



Marketing and Recruitment for the National DPP: June Men's Health Promotional Materials
Health Equity Resources: June Men's Health Promotional Materials
[as of 2025/08/08]

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Resource Summary: June is Men's Health Month, and we encourage all men to talk to their doctors about their risk for developing type 2 diabetes. Help spread awareness about preventing type 2 diabetes by accessing the June Men's Health Month resources below.

[Cataloger's Note: The images named and linked below, and described on the pages following these tables, are all available in the attached Zip folder, found in the Supporting Files section of this record. Accessed and downloaded on 2026/01/27. These tables are copied exactly as they are found at the Page URL listed above. Minor table formatting has occurred below, but no intellectual content has been altered. Some resources are available in both English and Spanish.]

Resource Type	Resource Description	English	Spanish
Job Aid	Job Aids for June Men's Health Month including a drop-in article, link to prediabetes risk test, and 4 social media images	• Job Aid 1 • Job Aid 2	• Job Aid 2

Social Media Posts	Can be posted on social media channels used to spread awareness for June Men's Health Month	• Image 1 • Image 1 (Customizable) • Image 2 • Image 2 (Customizable) • Image 3 • Image 3 (Customizable) • Image 4 • Image 4 (Customizable)	• Image 1 • Image 1 (Customizable) • Image 2 • Image 2 (Customizable) • Image 3 • Image 3 (Customizable) • Image 4 • Image 4 (Customizable)
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June – Men’s Health Month (Tom’s Story)

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. Photos are available for download on the National DPP Customer Service Center

Celebrate Men’s Health Month by Prioritizing Your Health

June is Men’s Health Month, and we encourage all men to talk to their doctors about their risk for developing type 2 diabetes. When Tom Triscari visited his doctor for a yearly checkup in December 2019, he didn’t know what an A1c level meant. He soon learned it measures your blood sugar levels over the past 3 months, and his were higher than normal, meaning he was at risk for developing type 2 diabetes.



Tom is back in his uniform after 25 years, thanks to his success with CDC’s National DPP lifestyle change program.

Tom says his doctor encouraged him for years to make healthy food choices, but it was hard for him to follow through on the suggestion. He recalls frequent visits to a favorite restaurant with his coworkers where “the portions were crazy, and the bread was wonderful.”

Though wonderful, these more processed foods—and others high in sugar, fat, and salt—caused some health problems for Tom, including weight gain, high blood sugar, and prediabetes. At the suggestion of his doctor, he enrolled in the Centers for Disease Control and Prevention’s (CDC) National Diabetes Prevention Program (National DPP) lifestyle change program like the one offered by [\[insert name of your organization\]](#).

The lifestyle change program connects participants—many of whom are men like Tom—to a Lifestyle Coach who helps them learn to eat healthier, exercise more, and manage stress to reduce their risk of developing type 2 diabetes. The goal is to improve participants’ health so they can be there for what matters most in life, like staying strong for work, spending time with family, and enjoying hobbies.

As a former military serviceman, Tom always enjoyed exercise, and the program helped him make physical activity a priority and get back into a healthier routine. With the help of his coach, he set goals to get moving and lose weight.

“Because of the program, I have exercised for at least 30 minutes for more than 350 consecutive days. It’s crazy!” he says, laughing about how competitive he can get with himself and how he doesn’t want to break his streak.



Tom shares that his Lifestyle Coach, Lori, and the positive peer support from other participants really motivated him to reach his personal health and activity goals.

“Having a weekly meeting is both supportive and holds you accountable,” he says. “Having to report back not just to Lori but also to your peers—it’s peer pressure in a positive way.”

For Tom, the benefits of the program were obvious. He was able to lower his blood sugar levels, lose 35 pounds, exercise more regularly, and consistently add more fruits and vegetables to his diet. Tom was even able to fit back into his military uniform after 25 years, which to him was the most meaningful reward of all.

“It’s the complete program that makes the difference,” he says. “It’s not just about exercise. It’s about understanding what’s good to eat and all the stuff that comes up with stress and how to take care of your heart.”

What better way to celebrate Men’s Health Month than to learn how the lifestyle change program, such as [name of organization], could support your health! Learn how to get active and eat healthier so you can continue to do what you love without worrying about health problems from prediabetes slowing you down. We hold sessions [insert information about classes, times, virtual vs. in person, etc.] with trained Lifestyle Coaches to help you reach your goals.

In June, we especially celebrate the men in our lives, though we are grateful for them every day. Reducing your risk for type 2 diabetes helps your family and friends enjoy time with you for many years to come.

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 newsletter, local health care provider or network newsletter, and/or faith-based newsletter.

Subject: Celebrate Men’s Health Month With [Name of organization]

When Tom Triscari visited his doctor in 2019, he didn’t know what an A1c (blood sugar) level was or that his was higher than normal. Favorite foods like bread and pasta caused him to gain weight and develop prediabetes, putting him at risk for developing type 2 diabetes in the future.

This Men’s Health Month, we recognize that a lot of men are just like Tom. Tom knew something had to change, so he enrolled in a lifestyle change program delivered by the Centers for Disease Control and Prevention’s (CDC) National Diabetes Prevention Program (National DPP), like the one offered by [name of organization].

Want to get started with a healthier lifestyle? The lifestyle change program can support you:

- **Set activity goals to get moving.** As a former military servicemember, Tom always enjoyed exercise, and the program helped him make it a priority again. A Lifestyle Coach can help you set reasonable goals and learn to be more active.



- **Find ways to eat healthier.** Tom was used to eating large portions at restaurants with his coworkers, but his Lifestyle Coach taught him how to make small changes to eat healthier. Try eating less processed foods high in sugar, fat, and salt. And look to swap sides of bread and potatoes for vegetables or a salad.
- **Motivate you to stick to healthy habits.** Tom credits his Lifestyle Coach, Lori, and his fellow program participants for his success. If you've got prediabetes and struggled to get healthy on your own, it's time to enroll in the lifestyle change program. You work hard to provide for those you love; let the program help you achieve your health goals.

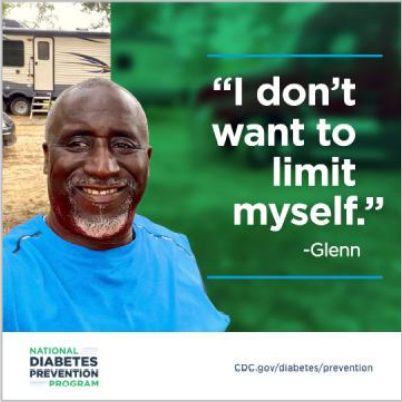
For Tom, the benefits of the lifestyle change program were obvious. He was able to lower his blood sugar levels, lose 35 pounds, and even fit back into his military uniform after 25 years, which, to him, was the most meaningful reward of all.

Want to learn how to eat healthier, get more active, and manage stress for yourself? Read more at [\[link to program website\]](#).



Social Media Copy and Images

To use: You can use the following social media post copy and images on Facebook, Instagram, and Twitter. Photos are available for download on the National DPP Customer Service Center

Post Copy	Recommended Image
For Tom, a healthier lifestyle meant fitting into his uniform again. When you sign up for CDC's National Diabetes Prevention Program lifestyle change program, you can learn how to make changes to prevent or delay type 2 diabetes. Learn more at [insert link to program website].	 A social media image featuring a man in a military uniform standing in front of a forest. The text on the image reads: "I fit into my uniform again after 25 years." -Tom. At the bottom left is the logo for the National Diabetes Prevention Program, and at the bottom right is the URL CDC.gov/diabetes/prevention.
Glenn wants to make sure he enjoys retired life as much as possible. He signed up for CDC's National Diabetes Prevention Program lifestyle change program to learn to prevent or delay type 2 diabetes—and lost more than 35 pounds! Learn more at [insert link to program website].	 A social media image featuring a smiling man in a blue t-shirt. The text on the image reads: "I don't want to limit myself." -Glenn. At the bottom left is the logo for the National Diabetes Prevention Program, and at the bottom right is the URL CDC.gov/diabetes/prevention.

This Men's Health Month, get healthier for you—and those you love. When you sign up for CDC's National Diabetes Prevention Program lifestyle change program, you can get personalized coaching to help prevent or delay type 2 diabetes. Learn more at [\[insert link to program website\]](#).



Enjoy more special moments with the people you care about. When you sign up for CDC's National Diabetes Prevention Program lifestyle change program, you'll learn strategies to help prevent or delay type 2 diabetes. Learn more at [\[insert link to program website\]](#).



June – Men’s Health Month

Drop-In Article

To Use: Fill in the article below with success stories from men who participate in your lifestyle change program (e.g., men who come on their own, together, after work, etc.). 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.

Men’s Health Month Is For You!

June is Men’s Health Month. Sure, nowadays there’s a month for everything – but this one is for you! Take some time to think about your health and schedule a yearly checkup with your doctor. It’s easy to take your health for granted, especially when things are busy, but there is something you can do now, today, to get a sense of how healthy you are. The best part is you don’t even need to leave your house to do it. All you have to do is take a 1-minute online test to learn if you might have prediabetes.

Prediabetes is a condition that affects 96 million Americans – or 1 in 3 people – and it means that a person’s blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. Men are more likely to have prediabetes than women, which means it’s important for you to know your risk – and for your buddies to know their risk too. The good news is prediabetes can often be reversed with a healthier diet and more physical activity.

To take the 1-minute test, visit cdc.gov/diabetes/risktest. You’ll be asked a few simple questions about your health, such as how active you are, whether you have a family history of diabetes, and how much you weigh. Then the website will tally your points and tell you whether you’re likely to have prediabetes and be at high risk for type 2 diabetes.

Of course, if you find out you have a high-risk score, you’ll want to make that appointment with your doctor. But for now, just taking the test can let you know where you stand.

If you do have prediabetes, your doctor might refer you to 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], you can learn ways to lower your chances for getting type 2 diabetes. [Insert quote here from a male lifestyle change program coach or participant. It should focus on why it’s important for men to learn their risk for prediabetes and take the necessary steps to prevent or delay a type 2 diabetes diagnosis. Feel free to add personal examples or details.]

This month is for you! Take the one-minute prediabetes risk test at cdc.gov/diabetes/risktest. And tell a buddy or two to do the same.



Sample E-Newsletter Copy

To Use: The following can be used as a guide for promoting the program in June during Men's Health Month 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.

Men's Health Month Is For You!

Nowadays it seems like there's a month for everything – but this month is for you! June is Men's Health Month, the perfect time to make an appointment with your doctor. It's easy to take your health for granted, but there is something you can do now, today – take a quick online test to learn if you might have prediabetes.

Prediabetes is a condition that affects 96 million Americans – or 1 in 3 people – and it means that a person's blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. Men are more likely to have prediabetes than women, which means it's important for you to know your risk – and for your buddies to know their risk too. The good news is prediabetes can often be reversed with a healthier diet and more physical activity.

Take the risk test

To take the 1-minute test, visit cdc.gov/diabetes/risktest. You'll be asked a few simple questions about your health such as how active you are, whether you have a family history of diabetes, and how much you weigh. Then the website will tally your points and tell you whether you're likely to have prediabetes and be at high risk for type 2 diabetes.

Of course, if you find out you have a high-risk score, you'll want to make that appointment with your doctor. But for now, just taking the test can let you know where you stand. If you do have prediabetes, your doctor might refer you to 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], you can learn ways to lower your chances for getting type 2 diabetes.

This month is for you! Take the one-minute prediabetes risk test at cdc.gov/diabetes/risktest. And tell a buddy or two to do the same.



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.

June is Men's Health Month, and there's one important thing you can do now, today, to take charge of your health – take a one-minute test at cdc-dot-gov-slash-diabetes-slash-risk-test to learn if you might have prediabetes. The best part is it only takes you 60 seconds. If you find out you might have prediabetes, make an appointment with your doctor to learn what you can do to prevent or delay type 2 diabetes.

[Consider replacing cdc-dot-gov-slash-diabetes-slash-risk-test with your program website if you have the prediabetes risk test there.]



Men's Health Month Social Media Copy

To Use: You can use the following social media post copy with images to promote Men's Health Month on Facebook, Instagram, and Twitter. If posting on Instagram and Twitter, you may want to incorporate the hashtag #MensHealthMonth within the post copy.

Post Copy
Got a minute? That's all it takes to complete the prediabetes risk test. Find out if you might have prediabetes today at cdc.gov/diabetes/risktest. Spanish: ¿Tienes un minuto? Eso es todo lo que necesitas para completar la evaluación de riesgo de la prediabetes. Entérate hoy si es posible que tengas prediabetes en cdc.gov/diabetes/spanish/risktest.
We get it, you're a busy guy. Maybe you're not too focused on your health. But did you know 1 in 3 Americans has prediabetes? Visit cdc.gov/diabetes/risktest to find out if you might have prediabetes today. Spanish: Lo entendemos, estás muy ocupado. Tal vez no estés muy enfocado en tu salud. Pero, ¿sabías que 1 de cada 3 americanos tiene prediabetes? Visita cdc.gov/diabetes/spanish/risktest hoy para saber si es posible que tengas prediabetes.
Nowadays there is a month for everything – but this month is for you! For Men's Health Month, take some time to think about your health and learn if you might have prediabetes by taking the prediabetes risk test at cdc.gov/diabetes/risktest. Spanish: Es el Mes de la Salud del Hombre. Toma este tiempo para pensar en tu salud y aprender si es posible que tengas prediabetes al hacerte la evaluación de riesgo de la prediabetes en cdc.gov/diabetes/spanish/risktest.
You probably remember to change the oil and check the tires, but when is the last time you checked in on your health? Men's Health Month is the perfect time to learn if you might have prediabetes. Visit: cdc.gov/diabetes/risktest. Spanish: Probablemente te acuerdes de cambiar el aceite del carro y de verificar los neumáticos. Pero, ¿cuándo fue la última vez que verificaste cómo estás de salud? El Mes de la Salud del Hombre es el momento perfecto para aprender si es posible que tengas prediabetes. Visita: cdc.gov/diabetes/spanish/risktest.
You and your buddies do everything together. You never miss a game or a night out. So why not do something together for your health? Learn whether you might have prediabetes today. cdc.gov/diabetes/risktest.
Do your dad a favor. Help him stop type 2 diabetes before it starts. Encourage him to learn if he might have prediabetes today at cdc.gov/diabetes/risktest. Spanish: Haz algo por tu papá. Ayúdalo a tomar acción para evitar la diabetes tipo 2 antes de que empiece. Motívalo a que aprenda si es posible que tenga prediabetes en cdc.gov/diabetes/spanish/risktest.

Junio – Mes de la Salud del Hombre (la historia de Tom)

Artículo listo para publicación

Para usar: puede subir este artículo a la página web de su organización, publicarlo en el boletín informativo de su organización o enviarlo a un periódico o revista local. Las imágenes están disponibles para descargar en el Centro Nacional de Atención al Cliente de DPP.

Celebre el Mes de la Salud del Hombre priorizando su salud

Junio es el Mes de la Salud del Hombre, y animamos a todos los hombres a que hablen con sus médicos sobre su riesgo de presentar diabetes tipo 2. Cuando Tom Triscari visitó a su médico en diciembre del 2019 para un chequeo anual, no sabía lo que significaba un nivel de A1c. Pronto aprendió que este mide los niveles de azúcar en la sangre durante los últimos 3 meses. Y el suyo era más alto de lo normal, lo que significaba que estaba en riesgo de presentar diabetes tipo 2.



Después de 25 años, Tom viste nuevamente su uniforme gracias a su éxito con el programa de cambio de estilo de vida del National DPP de los CDC.

Tom dice que su médico le aconsejó durante años que eligiera alimentos saludables, pero fue difícil para él seguir la recomendación. Recuerda las frecuentes visitas a su restaurante favorito con sus compañeros de trabajo donde "las porciones eran inmensas y el pan era una maravilla".

Aunque maravillosos, estos alimentos más procesados —y otros altos en azúcar, grasa y sal— causaron algunos problemas de salud para Tom, como aumento de peso, alto nivel de azúcar en la sangre y prediabetes. Por sugerencia de su médico, se inscribió en un programa de cambio de estilo de vida del Programa Nacional de Prevención de la Diabetes (National DPP), de los Centros para el Control y la Prevención de Enfermedades (CDC), como el ofrecido por [ponga el nombre de su organización].

El programa de cambio de estilo de vida conecta a los participantes, muchos de los cuales son hombres como Tom, con un instructor de estilo de vida que los ayuda a aprender a comer más saludable, a hacer más ejercicio y a manejar el estrés para reducir su riesgo de presentar diabetes tipo 2. La meta es mejorar la salud de los participantes para que puedan estar presentes en lo que importa más en la vida, como mantenerse fuertes para trabajar, pasar tiempo con la familia y disfrutar de pasatiempos.

Como exmilitar, Tom siempre disfrutó del ejercicio, y el programa lo ayudó a hacer de la actividad física una prioridad y volver a una rutina más saludable. Con la ayuda de su instructora, se fijó metas para hacer ejercicio y perder peso.



"Debido al programa, he hecho por lo menos 30 minutos de ejercicio durante más de 350 días consecutivos. ¡Es una locura!", dice, riendo de lo competitivo que puede llegar a ser consigo mismo y de cómo no quiere romper su racha.

Tom dice que su instructora de estilo de vida, Lori, y el apoyo positivo de otros participantes realmente lo motivaron a alcanzar sus metas personales de salud y actividad.

"Tener una reunión semanal sirve de apoyo y a la vez te hace responsable", dice. "Tener que informar no solo a Lori, sino también a tus compañeros... es tener la presión del grupo de una manera positiva".

Para Tom, los beneficios del programa fueron obvios. Pudo bajar sus niveles de azúcar en la sangre, perder 35 libras, hacer ejercicio más regularmente y añadir más frutas y verduras a su dieta consistentemente. Tom incluso pudo vestir su uniforme militar de nuevo después de 25 años, lo que, para él, fue la recompensa más significativa de todas.

"Es el programa completo lo que marca la diferencia", dice. "No se trata solo de ejercicio. Se trata de entender lo que es bueno para comer y todas las cosas que ocurren con el estrés y cómo cuidar de tu corazón".

¡Qué mejor manera de celebrar el Mes de la Salud del Hombre que aprender cómo un programa de cambio de estilo de vida, como el de [nombre de la organización], podría beneficiar su salud! Aprenda cómo empezar a hacer ejercicio y comer más saludable para que pueda seguir haciendo las cosas que le encantan sin preocuparse de que los problemas de salud causados por la prediabetes se interpongan. Tenemos sesiones [poner información sobre clases, horarios, virtuales y en persona, etc.] con instructores de estilo de vida capacitados para ayudarlo a alcanzar sus metas.

En junio, celebramos especialmente a los hombres en nuestras vidas, aunque estamos agradecidos por ellos todos los días. Reducir el riesgo de diabetes tipo 2 ayuda a su familia y amigos a disfrutar del tiempo con usted por muchos años.

Texto para boletín informativo electrónico

Para usar: el siguiente texto se puede usar para promover el programa en boletines informativos electrónicos y envíos masivos de mensajes por correo electrónico. Considere usarlo en un boletín comunitario, un boletín de proveedores de atención médica locales o de su red, o un boletín para comunidades de fe.

Asunto: Celebre el Mes de la Salud del Hombre con [nombre de la organización]

Cuando Tom Triscari visitó a su médico en el 2019, no sabía lo que era un nivel de A1c (nivel de azúcar en la sangre) o que el suyo era más alto de lo normal. Alimentos favoritos como el pan y la pasta lo hicieron aumentar de peso y presentar prediabetes, lo que lo puso en riesgo de presentar diabetes tipo 2 en el futuro.

Este Mes de la Salud del Hombre, reconocemos que muchos hombres son como Tom. Tom sabía que algo tenía que cambiar, por lo que se inscribió en un programa de cambio de estilo de vida ofrecido por el



Programa Nacional de Prevención de la Diabetes (National DPP), de los Centros para el Control y la Prevención de Enfermedades (CDC), como el ofrecido por [nombre de la organización].

¿Quiere comenzar a tener un estilo de vida más saludable? El programa de cambio de estilo de vida puede ayudarlo a hacer lo siguiente:

- **Establecer metas de actividad para comenzar a moverse.** Como exmilitar, Tom siempre disfrutó del ejercicio, y el programa lo ayudó a que fuera una prioridad de nuevo. Un instructor de estilo de vida puede ayudarlo a establecer metas razonables y aprender a ser más activo.
- **Encontrar maneras de comer más saludable.** Tom estaba acostumbrado a comer porciones grandes en restaurantes con sus compañeros de trabajo, pero su instructora de estilo de vida le enseñó a hacer pequeños cambios para comer más saludable. Trate de comer menos alimentos procesados altos en azúcar, grasa y sal. Y busque cambiar las porciones de pan y papas por verduras o una ensalada.
- **Motivarlo a seguir hábitos saludables.** Tom atribuye su éxito a su instructora de estilo de vida, Lori, y a sus compañeros en el programa. Si usted tiene prediabetes y ha luchado por su cuenta para estar saludable, es hora de inscribirse en un programa de cambio de estilo de vida. Usted trabaja arduamente para mantener a sus seres queridos; deje que el programa lo ayude a alcanzar sus metas de salud.

Para Tom, los beneficios del programa de cambio de estilo de vida fueron obvios. Pudo bajar sus niveles de azúcar en la sangre, perder 35 libras, e incluso pudo vestir su uniforme militar de nuevo después de 25 años, lo que, para él, fue la recompensa más significativa de todas.

¿Quiere aprender a comer más saludable, hacer más actividad física y manejar el estrés por sí mismo? Lea más en [enlace al sitio web del programa].



Mensajes e imágenes para las redes sociales

Para usar: puede usar los siguientes mensajes e imágenes en Facebook, Instagram y Twitter. Las imágenes están disponibles para descargar en el Centro Nacional de Atención al Cliente de DPP.

Post Copy	Recommended Image
Para Tom, un estilo de vida más saludable significaba vestir su uniforme de nuevo. Cuando te inscribes en un programa de cambio de estilo de vida del Programa Nacional de Prevención de la Diabetes, de los CDC, puedes aprender a hacer cambios para prevenir o retrasar la diabetes tipo 2. Más información en [poner enlace al sitio web del programa].	 A man in a dark blue military uniform stands in front of a green background. The text reads: "Mi uniforme me queda otra vez, después de 25 años". -Tom. At the bottom, it says: NATIONAL DIABETES PREVENTION PROGRAM and CDC.gov/diabetes/spanish/prevention.
Glenn quiere asegurarse de disfrutar de la vida de jubilado tanto como sea posible. Se inscribió en un programa de cambio de estilo de vida del Programa Nacional de Prevención de la Diabetes, de los CDC, para aprender a prevenir o retrasar la diabetes tipo 2, ¡y perdió más de 35 libras! Más información en [poner enlace al sitio web del programa].	 A man in a blue shirt smiles in front of a green background. The text reads: "No quiero limitarme". -Glenn. At the bottom, it says: NATIONAL DIABETES PREVENTION PROGRAM and CDC.gov/diabetes/spanish/prevention.

En este Mes de la Salud del Hombre, mejora tu salud por ti y por tus seres queridos. Cuando te inscribes en un programa de cambio de estilo de vida del Programa Nacional de Prevención de la Diabetes, de los CDC, puedes recibir instrucción personalizada para ayudar a prevenir o retrasar la diabetes tipo 2. Más información en [poner enlace al sitio web del programa].



Disfruta de más momentos especiales con las personas que te importan. Cuando te inscribas en un programa de cambio de estilo de vida del Programa Nacional de Prevención de la Diabetes, de los CDC, aprenderás estrategias para ayudar a prevenir o retrasar la diabetes tipo 2. Más información en [poner enlace al sitio web del programa].



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