Plan of Action:

Thousands of Americans around the US suffer with a form of diabetes and 79,000,000 people in the US have pre-diabetes. Diabetes is a chronic disease that affects the sugar levels in a person's body. There are 3 types of diabetes: Type 1 (juvenile diabetes), Type 2, and Type 3 (gestational diabetes). If not managed, diabetes can cause many body complications. This includes a high risk for stroke and heart attack. It can cause nerve damage which can lead to blindness and limb numbness. Continuous high sugar levels can cause a diabetic coma or even death. Pre-diabetes puts a person at high risk for developing diabetes in the soon future. Because of the dangers of diabetes, it is important for people to be aware and know more about it besides "it comes from eating too much candy.” A main goal for many of the social movements in the 1960s and 70s was to bring awareness about certain problems in the USA. To do this, they had information tables, teach-ins, posters and other forms of protests like sit-ins. Diabetes awareness and the social movements of the 1960s and 70s both have a goal for bringing consciousness to people about a problem.

Our TAP project doesn't just have a goal like the 1960s movements, but also tactics. The Free Speech Movement had information tables to inform people about the unfairness of campus rules. The Chicano Movement pasted posters around to fight against racial discrimination. We want to do Diabetes Awareness to help more people understand the disease and educate people on ways that they can be healthy and diabetic friendly. To do this, one of our tactics will be an info/bake sale table near the Montclair Farmer's Market. Through this method different people can learn about diabetes and how to be diabetic friendly through pamphlets, posters, and diabetic friendly desserts. All of the money earned by the bake sale will be donated to the American Diabetes Association. A small contribution is a step closer to a cure. Another tactic we will use is putting up posters and passing out pamphlets at school.
This will spread awareness to students and school staff. To make sure that people learned something new, there will be little surveys asking what people learned. Our tactics require 2 or more people because one person wouldn’t be enough to spread the word about diabetes to a reasonable amount of people. Also it would be difficult for one person to make their own desserts and posters for a bake sale.

Since there are only two people working on diabetes awareness, the work is evenly divided in have so that the workload will be fair.
Reflection

Every change starts small, which seems to be the purpose of the TAP project. Our chosen issue in society is diabetes and the steps we took to fix this problem seemed to work well under our circumstances. We chose to have a bake sale of low sugar foods and all proceeds went to the American Diabetes Association. We made almost 70$ which is not a huge amount of money, but 70$ can buy a lot of stuff. Three good shirts, 70 donuts, a pair of nice boots, 35 five dollar footlongs, and the list goes on. Hopefully that money will be put to good use battling diabetes and maybe even saving lives. During our bake sale we also passed out pamphlets which hopefully spread awareness. Another benefit of our bake sale is the fact that people may have tried low sugar, diabetic friendly foods and realized that it actually tastes pretty good. There is a saying that everyone should eat like a diabetic and I would like to think that Cassie and I are one step closer to making that saying a reality. We also had a poster campaign but people didn’t really seem to notice the posters being that the school is overflowing with them. Maybe if we expanded our area for posters and made the posters bigger than people would notice. We also surveyed people we gave our pamphlets to and each person admitted that they learned something new.

In all, I would say that the efficacy of our actions were fine for the criteria on which we are being judged. Our actions matched our goals and we had varied actions to target multiple audiences. We reached our community and our school, and we also made sure to get a little bit of feedback. We have not made any sweeping or noticeable changes, but we did something which is better than nothing. Teenagers don’t exactly have the ability to make sweeping changes because teenagers do not have the resources or power that adults have. They do not have access to authority and they do not have life skills that may be useful for making big changes. There is a reason for the saying “mother knows best”
because mothers have been around and seen it all. If we had more time maybe we could have done a series of bake sales in various locations and giving pamphlets or instructions on how to make low-sugar diabetic friendly treats. In conclusion, we did a good and thorough job on making an honest effort to better our community