



On the T.R.A.I.L. to a Successful Community Education Project

Creating a healthy community can start with your T.R.A.I.L. program! The On the T.R.A.I.L. to Diabetes Prevention program emphasizes sharing information about health, wellness, and type 2 diabetes prevention with members of your local community through a community service project.

A T.R.A.I.L. community service project must:

- Be led by the T.R.A.I.L. participants.
- Coincide with implementation of Chapter 11 in the curriculum. Implementing the community service project during Chapter 11 provides an opportunity for real life application of the knowledge acquired in previous chapters.
- Relate to the core mission and purpose of T.R.A.I.L.!
- Be completed for each round of T.R.A.I.L. curriculum implementation.
- Benefit the community! T.R.A.I.L. knowledge is meant to be shared with others.



Planning Your Project

Planning your community service project will begin in Chapter 6 of the T.R.A.I.L. curriculum. Participants will have the opportunity to brainstorm how they can contribute to making their community a healthier place. Discuss what the project will entail as participants discuss their project and form a plan of action. Specific roles and responsibilities for participants should be defined while planning to ensure the project is completed. Here are questions to ask yourself, related staff, and participants during the planning process:

- How will we connect T.R.A.I.L. concepts with community service?
- Will I need to get pre-approval from anyone for the project?
- What accomplishments would make this project a success?
- How do we ensure participants are engaged and excited about participating in the project?
- Is there an existing event or partners in the community that would be an asset to our project?

Reflecting on Success

Once your T.R.A.I.L. team has completed your community service project, take a few moments with the participants to reflect on the experience. Here are some possible discussion questions:

- What was your favorite part of the community service project and why?
- Why is sharing about T.R.A.I.L. important and how did it feel to share T.R.A.I.L. lessons with the community?
- How can we all work together to prevent type 2 diabetes in the future?

For questions about your program's community service project, contact trail@firstpic.org or 443-302-2080.

