

Creating Eagle Books Events



What is an Eagle Books Event?

A half-day health fair?

A school assembly?

A week-long series of activities?

A culture camp or retreat theme?

A daily or weekly classroom activity?

Other?

It is an occasion—created by your own community—that uses the characters and messages of Eagle Books to bring people together for fun, learning, and motivation to exercise and eat more healthy foods.

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.

Your Resources

Eagle Books events can be simple and easy to plan.

<http://www.cdc.gov/diabetes/pubs/eagle.htm> hosts **free** planning, activity, educational, publicity, and incentive materials.

Check them out!

To Begin ...

- Become familiar with resources posted at <http://www.cdc.gov/diabetes/pubs/eagle.htm>
- Confirm participants and sponsorships
- Select a date and location
- Plan publicity
- Develop event activities

Activity Suggestions

- Diabetes bingo
- Seed planting
- Traditional food tasting
- Drum and dance performance
- Explore how many servings are contained in a package or container and the number of calories per serving
- Visits by safety, health, and sports mascots
- Storytelling by Elders
- Diabetes talking circle
- Exercise and heart rate charting
- Examine fat, sugar, and nutritional content of various foods
- Physical challenges

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 type 2 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

Stage Your Event

KNEES LIFTED HIGH STATION

Activity Idea

- Organize physical challenges (jumping a landing from a small table, a rope the floor etc.)
- Ask children to come up with ideas for activities that can happen in watching or video game playing that would make us busy more than.

PLATE FULL OF COLOR STATION

Activity Idea

- Each vegetable section and give to children to see how many of the fruit vegetables.
- Provide whole fruits, and vegetables and vegetables for children to create a plate of 4-5 items (e.g., apple, carrot, blueberries).

EAGLE BOOKS GAME PLAN

THROUGH THE EYES OF THE EAGLE STATION

Activity Idea

- Show video and read out loud from the book "Eagle" and have children act out the story on the book about the life of an eagle.
- Give a worksheet template (downloadable) and give children a copy and to discuss how they would like to use the template.

TRICKY TREATS STATION

Activity Idea

- Create the game plan for the children to play and that includes the game plan.
- Provide a worksheet for the children to create a game plan and to discuss how they would like to use the template.

Samples of Event Staging

- Divide children into groups and rotate groups from one activity to the next.
- Have the entire group of participants experience one activity at a time.
- Allow each participant to choose the order of activities.

Materials are posted online to support whatever staging works best.

To Conclude...

- Wrap up and clean up
- Thank all supporters
- Encourage feedback to determine what worked best and what can be improved
- Plan for next year's event

For further information email
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800-CDC-INFO
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