



**Marketing and Recruitment for the National DPP: Faith-Based Audiences Promotional Materials**  
[as of 2025/08/08]

**Page URL:** <https://nationaldppcsc.cdc.gov/s/article/Faith-Based-Audiences-Promotional-Materials>

**Access Date:** 2026/01/27

**Resource Summary:** These resources include promotional materials for both Christian and Islamic audiences. Each resource provides guidance to help understand more about the specific faith community and how to conduct outreach to build lasting relationships and promote your program. National Diabetes Prevention Program lifestyle change programs (LCPs) can use the materials, images, and promotional messages to reach persons engaged with faith communities about type 2 diabetes prevention and the lifestyle change program.

**Promotional Materials for Lifestyle Change Programs (LCP)**

The templates below can be tailored and shared across direct mail, email, internet sites, and other communication platforms used by CDC-recognized organizations to directly reach faith-based audiences in your local community.

**[Cataloger's Note:** The images named and linked below, and described on the pages following these tables, are all available in the attached Zip folder, found in the Supporting Files section of this record. Accessed and downloaded on 2026/01/27. These tables are copied exactly as they are found at the Page URL listed above. Minor table formatting has occurred below, but no intellectual content has been altered. Some resources are available in English and Spanish.]

| Resource Type                       | Resource Description                                                                                                                                                                                                            | English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Spanish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Christian Faith Job Aid             | Provides historical context and an overview of the Christian faith, a letter of support, drop-in article, flyer and text message copy, and Christian faith community resources for LCPs. This resource includes Spanish images. | <ul style="list-style-type: none"> <li>• <a href="#">Job Aid</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>• N/A</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Christian Faith Social Media Images | Can be used on social media channels to engage with Christian audiences regarding type 2 diabetes prevention.                                                                                                                   | <ul style="list-style-type: none"> <li>• Image 1 (English) <ul style="list-style-type: none"> <li>◦ <a href="#">Horizontal Format</a></li> <li>◦ <a href="#">Horizontal Format (Customizable)</a></li> <li>◦ <a href="#">Vertical Format</a></li> <li>◦ <a href="#">Vertical Format (Customizable)</a></li> </ul> </li> <li>• Image 2 (English) <ul style="list-style-type: none"> <li>◦ <a href="#">Horizontal Format</a></li> <li>◦ <a href="#">Horizontal Format (Customizable)</a></li> <li>◦ <a href="#">Vertical Format</a></li> <li>◦ <a href="#">Vertical Format (Customizable)</a></li> </ul> </li> <li>• Image 3 (English) <ul style="list-style-type: none"> <li>◦ <a href="#">Horizontal Format</a></li> <li>◦ <a href="#">Horizontal Format (Customizable)</a></li> <li>◦ <a href="#">Vertical Format</a></li> <li>◦ <a href="#">Vertical Format (Customizable)</a></li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Image 1 (Spanish) <ul style="list-style-type: none"> <li>◦ <a href="#">Horizontal Format</a></li> <li>◦ <a href="#">Horizontal Format (Customizable)</a></li> <li>◦ <a href="#">Vertical Format</a></li> <li>◦ <a href="#">Vertical Format (Customizable)</a></li> </ul> </li> <li>• Image 2 (Spanish) <ul style="list-style-type: none"> <li>◦ <a href="#">Horizontal Format</a></li> <li>◦ <a href="#">Horizontal Format (Customizable)</a></li> <li>◦ <a href="#">Vertical Format</a></li> <li>◦ <a href="#">Vertical Format (Customizable)</a></li> </ul> </li> <li>• Image 3 (Spanish) <ul style="list-style-type: none"> <li>◦ <a href="#">Horizontal Format</a></li> <li>◦ <a href="#">Horizontal Format (Customizable)</a></li> <li>◦ <a href="#">Vertical Format</a></li> <li>◦ <a href="#">Vertical Format (Customizable)</a></li> </ul> </li> </ul> |

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|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Islamic Faith Job Aid             | Provides historical context and an overview of the Islamic faith, a letter of support, drop-in article, and Muslim faith community resources for LCPs. | <ul style="list-style-type: none"> <li>• <a href="#">Job Aid</a></li> </ul>                                                                                                                                        | <ul style="list-style-type: none"> <li>• N/A</li> </ul> |
| Islamic Faith Social Media Images | Can be used on social media channels to engage with Islamic audiences regarding type 2 diabetes prevention.                                            | <ul style="list-style-type: none"> <li>• <a href="#">Image 1</a></li> <li>• <a href="#">Image 1 (Customizable)</a></li> <li>• <a href="#">Image 2</a></li> <li>• <a href="#">Image 2 (Customizable)</a></li> </ul> | <ul style="list-style-type: none"> <li>• N/A</li> </ul> |

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# Job Aid & Promotional Materials

## Working with the Muslim Faith Community

### to Promote the National DPP

Faith is central to the lives of many priority groups that the National Diabetes Prevention Program (National DPP) lifestyle change program (LCP) is trying to reach. This Job Aid and Promotional Materials Bundle is intended to help you understand more about the Muslim faith community and how to conduct outreach to build lasting relationships and promote your LCP.

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## Islam in the United States – An Overview

### History and Doctrine

Islam is one of the largest religions in the world and is practiced by 1.8 billion people. It began with the work of God’s last prophet, Muhammad, (A.D. 570-632) in what is currently Saudi Arabia. Muslims believe there is one almighty God, referred to in Arabic as Allah, who is infinitely superior to and transcendent from humankind. Allah is viewed as the creator of the universe and everything that happens is in Allah’s will, power, wisdom and might. People who practice Islam are known as Muslims, and they believe in the following five religious duties (also known as the Five Pillars of Islam):

1. Repeat a creed about Allah and Muhammad (shahadah).
2. Recite certain prayers in Arabic five times a day (daily prayer or salah).
3. Give to the needy (zakat).
4. One month each year (called Ramadan), fast (sawm) from food, drink, and other worldly pleasures from sunrise to sunset.
5. A once in a lifetime pilgrimage to the Holy City of Mecca is to be made by those that are financially and physically able to (Hajj).



Based on one's devotion to the practices of Islam, a Muslim strives each day and works towards the hereafter by fulfilling the five pillars of the religion.

The main scripture of Islam is called the Qur'an and it is Allah's word dictated to Muhammad. Its central theme is that life is to be lived in subordination to Allah's will and that devotional life centers on the confession (shahadah), "*There is no God but Allah, and Muhammad is the messenger of Allah.*" The Qur'an acts as a behavioral guide to practicing Muslims and includes many rules related to maintaining good health. An additional text, the Sunnah – which is a record of Muhammad's sayings and deeds during his lifetime – also provides health messages that are often used in health promotion within the Muslim community.

Islam has two major branches: the Sunni branch, claiming approximately 90% of all Muslims, and the Shi'a branch, which claims about 10% of the Muslim population and exists primarily in Iraq and Iran.

While Islam is often associated with the Middle East, the largest population of Muslims in the world reside in South Asia. Islam is also the majority religion in many countries in Central and Southeast Asia as well as North and Sub-Saharan Africa.

### Islam in the United States

American Islam began with the arrival of African slaves. It is estimated that about 10% of African slaves that were transported to the United States were Muslim. From the 1880s to 1914, several thousand Muslims immigrated to the United States from the Ottoman Empire (current day Saudi Arabia, Syria, and Lebanon) and from parts of South Asia. They did not form distinctive settlements and are assumed to have mostly assimilated into the wider society or returned to their homelands.

By 1920, Arab immigrants worshiped in a rented hall in Cedar Rapids, Iowa, and they built a mosque of their own fifteen years later. Lebanese-Syrian communities did the same in Ross, North Dakota, and later in Detroit, Michigan, Pittsburgh, Pennsylvania, and Michigan City, Indiana.

However, the Muslim population in America was growing during this time. With the exodus of Americans of African descent from the South to Northern cities in the early 20th century, a number of African Americans began converting to Islam and establishing communities and organizations. There are two main African American Muslim groups. The American Muslim Mission is the largest and most closely

### Key Facts

**Houses of Worship:** Mosque

**Community of Believers:** Congregation

**Clergy:** Imam, but may also be qadi, mufti, mullah, sheikh or ayatollah. These leaders provide support and advice to community members in spiritual and non-spiritual matters, including family and health-related decisions.

**Tips:**

- Always make first contact with the leader of the mosque (called the imam). Mosques are often the sites of presentations, gatherings, and organizations that serve the worshipping community. You may be connected with the person or persons who manage these activities through the imam.
- When referencing Allah in any materials, you should include "SWT" in parenthesis after Allah's name (e.g. "Allah (SWT)"). This is a Muslim honorific that stands for "*Subhanahu wa ta'ala*" which is Arabic for "The most glorified, the most high."

**Messaging Focus:** Islamic scripture provides strong foundations for health promotion. Health – particularly in terms of dietary laws (halal and haram foods) – is mentioned in the Qur'an and the ways of the Prophet. Focus on maintaining spiritual, mental, and physical health – and the holistic interconnection of all three – is part of practicing the Muslim faith.

adheres to traditional Islam as practiced in the rest of the world and by non-African Americans in the United States. The Nation of Islam is a much smaller and more controversial group.

Most recently, Muslim immigration has included the arrival of Palestinian refugees after the creation of Israel in 1948. By the 1990s, Muslims had established more than six hundred mosques and centers across the United States. Muslims come to the United States from the Middle East, North Africa, Sub-Saharan Africa, Central Asia, South Asia, and South East Asia.

No racial or ethnic group makes up a majority of Muslim American adults:

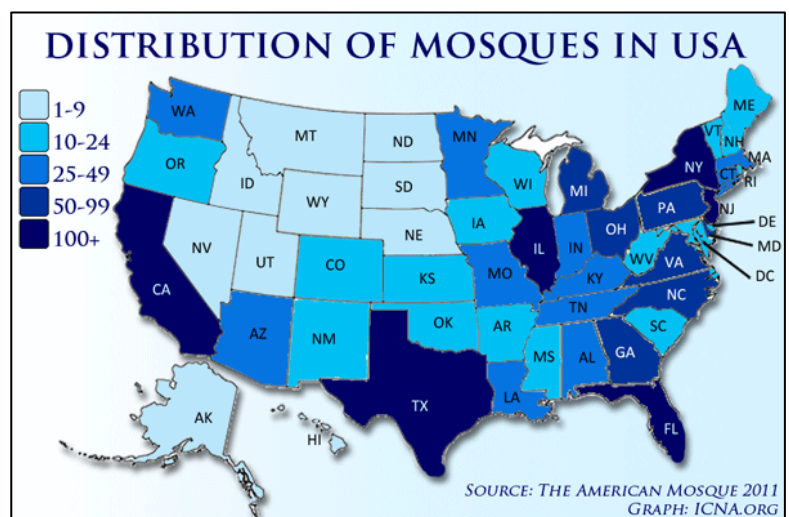
- 41% are classified as white and describe their ancestry as Arab, Middle Eastern, or Persian/Iranian
- 28% identify as South Asian and arrived from Bangladesh, India, or Pakistan
- 20% identify as African American, either U.S. born or immigrants from Sub-Saharan Africa
- 8% identify as Hispanic

The majority of Muslims in the United States live in the following states: California, Florida, Illinois, New Jersey, New York, and Texas. This is reflected by the distribution of mosques around the country.

Muslims are a youthful demographic compared to other religious groups, with a median age of 33 years.

It is important to acknowledge that Muslims in the United States often experience stereotyping, discrimination, and racism, both in daily life and in healthcare settings.

This may make them reluctant to seek healthcare, to join healthcare-related programs (like an LCP), or cause them to drop out of programs early. It is imperative to acknowledge and validate these concerns and work to alleviate them by demonstrating respect in all interactions with the Muslim community.



## Health Views

As previously mentioned, both the Qur'an and the Sunnah provide strong health promotional messages, which are built into the daily practices of Islam. These include, but are not limited to, specific scriptural guidelines on:

- Diet
- Cleanliness, including practicing ablution (washing oneself before prayer)
- Social connectedness (having healthy links with the Muslim community)

Dietary restrictions within the Qur'an are adhered to by many practicing Muslims. These restrictions outline guidelines on permissible (halal) and prohibited (haram) foods. For example, halal meat is any meat that has been prepared as prescribed by Islamic law. In general, while most meat can be prepared halal, such as chicken and beef, pork cannot and is therefore a haram product. Alcohol is also a common haram product.

## Resisting Assumptions

There are over 1.8 billion Muslims in the world, but they are not a homogenous group. As with many religious communities, they are made up of individuals diverse in culture, race, and geographic origin who each practice their faith in the way that is most relevant to them. This means that they may follow all of, some of, or in excess of, the brief description of Muslim practices you have read about here. When conducting outreach, be sure to refrain from making assumptions and be ready and willing to learn from community leaders and individuals who are members of the Muslim community.

## Materials for Use in Promoting Your LCP to the Muslim Faith Community

### Letter of Support

*To use: Customize this letter of support by filling in the highlighted portions with specific details about your program. Once you've filled in the letter, you can mail it to local mosques and Muslim faith-based organizations to ask for their participation in your program. Be sure to tailor these resources to address local specifics and needs and use community liaisons when available.*

### Promoting [Name of Your Local CDC Recognized Lifestyle Change Program] For Better Health in the Muslim Community

Whether at mosque during Friday Prayer [replace Friday Prayer with "jumah" if more appropriate] or through your work in the Muslim community, your congregation looks to you and other imams for guidance in achieving and maintaining spiritual, mental, and physical health. Islam already promotes strong health messages through scripture in the Qur'an and Sunnah and supports healthy living in many of its practices. As a faith leader, you can build on these foundations by encouraging your community to prevent or delay type 2 diabetes.

One way to do this is to join the [Name of program], [part of the CDC's National Diabetes Prevention program OR a CDC-recognized lifestyle change program].

#### What is [name of program]?

[Name of program] is [part of the CDC's National Diabetes Prevention program OR a CDC-recognized lifestyle change program]. Lifestyle change programs that are part of the CDC's National Diabetes Prevention Program are proven interventions developed specifically to prevent or delay type 2 diabetes. The program is designed for people who have prediabetes or are at risk for developing type 2 diabetes, but who do not already have a type 2 diabetes diagnosis. Our trained lifestyle coaches are members of the community. They lead the program to help participants adopt a new lifestyle to take care of their body – already an important part of the Muslim faith – through healthier eating, reducing stress, and getting more physical activity.

Participants build a community together where they can learn, laugh, share stories, try new things, and create new habits that support their faith and a healthier lifestyle – all while lowering their risk of developing type 2 diabetes and improving their physical health.

***"Eat and drink and don't go beyond the limit."***

**Qur'an 7:31**

Much like their spiritual practice, their new lifestyle is an ongoing journey – one not just for today, but for the long term. Because of this, the lifestyle change program is a year-long program.

### Why promote [your local CDC Recognized Lifestyle Change Program]?

Participating in a program to lose weight through healthy eating and increased physical activity can reduce [name of faith-based organization's members] risk of type 2 diabetes, heart attack, and stroke. The CDC's lifestyle change program has proven results. The year-long, structured lifestyle change intervention has reduced the incidence of type 2 diabetes by 58% among adults with prediabetes. The program is more effective than medications at preventing type 2 diabetes, heart disease and stroke. Even better news...the results last. Even 15 years after completing the diabetes prevention lifestyle change program, participants were one fourth less likely to develop type 2 diabetes.

Members of [name of faith-based organization] should learn more about [name of program] because... [Include information about the specific local benefits of your program such as grocery tours, cooking classes, community gardens, exercise classes – anything that makes your program have added value and connection with the larger community and promotion of health and wellness.]

## Materials for Use by Muslim Community Leaders to Promote Your LCP

### Drop-In Article

*To use: Customize this article by filling in the highlighted portions with specific details about your program. Once you've filled in the article, you can share it with local mosques or Muslim faith-based organizations in your community to put on their website, to publish in their newsletter, or hand out to their congregations. Be sure to tailor these resources to address local specifics and needs and use community liaisons if available.*

### Practice Your Muslim Faith and Prevent or Delay Type 2 Diabetes

As a Muslim, you know that practicing your faith includes taking care of your spiritual, mental, and physical health. The Qur'an and the Sunnah provide guidelines for leading a healthy, holistic lifestyle. While many Muslims follow these practices, you may still be at risk for certain health problems, including developing type 2 diabetes. Type 2 diabetes can lead to other health issues that may impact how you are able to practice your faith. Muslims with type 2 diabetes often have to abstain from or modify their fasting during Ramadan or other holy days because they need to carefully regulate their blood sugar levels. And if type 2 diabetes progresses to cause the loss of hands, feet or toes, it can make daily prayer more difficult.

Before developing type 2 diabetes, many people develop prediabetes. Prediabetes is a condition where a person's blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Many people with prediabetes don't know they have it. You may be at risk of developing prediabetes if you are overweight, 45 years or older, or have a family member with type 2 diabetes. If you think you're at risk for prediabetes, you can take a one-minute, online quiz at [cdc.gov/prediabetes/takethetest/](https://cdc.gov/prediabetes/takethetest/).

Prediabetes is reversible and there are lifestyle change programs right here in your community that can help you prevent or delay type 2 diabetes. One program is [Name of program], [part of the CDC's National Diabetes Prevention Program OR a CDC-recognized lifestyle change program]. In the program, you'll work with a coach and other members of [name of mosque or faith-based organization]. Together, you'll learn

new skills that will help you to improve your health and take care of your body by eating healthier within a halal diet, reducing stress, and getting more physical activity.

Just like taking care of your spiritual health, taking care of your physical health is an important part of your Muslim faith. Make healthy lifestyle changes a lifelong part of your practice by preventing or delaying type 2 diabetes.

To learn more about [Name of program], contact us at [phone number, email, etc.].

## Social Media Copy and Images

*To use: Share the posts and the copy below with your mosque or Muslim faith-based community organization to post on their Facebook page. You can also share this with community organizations, faith-based organizations, employers, and other people who influence the Muslim community and ask them to post it as well. These images are fillable so that you can add your own logo and website.*

| Post Copy                                                                                                                                                                                                                                                                                                                                                          | Recommended Image                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| As a Muslim, you know that practicing your faith includes taking care of your spiritual, mental, and physical health. But you may still be at risk for certain health problems like prediabetes. Find out if you are at risk for prediabetes with a simple, online quiz: <a href="https://cdc.gov/prediabetes/takethetest/">cdc.gov/prediabetes/takethetest/</a> . |  <p>"O humanity! Eat from what is lawful and good on earth and do not follow Satan's footsteps." (2:168)</p>  <p>YOUR ORGANIZATION NAME<br/>YOUR WEBSITE URL</p> |
|                                                                                                                                                                                                                                                                                                                                                                    |  <p>"... Eat and drink but do not waste" (7:31)</p>  <p>YOUR ORGANIZATION NAME<br/>YOUR WEBSITE URL</p>                                                         |

## Muslim Faith Community Resources for LCPs

### [Islamic Society of North America \(ISNA\)](#)

ISNA is an Islamic organization in North America that contributes to the betterment of the Muslim community through fostering the development of the Muslim community, interfaith relations, civic engagement, and better understanding of Islam.

### [Islamic Medical Association of North America \(IMANA\)](#)

IMANA is a leading resource and network for American-Muslim physicians, dentists and other healthcare professionals in North America.

### [Providing Diverse Care to Muslim Clients Handbook](#)

This handbook provides information on Islam, and the important values, beliefs, and practices to consider when providing healthcare services to Muslims.

### [ISPU Meeting the Healthcare Needs of American Muslims](#)

This report provides an overview of American Muslim health beliefs, describes how these beliefs impact healthcare-seeking practices, and recommends accommodations that can improve the healthcare experience of American Muslim patients.

## Fasting and Diabetes Resources

- [International Diabetes Federation \(IDF\)](#): Guidelines on fasting during Ramadan for Muslims with diabetes and their healthcare providers.
- [Diabetes and Ramadan Alliance \(DAR\)](#): Guidelines and resources on fasting during Ramadan for Muslims with diabetes, including an [interactive map](#) to give specific dietary guidance by country.

# National DPP Job Aid & Promotional Materials Working with the Christian Faith Community to Promote the National DPP

Faith is central to the lives of many priority groups that the National Diabetes Prevention Program (National DPP) lifestyle change program (LCP) is trying to reach. This Job Aid and Promotional Materials Bundle is intended to help you understand more about the Christian faith community and how to conduct outreach to build lasting relationships and promote your LCP.

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## Christianity in the United States – An Overview

### History and Doctrine

Christianity originated over 2,000 years ago with the ministry of the savior and son of God, Jesus Christ, in the first century (A.D. 27-30) in what is now Palestine. Christians believe in one eternal God who is the



creator of all that is. He is viewed as a loving God who offers everyone a personal relationship with Himself in this life and for eternity. Christians believe in the Holy Trinity – that God takes the form of God the Father, God the Son (Jesus Christ), and God the Holy Spirit (God active in us and the world).

Jesus Christ is a central figure across Christian denominations, seen as a messiah who walked on Earth to save mankind and call sinners to repentance. At the age of 33, he paid for the sins of all of humanity by dying on a cross (the crucifixion). Three days later, he rose from the dead, proving his deity (the resurrection). Christians believe that it is through Jesus' sacrificial death that they are forgiven. They also believe that life after death is possible because, in addition to conquering sin, Jesus conquered death and rose again to Heaven. Many Christian holidays are centered around the life of Jesus, including Christmas (which celebrates the day of his miraculous birth to the Virgin Mary) and Easter (which celebrates his resurrection).

The main scripture of Christianity is the Holy Bible. The Bible consists of two distinct sections – the Old Testament and the New Testament. The Old Testament is the first set of Christian writings and is primarily based on the 24 books of the Hebrew Bible (Tanakh), which are usually considered to be the direct word of God. The second section of the Bible is the New Testament, which includes 27 books and describes the teachings and works of Jesus Christ through the words of his disciples.

There are many editions of the Bible. Editions differ in the number, order, and name of their books, and in the text or translation of text. Some Christians view the text of the Bible as the indisputable truth and ultimate authority, while others see it as guidance that is open to interpretation by religious scholars, clergy, and practicing Christians.

## Christianity in the United States

There are approximately 135 million Christians in the U.S., making Christianity the largest religion in the country. Christian denominations in the U.S. are usually divided into three large groups: **Roman Catholic**, **Mainline Protestant**, and **Evangelical Protestant**.

Catholics, also known as **Roman Catholics**, belong to the oldest denomination of Christianity called Catholicism (or Roman Catholicism). Catholics believe they have a direct line from the first century church and are therefore the true church of Christ. Catholics follow the teachings of the Bible as well as church doctrine developed by Catholic clergy, the most prominent of whom is the Pope. Residing at the Vatican, an independent city-state within Rome, the Pope is the head of the Roman Catholic Church throughout the world. Catholicism came to the U.S. with the arrival of Hispanics/Latinos, Irish, Highland Scots, Italians,

### Key Facts

**Houses of Worship:** Churches

**Community of Believers:** Congregation

**Clergy:** Roman Catholic – Priest,  
Protestant – Pastor

**Governance:** Varies by denomination, generally every congregation has both non-clergy and clergy leadership structures.

**Tips:**

- Always make first contact with the priest or pastor. There may be a health ministry committee, health minister, or parish nurse that will be the point of day-to-day contact, but the clergy should always be engaged as the leader of the congregation.
- In all written materials, you should capitalize God as well as all corresponding pronouns (i.e. He, Him, His).

**Messaging Focus:** Health is a way of honoring God and recognizing the human body as a temple for the Holy Spirit. Healthy lifestyles reflect an understanding of stewardship of God's gift of life.

Dutch, Flemish, Polish, French, Hungarians, German, and Lebanese immigrants. Compared with some other religious groups, Catholics are more evenly dispersed throughout the country, with about one-in-five living in the Midwest (21%) and a quarter or more in the Northeast (26%), South (27%), and West (26%).

**Mainline Protestants** are a group of Protestant churches in the U.S. From the colonial era until the early 20<sup>th</sup> century, the majority of Americans attended these churches, which include **Adventists, Anglicans, Baptists, Lutherans, Methodists, Moravians, Pentecostals, Presbyterians, Puritans,** and **Quakers** and were brought to the U.S. from Northern Europe. Protestantism began in the sixteenth century as a result of the Reformation movement, in which disparate groups looked to separate themselves from the Roman Catholic Church. Therefore, individuals are considered Protestant if they belong to any Western church that is separate from the Roman Catholic Church and follows the principles of the Reformation, despite variations in their beliefs and practices. While Protestantism was the majority religion in America for some time, the number of Mainline Protestants in the U.S. has dropped steadily in recent years from 30% of the population in 1972 to only 11.8% in 2018.

**Evangelical Protestants** are Protestant Christians who follow a faith practice that originated in Great Britain in 1730. Adherents believe in the authority and inerrancy of the Bible (biblicism) and the death and resurrection of Jesus Christ for the redemption of humanity (crucicentrism). Evangelical Christians believe that lives need to be transformed through a “born-again” experience and a lifelong process of following Jesus (conversionism) and also emphasize the demonstration of the gospel through missionary and social reform (activism). Evangelism is a trans-denominational movement within Protestant Christianity, meaning that evangelicals can be found in nearly every Protestant denomination. Because of this, there are many denominations and congregations that consider themselves evangelical including, but not limited to: **Assemblies of God, Christian and Missionary Alliance,** and **Brethren in Christ.** For a full listing, visit the [National Association of Evangelicals website](#). The number of Evangelical Protestants in the U.S. has remained between 22.5-24% of the population for the past decade.

Other Christian denominations make up nearly 2% of the American population. These groups include **Mormons, Jehovah’s Witness, Greek, Russian and Ukrainian Orthodox,** and Anabaptist denominations such as **Amish** and **Mennonite.**

## Health Views

In general, Christianity preaches that the body is a temple and a gift from God that should be treated with respect. However, it should be noted that there may be counterpoints to this belief within the Christian faith community, especially as Christianity places significant emphasis on the condition of the soul over

### Historically Black Protestant Denominations

Also known as **historically African American denominations**, these Protestant churches have predominately Black congregations. More broadly, the Black church is both a specific religious culture and a socio-religious force that has shaped social justice movements in the U.S. Among the historically African American denominations are:

- The African Methodist Episcopal Church (AME)
- The African Methodist Episcopal Zion Church (AMEZ)
- The Christian Methodist Episcopal Church (CME)
- The Church of God in Christ (COGIC)
- The National Baptist Convention of America (NBCA)
- The Progressive National Baptist Convention (PNBC)

the physical body. Additionally, some Christians hold the belief that suffering (such through physical ailments) is inevitable and allows one to become more “Christ-like” since Jesus himself suffered incredible physical pain during his persecution and eventual crucifixion. It is important to be aware of these viewpoints and to be prepared when you encounter them. For instance, it may be useful to share specific passages from the Bible that emphasize physical health and wellness, such as:

- “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.” – *1 Corinthians 6:19-20 (NLT)*
- “So whether you eat or drink or whatever you do, do it all for the glory of God.” – *1 Corinthians 10:31 (NIV)*
- “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” – *3 John 1:2 (NIV)*
- “I will restore you to health and heal your wounds.” – *Jeremiah 30:17*
- “And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice – the kind he will find acceptable” – *Romans 12:1-2 (NLT)*
- “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life.” – *Ephesians 2:10*
- “So if anyone cleanses himself of what is unfit, he will be a vessel for honor: sanctified, useful to the Master, and prepared for every good work.” – *2 Timothy 2:21*

## Promoting Your LCP to the Faith Community

Faith communities – including worshipping groups, institutions, and organizations – have long been integral to the safety network of services and resources in most communities, from church-sponsored emergency food pantries to affordable housing and faith-based health clinics. These organizations often hold pivotal roles in local communities and are seen as thought leaders and influencers in the realms of public policy and social justice with significant community connections and networks.

The following strategies and materials can be shared with Christian faith communities and faith-based organizations to promote your LCP. Instructions for suggested use are included for each resource. Be sure to tailor these resources to address local specifics and needs.

## Promotional Strategies for Use by Christian Faith Leaders

As you begin to engage the Christian community, you may find that many faith leaders are unsure how to implement a promotional campaign. You can use the talking points below to provide ideas on how they can get started.

- Engage committee chairs and other lay leaders in discussions about how their ministries can be involved in raising awareness of prediabetes and type 2 diabetes prevention. Identify a day-to-day leader for these efforts.
- Hold conversations about prediabetes and type 2 diabetes prevention with your congregation. Discuss what your church community can do, both as an organization and as individuals, to prevent this devastating disease. Start the conversation by including these topics in worship

litanies, prayers for those suffering from and at risk for type 2 diabetes, and by sharing key messages and talking points from the National DPP during your sermons.

- Make materials and information available to your community, both within your church and through community-based programs you offer outside of your doors. Consider using church bulletin inserts, flyers, handouts, and social media posts (see below for customizable resources you can use). Decide which materials you will make available and who will be in charge of keeping them in stock.
- Talk to leaders within your organization about how to support healthy lifestyle changes that help people prevent and manage prediabetes and type 2 diabetes. For example, you could offer healthier foods at church receptions and meal functions or start a walking group or other physical activity group with members of your congregation. Creative events like a walking Bible study to allow your congregation to practice their faith and make healthy choices!
- Honor people who are participating in the National DPP lifestyle change program. Share their progress with the community and spotlight their successes to encourage others to follow in their footsteps.

## Material for Use in Promoting Your LCP to the Christian Faith Community

### Letter of Support Copy or Script for Congregations

*To use: Customize this letter of support by filling in the highlighted portions with specific details about your program. Once you've filled in the letter, you can mail it to local churches or Christian faith-based organizations to ask for their participation in your program. Be sure to tailor these resources to address local specifics and needs and use community liaisons when available.*

### Promoting [Name of Your Local CDC-Recognized Lifestyle Change Program] For Better Health in Your Congregation

*"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." – 1 Corinthians 6:19-20 (NLT)*

**How do these words relate to our health and the choices we make every day to live a healthy lifestyle?** As a faith leader, you, like Paul, can emphasize the importance of taking care of the body as the temple of the Holy Spirit. By doing so, you can help your community, especially those most at risk, achieve better health and honor God by treating their body with reverence and respect.

For example, members of your congregation may be at higher risk for certain conditions like prediabetes. One in three Americans has prediabetes, a condition where a person's blood sugar levels are higher than normal, but not high enough yet for a type 2 diabetes diagnosis. People with prediabetes are more likely to develop type 2 diabetes. By helping your congregation understand that good health is an important part of honoring God, you can encourage them to take steps to prevent or delay onset of type 2 diabetes.

## What is [Name of Your Local CDC-Recognized Lifestyle Change Program]?

[Name of program] is [part of the CDC's National Diabetes Prevention program OR a CDC-recognized lifestyle change program]. Lifestyle change programs that are part of the CDC's National Diabetes Prevention Program are proven interventions developed specifically to prevent or delay onset of type 2 diabetes. The program is designed for people who have prediabetes or are at risk for developing type 2 diabetes, but who do not already have a type 2 diabetes diagnosis. Our trained lifestyle coaches are members of the community. They lead the program to help participants adopt a new lifestyle to take care of their bodies and souls, through healthier eating, reducing stress, and getting more physical activity.

Participants build a community together where they can learn, laugh, share stories, try new things, and create new habits that support their faith in God and a healthier lifestyle – all while lowering their risk of developing type 2 diabetes and improving their physical health. And as a year-long program, their new lifestyle will be an ongoing journey – supporting them not just for today, but for the long term.

## Why Promote [Name of Your Local CDC-Recognized Lifestyle Change Program]?

Participating in a program to lose weight through healthy eating and increased physical activity can reduce [name of faith-based organization's members] risk of type 2 diabetes, heart attack, and stroke.

When you're talking to your congregation this week, I hope you will consider telling them about [name of program]. I've enclosed a bulletin and flyer for your use, and if you have any questions please reach out to me at [contact information]. [Include any additional details or asks, such as setting up a meeting with you or letting you know that you will be following up with them via phone or email.]

## Materials for Use by Christian Faith Leaders to Promote Your LCP

### Church Bulletin or Drop-in Article

*To use: Customize this article by filling in the highlighted portions with specific details about your program. Then share it with local churches or Christian faith-based organizations in your community to include in their church bulletin or newsletter, on their website, or hand out to their congregations. You can also encourage them to share these messages during services and meetings of churches committees, groups, and organizations.*

### Practice Your Christian Faith and Prevent or Delay Onset of Type 2 Diabetes

You go to church to nurture your soul. But what about nurturing your body through better health? As Paul reminds us, our body is the temple of the Holy Spirit. We honor God by treating our body with the reverence and respect of any holy place.

***"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."***

1 Corinthians 6:19-20 (NLT)

Knowing this, what are you doing to take care of your body, and how are your everyday choices supporting a healthy lifestyle?

One thing you can do is find out if you are at risk of prediabetes. One in three Americans has prediabetes, a condition where a person's blood sugar levels are higher than normal, but not high enough yet for a type 2 diabetes diagnosis. People with prediabetes are more likely to develop type 2 diabetes. Many people with prediabetes don't know they have it. You may be at risk of developing prediabetes if you are overweight, 45 years or older, or have a family member with type 2 diabetes. If you think you're at risk, you can take a one-minute, online quiz at [cdc.gov/prediabetes/takethetest/](https://cdc.gov/prediabetes/takethetest/).

Prediabetes is often reversible and there is a program right here in your community that can help you prevent or delay onset of type 2 diabetes. The program is [Name of program], [part of the CDC's National Diabetes Prevention Program OR a CDC-recognized lifestyle change program]. In the program, you'll work with a coach and other members of [name of church or faith-based organization]. Together, you'll learn new skills that will help you to improve your health and take care of your body and your soul by eating healthier, reducing stress, and getting more physical activity.

**Your body is a temple** – and nurturing it is an important part of not only honoring, but connecting, with God. Make healthy lifestyle changes a lifelong part of your faith by preventing or delaying onset of type 2 diabetes.

To learn more about [Name of program], contact us at [phone number, email, etc.].

## Flyer Copy

*To use: Customize this flyer copy by filling in the highlighted portions with specific details about your program. Then share it with local churches or Christian faith-based organizations in your community to post on their church bulletin board, share it in their church bulletin or newsletter, on their website, or hand out to their congregations. You can also encourage them to share these messages during services and meetings of churches committees, groups, and organizations.*

***“So, whether you eat or drink or whatever you do,  
do it all for the glory of God”***

***1 Corinthians 10:31 (NIV)***

**[or replace quote with one you prefer]**

**One in three** Americans has prediabetes, a condition where a person’s blood sugar levels are higher than normal, but not high enough yet for a type 2 diabetes diagnosis. People with prediabetes are more likely to develop type 2 diabetes. **Many people with prediabetes don’t know they have it.**

You may be at risk of developing prediabetes if you:

- Are overweight
- Are 45 years or older
- Have a family member with type 2 diabetes

If you think you’re at risk, you can take a one-minute, online quiz at [cdc.gov/prediabetes/takethetest/](https://cdc.gov/prediabetes/takethetest/).

Prediabetes is often **reversible** and there is a program right here in your community that can help you prevent or delay onset of type 2 diabetes by helping you to eat healthier, stay physically active, and manage stress.

To learn more about **[Name of program]**, contact us at **[phone number, email, etc.]**.

## Text Message Copy

*To use: Share the copy below with your church or Christian faith-based community organization to send out to their members via text message or SMS. They can be shared as individual messages or a mass text message if appropriate. They can also consider posting these short messages on their worship screen. You can also share this with community organizations, faith-based organizations, employers, and other people who influence the Christian faith community and ask them to share as well.*

“Hi faith family! Don’t forget to nurture your body AND soul today by eating healthy, being physically active, and managing stress. Ask me for more information.” *[For everyone who replies, send them the link to* **[organization website and/or [cdc.gov/diabetes/prevention](https://cdc.gov/diabetes/prevention)]***].*

"Hi faith family! Remember this passage today: So whether you eat or drink or whatever you do, do it all for the glory of God (1 Corinthians 10:31). Learn more: [\[organization website and/or cdc.gov/diabetes/prevention\]](#)."

"Hi faith family! You make sure to feed your soul, but what do you feed your body? Choose a new healthy recipe to try today and learn about how eating healthy leads to better health: [\[organization website and/or cdc.gov/diabetes/prevention\]](#)."

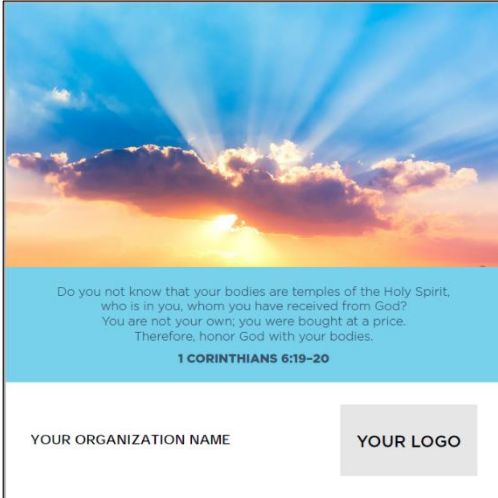
"Hi faith family! Celebrate the glory of God today when you get up and get moving! Physical activity nurtures the body AND soul. Ask me for more information." *[For everyone who replies, send them the link to [\[organization website and/or cdc.gov/diabetes/prevention\]](#).*

"Hi faith family! Remember managing stress is an important part of your health. Take a moment today to pray, meditate, or just relax. Learn more at: [\[organization website and/or cdc.gov/diabetes/prevention\]](#)."

## Social Media Copy and Images

*To use: Images for social media are provided with copy below. Share this post and the copy below with your church or Christian faith-based community organization to post on their Facebook or Twitter page. You can also share this with community organizations, faith-based organizations, employers, and other people who influence the Christian faith community and ask them to post it as well. Images are available in Facebook and Twitter sizes.*

| Post Copy                                                                                                                                                                                                                    | Recommended Image                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>You go to church to nurture your soul. But what about nurturing your body for better health? If you have or are at risk of prediabetes, you can join [insert name of program]. Learn more: [link to program website].</p> |  <p>And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable.</p> <p><b>ROMANS 12:1-2</b></p> <p>YOUR ORGANIZATION NAME</p> <p>YOUR LOGO</p> |
|                                                                                                                                                                                                                              |  <p>So, whether you eat or drink or whatever you do, do it all for the glory of God.</p> <p><b>1 CORINTHIANS 10:31</b></p> <p>YOUR ORGANIZATION NAME</p> <p>YOUR LOGO</p>                                                                                                     |

|                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Your body is a temple. But what are you doing to take care of it? Start today by finding out if you are at risk for prediabetes with a simple, online quiz: <a href="https://cdc.gov/prediabetes/takethetest/">cdc.gov/prediabetes/takethetest/</a>.</p> |  <p>Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.</p> <p><b>1 CORINTHIANS 6:19-20</b></p> <p>YOUR ORGANIZATION NAME</p> <p>YOUR LOGO</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Christian Faith Community Resources for LCPs

### [Catholic Health Association of the United States \(CHA\)](#)

The mission of CHA is to advance the Catholic health ministry of the U.S. in caring for people and communities.

### [Catholic Medical Association \(CMA\)](#)

The Catholic Medical Association is the largest association of Catholic individuals in health care. We help our members to grow in faith, maintain ethical integrity, and provide excellent health care in accordance with the teachings of the Church.

### [National Association of Evangelicals \(NAE\)](#)

Founded in 1942, the National Association of Evangelicals seeks to honor God by connecting and representing evangelical Christians in the U.S. It represents more than 45,000 local churches from 40 different denominations and serves a constituency of millions.

### [The Balm In Gilead, Inc.](#)

The mission of The Balm In Gilead is to prevent diseases and improve the health status of people of African Descent by supporting faith institutions in areas of program design, implementation, and evaluation to strengthen their capacity to programmatically eliminate health disparities.