**Sample Facebook Posts**

March 24 is Diabetes Alert Day. Take the Diabetes Risk Test and know your risk for type 2 diabetes. Don't forget to share the test with your friends and loved ones, too! www.diabetesnc.com

American Diabetes Association Alert Day, which is held every fourth Tuesday in March, is a one-day, “wake-up” call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. Access the test at www.diabetesnc.com

Who should participate in Diabetes Alert Day? Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under active (living a sedentary lifestyle) and over the age of 45 should consider themselves at risk for the disease. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders and people who have a family history of the disease also are at an increased risk for type 2 diabetes. Studies have shown that type 2 diabetes can be prevented or delayed by losing just 7% of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes. Find out if you’re at risk, take the test at [www.diabetesnc.com](http://www.diabetesnc.com).

**Twitter**

March 24 is #DiabetesAlertDay. Take the Diabetes Risk Test and know your risk for type 2 #diabetes. [www.diabetesnc.com](http://www.diabetesnc.com) #SpringIntoHealthNC

Today is #DiabetesAlertDay! 7 million Americans have it & don’t know it. Are you one of them? [www.diabetesnc.com](http://www.diabetesnc.com). #SpringIntoHealthNC

Did you take the risk test on #DiabetesAlertDay? It’s not too late. Visit [www.diabetesnc.com](http://www.diabetesnc.com) today. #SpringIntoHealthNC

Recognize #DiabetesAlertDay by knowing the signs and symptoms. Take the risk test today! [www.diabetesnc.com](http://www.diabetesnc.com) #SpringIntoHealthNC

7 million Americans don’t know they have diabetes. Take the risk test [www.diabetesnc.com](http://www.diabetesnc.com). #DiabetesAlertDay #SpringIntoHealthNC

#DiabetesAlertDay is the perfect time to check your risk for diabetes. Take the test at [www.diabetesnc.com](http://www.diabetesnc.com) #SpringIntoHealthNC