

SOCIAL MEDIA CONTENT

Facebook

[You may want to substitute your local PreventT2 program URL in your Facebook posts.]

- Why do you PreventT2? For your children, your spouse, a hobby you love? Lower your risk of #type2diabetes with our PreventT2 lifestyle change program, enrolling now. For the reasons that are important to you, join PreventT2! #diabetes www.cdc.gov/PreventT2
- If you have prediabetes, preventing type 2 diabetes can start now. Sign up for PreventT2, a proven program to prevent or delay type 2 diabetes. www.cdc.gov/PreventT2 #prediabetes
- If you are 45 or older, are overweight, have a family history of type 2 diabetes, or had #diabetes while you were pregnant, you may be at risk for #prediabetes and #type2diabetes. Lower your risk with PreventT2, a proven program to prevent or delay type 2 diabetes. www.cdc.gov/PreventT2
- Type 2 diabetes is a serious disease that can lead to major health issues. Join the PreventT2 program today and learn to make lifestyle changes that can help you prevent #type2diabetes. www.cdc.gov/PreventT2
- Many people with #prediabetes who do not lose weight or do moderate physical activity can develop #type2diabetes within 5 years. In the PreventT2 program you can make changes to prevent type 2 diabetes. Enroll today. www.cdc.gov/PreventT2
- Why do you PreventT2? For the people and things that are important to you, the PreventT2 program can help you lower your risk of #type2diabetes. Enroll today, www.cdc.gov/PreventT2
- Did you know? #Type2diabetes is a serious disease. The PreventT2 program can help you prevent or delay it with healthy eating and physical activity. Find out how. Sign up today. www.cdc.gov/PreventT2
- Think of all the reasons you have to prevent #type2diabetes. For the people and things that are important to you, join PreventT2. Sign up today. www.cdc.gov/PreventT2
- Having #prediabetes puts you at higher risk of #type2diabetes. Make it a priority to lower your risk with PreventT2, a proven program to prevent or delay type 2 diabetes. www.cdc.gov/PreventT2
- Do you have #prediabetes or other risk factors for type 2 diabetes? Reduce your weight by 5 to 7 percent and reduce your risk for developing #type2diabetes. Enroll in a PreventT2 program near you. www.cdc.gov/PreventT2
- If you have #prediabetes, making modest lifestyle changes now — like eating healthier, being more physically active, and reducing stress — can help you avoid the bigger changes that come with managing #type2diabetes. Enroll in PreventT2, a proven program to prevent or delay type 2 diabetes. www.cdc.gov/PreventT2
- Learn how joining a PreventT2 group can help reduce your risk of developing #type2diabetes. www.cdc.gov/PreventT2
- Why have you chosen to prevent #type2diabetes? www.cdc.gov/PreventT2

Social Media Content (continued)

- Trying to make healthy lifestyle changes to prevent #type2diabetes? Don't do it alone. With the PreventT2 lifestyle change program, your trained lifestyle coach and fellow participants will encourage you. www.cdc.gov/PreventT2
- Stay healthy and keep doing what you love. Join PreventT2 today to lower your risk for #type2diabetes. For the reasons that are important to you, join PreventT2. www.cdc.gov/PreventT2
- Find the support you need to make lasting lifestyle changes and prevent #type2diabetes. Make a change today — with the PreventT2 program. www.cdc.gov/PreventT2
- One out of every three American adults has #prediabetes, and most of them don't even know it. Want to learn how to reduce your risk of #type2diabetes? Start by learning more about our #PreventT2 program! www.cdc.gov/PreventT2
- Our #PreventT2 program can help you lower your risk of type 2 diabetes — and have fun doing it. www.cdc.gov/PreventT2

Twitter

[You may want to substitute your local PreventT2 program URL in these tweets.]

- Why do you prevent type 2 diabetes? #PreventT2, a proven program, can help you lower your risk of #type2diabetes. www.cdc.gov/PreventT2
- #Prediabetes puts you at higher risk of #type2diabetes. The #PreventT2 program can help. www.cdc.gov/PreventT2
- Have prediabetes? For the reasons that are important to you, join #PreventT2! #type2diabetes www.cdc.gov/PreventT2
- We all want to stay healthy for a long time. Prevent #type2diabetes with the #PreventT2 program. Enroll today! www.cdc.gov/PreventT2
- Reply to this tweet and let us know why you prevent #type2diabetes. #PreventT2 www.cdc.gov/PreventT2
- Lower your risk of #type2diabetes — join #PreventT2 in your community. www.cdc.gov/PreventT2
- Want help to reduce your risk of #type2diabetes? Start with the #PreventT2 program! www.cdc.gov/PreventT2
- You can prevent #type2diabetes! Sign up for the PreventT2 Lifestyle Change Program near you. www.cdc.gov/PreventT2
- 1 in 3 American adults has #prediabetes. Are you one of them? The #PreventT2 program can help. www.cdc.gov/PreventT2
- Eating healthier and being more active can prevent or delay #type2diabetes. Learn more at www.cdc.gov/PreventT2.
- Get the support you need to prevent #type2diabetes. Join a PreventT2 group. www.cdc.gov/PreventT2
- Prevent #type2diabetes and have fun doing it — with the PreventT2 program. www.cdc.gov/PreventT2