**American Diabetes Month**

**November 2018 / Sample Social Media Posts**

**FACEBOOK**

Increased physical activity has been shown to reduce the risk of type 2 diabetes. During American Diabetes Month, learn about the many benefits of physical activity. <http://bit.ly/1JcYsfj>

November is American Diabetes Month. Find out if you are at risk for type 2 diabetes. Visit CDC’s National Diabetes Prevention Program website and take the online quiz or print a screening test. Talk about your results with a health care professional. <http://bit.ly/2eQY249>

A healthy diet is an important part of preventing diabetes. This American Diabetes Month, learn ways to make healthy eating a part of your lifestyle. <http://bit.ly/2ewpxwG>

Health care professionals can play an important role in preventing type 2 diabetes. Find out if you are at risk for prediabetes and type 2 diabetes by taking this screening test. Talk with a health care professional. <http://bit.ly/1vAJ4PP>

**TWITTER**

November is American Diabetes Month. Learn how physical activity can reduce your risk of type 2 #diabetes. <http://bit.ly/1JcYsfj>

This American Diabetes Month, learn how patient #screening can benefit patients and health care professionals. <http://bit.ly/2e7cmUq>

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This American Diabetes Month, learn about healthy eating habits to reduce your risk of #diabetes. <http://bit.ly/2ewpxwG>

Find out if you are at risk for type 2 #diabetes by taking this quiz and talking with a health care professional. <http://bit.ly/1MF2q22>

**HANDLES TO FOLLOW**

[@CDCDiabetes](https://twitter.com/CDCDiabetes?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor): CDC’s Division of Diabetes Translation

[@AmDiabetesAssn](https://twitter.com/AmDiabetesAssn?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor): American Diabetes Association