

Summer – Healthy Family Fun

Drop-In Article

***To Use:** Add context and personality to this article by identifying a participant in your lifestyle change program who is spending time with family this summer. Once you’ve filled in the article, you can post it to your organization’s website, publish it in your organization’s newsletter, and/or send it to a local newspaper or magazine.*

This Summer, Make Health a Family Focus

For many families across the country, warm weather means time spent with family – whether it’s backyard cookouts, picnics at the park, family vacations, or even family get-togethers over Zoom! These events are a time for families to reconnect and reflect on traditions. Family functions are also a time to talk about family health.

In the United States, all too often a family’s health history includes prediabetes and type 2 diabetes. Prediabetes is a condition that affects 96 million American adults – more than 1 in 3 – and means that a person’s blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis.

Prediabetes affects some communities more than others. [Insert one of the stats below here:

For example, 34.5% of Hispanics and Latinos have prediabetes.

For example, 39.2% of African Americans have prediabetes.

For example, American Indians and Alaska Natives are twice as likely to be diagnosed with type 2 diabetes when compared to the rest of the population.

For example, Asian Americans are 10% more likely to be diagnosed with type 2 diabetes when compared to the rest of the population. What’s more, they are at risk for diabetes at a lower body mass index – a ratio of height to weight – than other Americans.] The good news is prediabetes can often be reversed with a healthy diet and more physical activity.

When spending time with family this summer, think about ways you can get healthier together. Here are some ideas to help you get started:

- **Prepare healthier food for barbeques and picnics.** It’s not summer without backyard barbeques and cookouts! Serve healthy options such as fruits, vegetables, and low-sugar and low-calorie beverages.
- **Check out farmers’ markets and make trips to “pick-your-own” farms and orchards.** Kids may be more likely to try new foods they pick themselves. Plus, the whole family can get in more activity.
- **Get the family moving.** Head outside for a game of soccer, basketball, softball, or kickball. Or just go for a good, brisk family walk. Or stay inside and play an active video game or have a dance party. If your family goes on vacation, incorporate opportunities to walk to, around, or between sites.
- **Create a family health buddy program.** Accountability works. Encourage family members to pick a “health buddy” who they can talk to when they feel like they’re slipping into unhealthy behaviors or when they want to celebrate a health win. Texting a family member after completing a workout or when a dessert craving hits can



be just what they need to stay on track.

- **Start a conversation about prediabetes and type 2 diabetes.** It's not always easy to bring up a topic like prediabetes, but it sure is important – more than 80% of people with prediabetes don't even know they have it. Encourage your family members to find out if they might have prediabetes by taking a one-minute risk test at cdc.gov/prediabetes/takethetest. If they find out they have prediabetes, encourage them to learn more about a program like [name of program], [part of the CDC's National Diabetes Prevention program OR a CDC-recognized lifestyle change program]. At [name of program], participants can learn ways to lower their chances for getting type 2 diabetes.

[Note: If you are offering your lifestyle change program virtually or through distance learning, consider adding something like the following: Through our virtual National Diabetes Prevention Program (National DPP) lifestyle change program, you can connect with a coach online who can help you to eat healthier, exercise more, and reduce stress. Through the program, you'll also work with other program participants who can support you on your journey. You can sign up and learn more at...]

Summer is a time to have fun with family, but it's also a time to help take care of them. Encourage family members at risk for type 2 diabetes to understand their risk and learn that they can prevent or delay it if they take steps to change their lifestyle. Help them get started today!

Sample E-Newsletter Copy

To Use: The following can be used as a guide for promoting the program in the summer as part of family-themed content in online e-newsletters, specifically through email distribution. Consider placements in a community newsletter, local health care provider or network newsletter, or faith-based newsletter.

This Summer, Make Health a Family Focus

For many families across the country, warm weather means time spent with family – whether it's backyard cookouts, picnics at the park, family reunions, family vacations or even family get-togethers over Zoom! These events are a time for families to reconnect and reflect on traditions. Family functions are also a time to talk about family health.

In the United States, all too often a family's health history includes prediabetes and type 2 diabetes. Prediabetes is a condition that affects 96 million American adults – more than 1 in 3 – and means that a person's blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. The good news is prediabetes often can be reversed with a healthy diet and more physical activity.

When spending time with family this summer, think about ways you can get healthier together. Here are some ideas to help you get started:

- **Prepare healthier food for barbeques and picnics.** Think about healthier options you can contribute to family meals such as fruits, vegetables, and low-sugar and low-calorie beverages.
- **Get the family moving.** Add a family soccer, basketball, softball, or kickball game to the day's activities. Incorporate a dance contest or crank up the music and share some new line dances. Or just go for a good, brisk family walk.
- **Create a family health buddy program.** Accountability works. Encourage family members to pick a "health buddy" who they can talk to or text when they feel like they're slipping into unhealthy behaviors or when they want to celebrate a health win.
- **Start a conversation about prediabetes and type 2 diabetes.** It's not always easy to bring up a topic like prediabetes, but it sure is important – more than 80% of people with prediabetes don't even know they have it. Encourage your family members to find out if they might have prediabetes by taking a one-minute risk test at cdc.gov/prediabetes/takethetest. If they find out they have prediabetes, encourage them to learn more about a program like [name of program], [part of the CDC's National Diabetes Prevention program OR a CDC-recognized lifestyle change program]. At [name of program], participants can learn ways to lower their chances for getting type 2 diabetes.

[Note: If you are offering your lifestyle change program virtually or through distance learning during this time, consider adding something like the following: Through our virtual National Diabetes Prevention Program (National DPP) lifestyle change program, you can connect with a coach online who can help you to eat healthier, exercise more, and reduce stress. Through the program, you'll also work with other program participants who can support you on your journey. You can sign up and learn more at...]

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PSA Live Announcer Script (:30)

To Use: You can send this 30-second PSA script to a local radio station and ask the station manager to have a DJ record it, read it before an event, record it for their telephone system, and/or record it and share the recording with local pharmacies.

Option 1

Summer is for spending time with family! That means it's also a time to talk with family members about their health. Help your family learn how to adopt healthier lifestyles and take charge of their health. Encourage your family members to take the one-minute test at cdc-dot-gov-slash-prediabetes-slash-take-the-test to learn if they might have prediabetes. The best part is it only takes 60 seconds. You can prevent or delay type 2 diabetes.

[Consider replacing cdc-dot-gov-slash-prediabetes-slash-take-the-test with your grantee or affiliate website if you have the prediabetes risk test there.]

Option 2

Summer is for spending time with family! If your family has a history of type 2 diabetes, you may be at risk. Now is the time to adopt healthier lifestyles and take charge of your health. Take the one-minute test at cdc-dot-gov-slash-prediabetes-slash-take-the-test to learn if you might have prediabetes. The best part is it only takes 60 seconds. Change your family tree's future health—it can start with you. You can prevent or delay type 2 diabetes.

[Consider replacing cdc-dot-gov-slash-prediabetes-slash-take-the-test with your grantee or affiliate website if you have the prediabetes risk test there.]

Healthy Family Fun Social Media Copy

To Use: You can use the following social media post copy with images to promote your family-themed lifestyle change information on Facebook, Instagram, and Twitter. Photos are available for download in the National DPP Customer Service Center.

Post Copy
Does type 2 diabetes run in your family? Find out if you may have prediabetes. Take the prediabetes risk test at cdc.gov/prediabetes/takethetest. Spanish ¿Alguien en tu familia ha tenido diabetes tipo 2 antes? Entérate si es posible que tengas prediabetes. Hazte la evaluación de riesgo de la prediabetes en doihaveprediabetes.org/es.
Summer is for spending time with family! That means it’s also a time to talk with family members about their health. Help them learn how to take charge of their health. Encourage your family members to take the prediabetes risk test at cdc.gov/prediabetes/takethetest. Spanish ¡El verano es para pasar tiempo con la familia! Eso significa que también es tiempo de hablar con tus familiares sobre su salud. Ayúdalos a aprender cómo pueden cuidar mejor su salud. Motiva a tus familiares a hacerse la evaluación de riesgo de la prediabetes en doihaveprediabetes.org/es.