



**Marketing and Recruitment for the National DPP: Testimonial Promotional Materials**  
[as of 2025/08/08]

**Page URL:** <https://nationaldppcsc.cdc.gov/s/article/Testimonial-Promotional-Materials>

**Access Date:** 2026/01/28

**[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 English and Spanish.]

**Resource Summary:**

Testimonials from real-life participants and lifestyle coaches are powerful tools that highlight how the National Diabetes Prevention Program (National DPP) lifestyle change program is an effective - and fun - way to prevent type 2 diabetes. The following testimonial materials can be used to spread awareness on the prevention of type 2 diabetes and help organizations recruit for their lifestyle change program.

**Yusvelys' Testimonial**

These materials focus on Hispanic Federation Lifestyle Coach Yusvelys and include content to be posted to your organization's website, published in your organization's newsletter, and/or sent to a local newspaper or magazine. It also includes fillable information with details specific to your lifestyle change program.

Resource Type	Resource Description	Resource Link
Job Aid	Job Aid for Yusvelys' Testimonial including two Drop-In Articles and Social Media Copy and Images. All resources are provided in both English and Spanish.	<ul style="list-style-type: none"><li data-bbox="1535 1230 1877 1300">• <a href="#">Job Aid (English and Spanish)</a></li></ul>

### Gina's Testimonial

These materials focus on Gina and her family and include content to be posted to your organization's website, published in your organization's newsletter, and/or sent to a local newspaper or magazine. It also includes fillable information with details specific to your lifestyle change program.

Resource Type	Resource Description	Resource Link
Job Aid	Job Aid for Gina's Testimonial including a Drop-In Article and Social Media Copy and Images. All resources are provided in both English and Spanish.	<ul style="list-style-type: none"><li data-bbox="1535 386 1877 456">• <a href="#">Job Aid (English and Spanish)</a></li></ul>

### Olga's Testimonial

These materials focuses on Olga's journey in the lifestyle change program and includes content to be posted to your organization's website, published in your organization's newsletter, and/or sent to a local newspaper or magazine. It also includes fillable information with details specific to your lifestyle change program.

Resource Type	Resource Description	Resource Link
Drop-In Article	Drop-In Article for Olga's Testimonial, provided in both English and Spanish.	<ul style="list-style-type: none"><li data-bbox="1535 841 1877 911">• <a href="#">Job Aid (English and Spanish)</a></li></ul>

## Glenn's Testimonial

These materials focus on Trucker Glenn and include content to be posted to your organization's website, published in your organization's newsletter, and/or sent to a local newspaper or magazine. It also includes fillable information with details specific to your lifestyle change program.

Resource Type	Resource Description	Resource Link
Job Aid	Job Aid for Glenn's Testimonial including a Drop-In Article, Sample E-Newsletter Copy, and Social Media Copy and Images.	<ul style="list-style-type: none"><li>• <a href="#">Job Aid (English)</a></li></ul>
Infographic	Provides an overview of Glenn's tips for preventing type 2 diabetes.	<ul style="list-style-type: none"><li>• <a href="#">Infographic</a></li><li>• <a href="#">Infographic (Customizable)</a></li></ul>
Social Media Images	Can be used on social media channels to promote the prevention of type 2 diabetes and the lifestyle change program.	<ul style="list-style-type: none"><li>• Horizontal Format<ul style="list-style-type: none"><li>○ <a href="#">Image 1</a></li><li>○ <a href="#">Image 2</a></li><li>○ <a href="#">Image 3</a></li><li>○ <a href="#">Image 4</a></li><li>○ <a href="#">Image 5</a></li></ul></li><li>• Vertical Format<ul style="list-style-type: none"><li>○ <a href="#">Image 1</a></li><li>○ <a href="#">Image 2</a></li><li>○ <a href="#">Image 3</a></li><li>○ <a href="#">Image 4</a></li><li>○ <a href="#">Image 5</a></li><li>○ <a href="#">Image 6</a></li></ul></li></ul>

## **Glenn's Testimonial - Social Media Animated Graphics**

The following animated graphics provide tips on how Trucker Glenn stays healthy on the road.

### [Animated Graphic 1](#)

*Graphic Textual Content: Trucker Glenn joined CDC's National Diabetes Prevention Program lifestyle change program to prevent diabetes. Use his tips to stay healthy.*

### [Animated Graphic 2](#)

*Graphic Textual Content: Tip #1: Get active. "When I stop for gas, I do squats by the pump. Who cares if I look silly - I'm proud of myself!"*

### [Animated Graphic 3](#)

*Graphic Textual Content: Tip #2: Move during breaks. "Every 8 hours, I have a 30 minute break from driving. I set my phone timer and go for a walk."*

### [Animated Graphic 4](#)

*Graphic Textual Content: Tip #3: Grab a healthy snack. "At rest stops, I'll look for a fruit cup or another healthy snack instead of a hamburger."*

### [Animated Graphic 5](#)

*Graphic Textual Content: Tip #4: Hold yourself accountable. "I'm not perfect, but if I eat something unhealthy, I'm honest about it with my coach."*

### [Animated Graphic 6](#)

*Graphic Textual Content: Get Moving! Join CDC's National Diabetes Prevention Program lifestyle change program.*

#### **Last Modified Date**

8/8/2025 6:46 PM

#### **First Published Date**

10/19/2022 1:24 PM