

Type 2 Diabetes Prevention Campaign Newsletter Promotion Template

Be Your Own Hero: Prediabetes captures 1 in 3 American adults, but you can escape and prevent or delay type 2 diabetes by making healthy lifestyle changes.

Nearly 98 million American adults (1 in 3) has prediabetes and are at higher risk of developing type 2 diabetes. Of those with prediabetes, 81 percent don't know they have it. The good news is prediabetes can often be reversed. The Centers for Disease Control and Prevention (CDC) has partnered with the Ad Council to launch a new suite of PSAs designed to raise awareness of prediabetes as part of their "*Do I Have Prediabetes?*" campaign.

The PSA campaign encourages people to visit DoIHavePrediabetes.org— PodriaTenerPrediabetes.org in Spanish —where they can take a 1-minute online prediabetes risk test to learn where they stand. Here, they can learn about lifestyle change programs and ways to help reverse prediabetes and prevent or delay the onset of type 2 diabetes.

Learn more about prediabetes and the national campaign at DoIHavePrediabetes.org