

November - Thanksgiving

Drop-In Article 1

***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 lifestyle change program.*

What Can You Bring to the Thanksgiving Table?

Let's Talk About Getting Active

Thanksgiving is a day filled with food, football, and great conversations with family! While you and your loved ones spend time together [safely](#) this Thanksgiving, consider talking about your family health history.

Bringing conversations about type 2 diabetes to the table is important. According to the Centers for Disease Control and Prevention (CDC), a family history of type 2 diabetes is a risk factor for prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. Discussing your family's health history is a great way to be aware of potential risks and start your journey to improving your health.

At the table, make a plan for something active you all can do together after the big meal. Physical activity is important – it can help prevent or delay type 2 diabetes. It can also help you be healthier, live longer, and spend more time having fun with your family. Encourage your family to include more physical activity during this holiday season. Remind them to get up and get moving!

Making time to add physical activity into your Thanksgiving weekend shouldn't be a big task. Start small by walking a little more or just moving around the house. Here are some helpful tips to try this Thanksgiving:

1. **Take a walk or hike before and/or after the Thanksgiving meal.** It's a great way to get some fresh air and bonding time with loved ones. It also helps with digestion!
2. **Park farther away.** When prepping for Thanksgiving, you may need to make several trips to the grocery store. This is a perfect opportunity to get moving by parking farther away from the store's entrance.
3. **Split the family into groups and do a lip-syncing dance contest.** Show off your dance moves and get the body moving while lip syncing to your favorite songs.
4. **Before the day ends, work together to clean up the house or yard to get ready for the next celebration.** You may want to just lay back and let all that tasty food sit, but this is a perfect time to get up and get moving! Play some music and dance around while you clean up the kitchen or rake up leaves.

Looking for more ways to include movement into your lifestyle? [**Name of program**], part of the CDC-led National Diabetes Prevention Program lifestyle change program, [**takes place in name of community and/or virtually**] and can help you learn more about how to add these healthy habits into your routine and reduce your risk of developing type 2 diabetes. For more information on the National Diabetes Prevention Program lifestyle change program, visit [**insert program link**].

Drop-In Article 2

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What Can You Bring to the Table This Thanksgiving?

Let's Talk About Eating Well

Thanksgiving is a time to gather around the table [safely](#) with family and friends, giving thanks and eating lots of delicious food. What you may not realize is that eating healthy during this holiday is possible! Eating healthier is one way you can boost your mood, have more energy, and prevent or delay conditions like type 2 diabetes.

Are you at risk for prediabetes?

Take a 1-minute prediabetes risk test at cdc.gov/diabetes/risktest.

According to the Centers for Disease Control and Prevention (CDC), more than 1 in 3 US adults has prediabetes over 80% of them don't know they have it. It could be you, a sibling, or an uncle who has prediabetes. Prediabetes often leads to type 2 diabetes and raises your risk for heart disease and stroke. Thanksgiving is a time to be thankful, so consider taking some time to reflect on your health and eating habits so that you can continue being thankful with your loved ones for many more years to come.

Believe it or not, there are plenty of ways to eat healthier and still enjoy your Thanksgiving favorites! Here are some helpful tips to try:

- **Make healthy food or ingredient swaps.**
 - Swap fried turkey for grilled or roasted turkey.
 - When baking, choose a healthier flour like 100% whole wheat instead of all-purpose, bleached flour.
 - Make a green bean casserole but hold the casserole. Consider lightly seasoning and cooking your greens instead of baking them into a dish with cheese, butter, and milk.
 - Add more fresh vegetables to your plate. 'Tis the season for pumpkins and squash! Think about filling your plate with mostly vegetables but remember not to dress them up with too much sauce or butter. Consider seasoning with herbs and spices instead.
 - Have fresh fruit for dessert.
- **Choose less processed foods and ingredients.** Try including more whole foods (fresh fruit, vegetables, whole grains, nuts, and legumes) instead of processed foods. For example, swap the sweet potato casserole with marshmallow topping for sweet potatoes roasted with fall spices like cinnamon and cloves.
- **More protein, lower carbohydrates.** Your body digests protein slower than carbohydrates, making you feel fuller for longer and having less impact on your blood sugar levels. Try loading up on

turkey for more protein, and when you are going to eat carbohydrates, you can make low-carb swaps like mashed cauliflower instead of mashed potatoes or a walnut-based stuffing instead of a bread-based stuffing.

- **Eat smaller portions.** Instead of skipping your favorite foods, try eating smaller portions. You can prepare food in batches of individual portions or pack up leftover food soon after you're done eating so you're not tempted to go back for more. Using a smaller plate can also help you manage portion sizes. Look at [CDC's Diabetes Meal Planning](#) for more tips on planning your portions.
- **Start a healthy recipe challenge with your family members.** Find recipes that are low in sugar, carbohydrates, fat, and/or processed ingredients and see who can make the tastiest one! You can learn new cooking techniques and get recipes from books, articles, and videos.

Thanksgiving isn't the only time you can give these ideas a try! Incorporating these healthy options as small swaps throughout the year can help you create a healthy lifestyle without having to completely give up eating the things you love. [Name of program] has lifestyle coaches from CDC's National Diabetes Prevention Program lifestyle change program that can help you learn ways to eat healthier, be more active, and make that healthy lifestyle a reality.

This program [takes place in name of community and/or virtually] and is proven to reduce participants' risk of developing type 2 diabetes by more than 50%. Through the class, participants work with a trained Lifestyle Coach and a team of fellow participants who can encourage and challenge each other along the way. [If applicable, indicate whether a spouse or family member can listen in to virtual classes to offer support.] Learn more at [insert program link].

Social Media Images & Post Copy

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
Bring conversations and questions. Ask about your family's health history to learn your risk of type 2 diabetes. If it runs in your family, join CDC's National Diabetes Prevention Program lifestyle change program to discover ways to reduce your risk. Learn more at [insert program link].	 

Bring your favorite dishes to the table, and also bring ideas on how you and your family can stay active. For tips on how to be active and prevent or delay type 2 diabetes, join CDC's National Diabetes Prevention Program lifestyle change program. Learn more at [\[insert program link\]](#)



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Serve up healthy alternatives to holiday dishes. CDC's National Diabetes Prevention Program lifestyle change program can show you how to prepare healthier versions of the traditional favorites you and your family love. For more information, visit [\[insert program link\]](#).



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