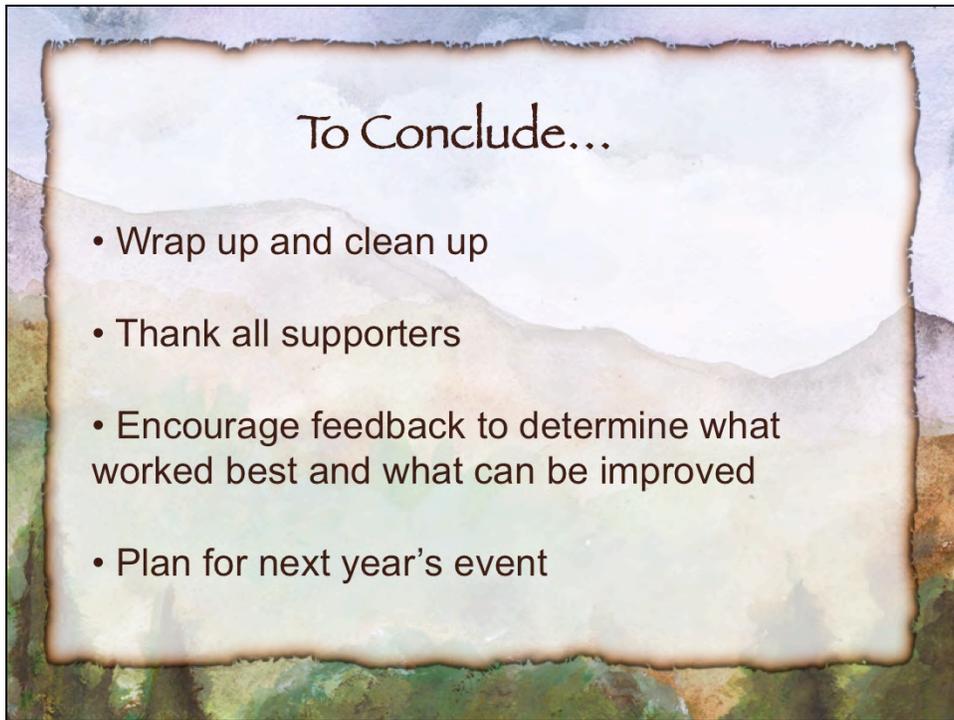
Adult Weight Management



The number and ages of attendees will determine how best to move them through the activities planned and how much time to allow at each stop.

Some activities may work as “walk-ins welcome,” where others—Elder storytelling or dance lessons, for example—will work best with official start/stop times.

Have Eagle Books read; show the video animated stories; supply crayons, paper, and Eagle Books materials; or have another plan for early/late arrivals or children who may have to wait briefly before beginning an organized activity.



- Be certain your event ends at the specified time. Clean the facility, take out trash and recycling, return keys, etc. and any other closing tasks as appropriate. Thank all those who helped orchestrate and support your event by sending written correspondence. Eagle Books materials are available for that use. You may wish to call and thank assistants and sponsors as well.

- Plan for next year's event



For further information email
cdcinfo@cdc.gov or call 800-CDC-INFO
(800-232-4636)