

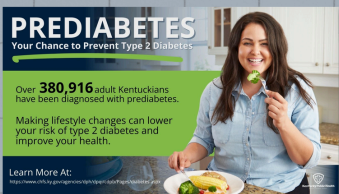
KENTUCKY DIABETES PREVENTION & CONTROL PROGRAM

SOCIAL MEDIA TOOLKIT



Kentucky Public Health
Prevent. Promote. Protect.

Share these diabetes awareness key messages to help promote diabetes awareness and prevention.



Prediabetes is a serious health condition where blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Most people with prediabetes do not know they have it and up to 70% of people with prediabetes will develop type 2 diabetes without lifestyle changes. The good news? If you have prediabetes, making simple lifestyle changes now can lower your risk and improve your health. To learn more about diabetes prevention and control visit: <https://www.chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx>



Structured lifestyle change programs such as the the National Diabetes Prevention Program have been proven to help prevent or delay type 2 diabetes through nutrition, physical activity and weight loss. By joining a lifestyle change program, you can start feeling better and have more energy for the things you love. Learn more at: www.cdc.gov/diabetes-prevention



Over 482,000 Kentucky adults have been diagnosed with diabetes which ranks Kentucky 8th highest in the U.S. for diabetes prevalence. There are many things you can do to help lower your risk of diabetes and improve your overall health if diagnosed. The Kentucky Diabetes Prevention and Control Program can help. Learn more at: www.chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes



Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. According to the CDC, about 38 million adults have diabetes and 1 in 5 of those adults don't know they have it. Adults age 35-70 that are overweight or obese should get screened, regardless of symptoms. Early detection of diabetes can help prevent serious complications. Know the symptoms. To learn more visit: www.cdc.gov/diabetes



A diabetes educator is a health professional with specialized expertise in diabetes management. They help people with diabetes self-manage their condition effectively, prevent complications, and lead a healthy life. To learn more or to find a diabetes educator near you please visit: <https://www.chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx>