

## 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.

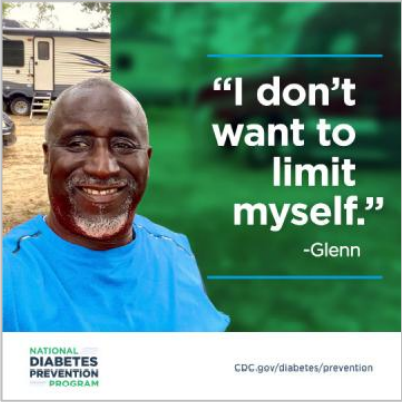
For Tom, the benefits of the lifestyle change program were obvious. He was able to lower his blood sugar levels, lose 35 pounds, and even fit back into his military uniform after 25 years, which, to him, was the most meaningful reward of all.

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                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>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 <a href="#">[insert link to program website]</a>.</p> |  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, it says "NATIONAL DIABETES PREVENTION PROGRAM" and "CDC.gov/diabetes/prevention". |
| <p>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 <a href="#">[insert link to program website]</a>.</p>  |  A social media image featuring a man in a blue t-shirt smiling. The text on the image reads: "I don't want to limit myself." -Glenn. At the bottom, it says "NATIONAL DIABETES PREVENTION PROGRAM" and "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 [\[insert link to program website\]](#).

