



UBT Health & Safety Champion Prediabetes Awareness Challenge 2024

This month we challenged you to make positive changes to promote prediabetes awareness. How did your team complete its prediabetes team activity goal? Tell us how your team participated in the Prediabetes Awareness Challenge for a chance to win a prize! This challenge is open for UBT Health & Safety Champions from July 1–31, 2024.

Instructions:

- Select one healthy prevention activity from the list below or create your own prevention activity and provide a detailed description of the activity's [SMARTIE](#) goal.
- Complete your selected activity with your UBT between July 1–31, 2024.
- Fill out the form below with your name, region, address, email address, name of UBT, number of UBT members, activity completed and the activity outcome by **Aug. 2, 2024**.
- Send the completed form and photo of your activity to Health-and-Safety-Champions@kp.org for a chance to win.

Select one healthy prevention activity:

Activity Completed: (Choose one)

1. Take action.

- a. Replace sugary beverages with [water](#)
- b. Make your work area a sugar-free zone
- c. Get at least 150 minutes per week of moderate – intensity aerobic [activity](#)
- d. Know your numbers, visit kp.org

2. Get informed.

- a. Take the [prediabetes risk test](#)
- b. Use the prediabetes Q&A with your UBT
- c. Learn the [signs and symptoms](#) of prediabetes
- d. Check out [additional resources](#) on Physical Health

3. Design your own challenge!

- a. Tell us your team goal to address prediabetes by screening or increasing physical activity and healthy eating

2024 PREDIABETES AWARENESS CHALLENGE APPLICATION

Your Name:	Your Email Address:
UBT Name:	Number of UBT Members:
Region:	Location Mailing Address:
Team Activity Completed (use SMARTIE goal format):	
Results:	

*Please attach a photo separately in your email submission.
Only completed applications will be considered. Email application to Health-and-Safety-Champions@kp.org by **Aug. 2, 2024.