

December– Give the Gift of Good Health

Drop-in Article

To use: You can post this article to your organization's website, publish it in your organization's newsletter, and/or send it to a local newspaper or magazine. Fill in the yellow highlighted portions with details specific to your organization.

This Holiday Season, Give the Gift of Good Health by Preventing or Delaying Type 2 Diabetes

Looking for the perfect gift this holiday season? Why not give yourself and your loved ones the gift of good health! By making changes – like eating better and being more physically active – you can prevent or delay type 2 diabetes and have many more years to make memories with your family.

Type 2 diabetes is a serious disease that can lead to other health conditions such as heart disease, vision loss, and kidney disease. One in three Americans has prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems show up.

The good news is that prediabetes can often be reversed by making lifestyle changes. As you plan for the holidays this year, think about how you and your family can fit some healthy habits into your celebrations. For example, you can:

- **Add a new healthy recipe to your holiday meal.** In addition to your traditional recipes, try adding a new appetizer or side dish that includes vegetables. And for those family favorites that just can't be missed, swap in some healthier ingredients or serve smaller portion sizes. You can find some helpful tips and suggestions [here](#).
- **Try a festive activity that gets the whole family up and moving.** Whether it's enjoying a walk through your neighborhood to look at holiday decorations, having a family snowball fight, or playing an active game like charades, there are many ways you can make time to be active and have fun as a family.

This year, let healthy lifestyle changes bring comfort and joy to your holidays. But don't stop there – better health is the gift that keeps on giving! [Name of program], part of CDC's National Diabetes Prevention Program, offers [virtual classes or classes in name of city/town] that can help you learn more about how to get and stay healthier, and reduce your risk of developing type 2 diabetes. In the program, participants work in a group with a trained lifestyle coach to learn how to make long-term changes.

Are you at risk for prediabetes?

You're at risk for both prediabetes and type 2 diabetes if you:

- Are 45 years of age or older.
- Have overweight or obesity.
- Have a parent or sibling with type 2 diabetes
- Have non-alcoholic fatty liver disease
- Are physically active less than three times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds
- Are an African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islander people and Asian American people also have a higher risk.

To find out if you are at risk, you can take a 1-minute prediabetes risk test at <https://www.cdc.gov/prediabetes/risktest/index.html>.



[Name of program] meets [include information about when and where the program meets, including whether it's virtual, online, or in-person]. [Number of local participants] have already completed the lifestyle change program and [name of program] is working to [enroll more or open new program sites, etc. as relevant to organization objectives].

For more information, visit [website] and give yourself and your family the gift of good health by preventing type 2 diabetes!

Sample E-Newsletter Copy

To use: The following e-newsletter copy can be used to promote the program in online e-newsletters and email blasts. Consider placements in a community, local health care provider, or network newsletter.

Subject: This Holiday Season, Give Yourself the Gift of Good Health

Looking for the perfect gift this holiday season? Why not give yourself and your loved ones the gift of good health! By making changes – like eating better and being more physically active – you can prevent or delay type 2 diabetes and have many more years to make memories with your family.

Type 2 diabetes is a serious disease that can lead to other health conditions such as heart disease, vision loss, and kidney disease. One in three Americans has prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. To find out if you are at risk, you can take a 1-minute prediabetes risk test at <https://www.cdc.gov/prediabetes/risktest/index.html>.

The good news is that prediabetes can often be reversed by making lifestyle changes. As you plan for the holidays this year, think about how you and your family can fit some healthy habits into your celebrations. For example, you can add a new healthy recipe to your holiday meal or swap in some healthier ingredients in a family favorite. A festive activity can get the whole family up and moving, so try enjoying a walk outside to look at holiday decorations in your neighborhood, having a family snowball fight, or playing an active game like charades.

This year, let healthy lifestyle changes bring comfort and joy to your holidays. But don't stop there – better health is the gift that keeps on giving! [Name of program], part of CDC's National Diabetes Prevention Program, offers [virtual classes or classes in name of city/town] that can help you learn more about how to get and stay healthier, and reduce your risk of developing type 2 diabetes. In the program, participants work in a group with a trained lifestyle coach to learn how to make long-term changes.

For more information, visit [website] and give yourself and your family the gift of good health by preventing type 2 diabetes!



Social Media Posts

To use: You can use the following social media post copy and images on Facebook, Instagram, and Twitter to promote getting healthy during the holidays. You may want to include the hashtag #HealthForTheHolidays in the post. Photos, including those that are customizable where you can add your own website URL and logo, are available for download on the National DPP Customer Service Center.

Post Copy	Recommended Image
Looking for the perfect gift this holiday season? Give yourself and your loved ones the gift of good health by preventing or delaying type 2 diabetes. Add a healthy recipe to your holiday meal or get up and move as a family with a festive activity. Learn more skills for better health at [insert program website].	 NATIONAL DIABETES PREVENTION PROGRAM CDC.gov/diabetes/prevention  NATIONAL DIABETES PREVENTION PROGRAM CDC.gov/diabetes/prevention





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Bring comfort and joy to your holidays by making healthy lifestyle changes that can prevent or delay type 2 diabetes. You can start today by taking the prediabetes risk test to find out if you are at risk: <https://www.cdc.gov/prediabetes/risktest/index.html>.



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