

# Kids Walk to Cure Diabetes

## How does juvenile diabetes affect students?

Type 1 (or juvenile) diabetes is an autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells in the pancreas. It strikes children suddenly, makes them insulin dependent for life, and carries the constant threat of devastating complications.

People with type 1 diabetes must take multiple insulin injections daily or use an insulin pump, and test their blood sugar by pricking their finger six or more times per day. While insulin keeps people with type 1 diabetes alive, it is not a cure, nor does it prevent its long-term effects: kidney failure, blindness, nerve damage, heart attack and stroke.

More than three million Americans have type 1 diabetes. Each year over 15,000 children are diagnosed with diabetes. That's 40 children each and every day!

Ask students who have juvenile diabetes. They will tell you it's difficult. It's upsetting. It's life threatening. And it won't go away until we find a cure.

## Why hold a Kids Walk at your school?

The two goals of this program are to teach students about diabetes and to raise money for type 1 diabetes research. The program gives students an opportunity to help those affected by diabetes AND raise money for their school!

### Benefits to your school:

- **Your school receives 10% of the money raised** back in cash to use for PE equipment or whatever you need!
- **JDRF staff will teach the school's PE classes** for a full day. We teach the kids about diabetes, making healthy diet and exercise choices, and then give them ideas on how to collect donations.
- **Your school will receive a banner to display**, depending on the amount you raise.
- **JDRF takes care of collecting the money.** The teacher never has to collect, count, or keep track of the money. We do all the work!
- **Students earn fabulous prizes** depending on the amount of money they collect.

It's EASY and the kids love it!

*"Your organization made this a very easy, rewarding experience. The students and community really came together as one to support this event and it was a wonderful feeling to share their enthusiasm."*

– Amy Flores, Elementary School PE Teacher

*"Thank you [to the JDRF staff] for the wonderful assembly. Many children were still talking about the assembly as they left the building today. You made a wonderful impression! The excitement is building."*

– Lisa Oetjen, McCracken County School Nurse

## How the program works in 5 Easy Steps

- 1** Contact your local JDRF Chapter to schedule your Kids Walk. Pick two days, two weeks apart. Your school can participate anytime of the year!
- 2** On the first scheduled date, JDRF volunteers come in during your PE classes to teach your students about diabetes and explain the Kids Walk program.
- 3** Students have two weeks to collect donations.
- 4** Two weeks after we have taught the classes, we hold a Kids Walk to Cure Diabetes on your campus. JDRF volunteers come back to your school to help run the walk and collect the money.
- 5** Wrap up your campaign. Expect the students' prizes, your school banner and your 10% appreciation check to arrive six weeks after your donations and order forms are received by your local JDRF Chapter.

**FOR MORE INFORMATION:**  
Please call 1-888-533-WALK or  
visit [www.jdrf.org/kidswalk](http://www.jdrf.org/kidswalk)



*dedicated to finding a cure*

