



## Social Media Post Content

Well-Ahead Louisiana Now's The Time Campaign

### Family is Everything

#### Facebook

Image File Name: Family is Everything\_Facebook.png

Your family is everything. Every moment with them is precious. The best way to protect them is to protect yourself. Make sure you can always be there for them by taking the time now to make changes in your lifestyle. If you're living with prediabetes you have the power to prevent diabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to find out how.

#### Instagram

Image File Names: Family is Everything\_Instagrama.png, Family is Everything\_Instagramb.png

Your family is everything. The best way to protect them is to protect yourself, so take the time now to make significant changes in your lifestyle. If you're living with prediabetes you have the power to prevent diabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to find out how.

#nowsthetime #diabetesawareness #health

#### Twitter

Image File Name: Family is Everything\_Twitter.png

Family is everything. Now's the time. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to prevent #diabetes and protect what's really important.

### Health Tips 1

#### Facebook

Image File Name: Health Tips\_1\_Facebook.png

One of the most effective ways to prevent diabetes is to eat healthier. We know it's not as easy as it sounds, but here's a few things to keep in mind for healthy eating!

- Less fat doesn't mean less flavor!
- By firing up the oven, grill or steamer, you can make delicious food that is healthier.
- Test out new spice combos to give your recipes an extra kick!

Do you have any healthy eating suggestions you can share with us?

#### Instagram

Image File Name: Health Tips\_1\_Instagram.png

One of the most effective way to prevent diabetes is to eat healthier. Remember, less fat doesn't mean less flavor! By firing up the oven, grill or steamer, you can make delicious food that is healthier. Test out new spice combos to give your recipes an extra kick! Share some healthy eating suggestions if you have any! #diabetesawareness #healthyeating #healthylifestyle #type #diabetes



### **Twitter**

Image File Name: Health Tips\_1\_Twitter.png

Healthy eating helps prevent diabetes! Go to [NowstheTimeLA.com](http://NowstheTimeLA.com) for other healthy tips and programs to help you get to a #healthylifestyle—don't wait!

### **Health Tips 2**

#### **Facebook**

Image File Name: Health Tips\_2\_Facebook.png

Stay active to help prevent type 2 diabetes! You don't have to run marathons or do triathalons to maintain an active lifestyle! Start small by taking the stairs instead of the elevator or parking far away. Schedule time with yourself or a friend to exercise for at least 30 minutes five times a week. Even these simple changes can greatly decrease your risk of getting diabetes.

#### **Instagram**

Image File Name: Health Tips\_2\_Instagram.png

Stay active to help prevent type 2 diabetes! Start small by taking the stairs instead of the elevator, parking far away or exercising for at least 30 minutes five times a week. These simple changes can greatly decrease your risk of getting diabetes. #getactive #diabetesawareness #type2 #diabetesprevention #diabetes

### **Twitter**

Image File Name: Health Tips\_2\_Twitter.png

Get active and decrease your chance of getting type 2 diabetes. A long walk here and thirty minutes of exercise there, and you're on the road to #diabetesprevention

### **Health Tips 3**

#### **Facebook**

Image File Name: Health Tips\_3\_Facebook.png

Be proud of your body, but at the same time, know when your weight is putting your health at risk. Get a friend, coworker or family member to work with you to get to a healthy weight. Even losing a small percentage of your body weight can help prevent diabetes! Now's the time to take action and get active!

#### **Instagram**

Image File Name: Health Tips\_3\_Instagram.png

Be proud of your body, but at the same time, know when your weight is putting your health at risk. Get someone you trust to work with you to get to a healthy weight. Even losing a little can help prevent diabetes! #diabetesawareness #weightmanagment #bodypositive #diabetes

### **Twitter**

Image File Name: Health Tips\_3\_Twitter.png

Proper weight management is an important key to #diabetesprevention—now's the time to take action and get active!



## Slice of Life

### Facebook

Image File Name: Slice of Life\_Facebook.png

Diabetes can impact every aspect of your life—your health, your goals and your family. But it doesn't have to be that way. Now's the time to take action and prevent diabetes from taking control of your life. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to see if you're at risk and learn more about how you can stop diabetes in its tracks.

### Instagram

Image File Name: Slice of Life\_Instagrama.png, Slice of Life\_Instagramb.png, Slice of Life\_Instagramc.png, Slice of Life\_Instagramd.png

Diabetes can impact every aspect of your life—your health, your goals and your family. But it doesn't have to be that way. Now's the time to take action and prevent diabetes from taking control of your life. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to see if you're at risk and learn more about how you can stop diabetes in its tracks. #nowsthetime #diabetesawareness #health #goals #family

### Twitter

Image File Name: Slice of Life\_Twitter.png

Diabetes can impact every aspect of your life—your health, your future and your family. So visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to see if you're at risk and stop #diabetes from taking control of your life.

## Stop the Sugar 1

### Facebook

Image File Name: Stop the Sugar\_Facebook.png

There's a big chance you know someone living with type 2 diabetes. Whether that's a family member or a friend, they're part of your community, and you can see how this disease impacts their life daily. Now's the time to learn your risk and protect yourself and your loved ones from the struggles of diabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the quiz and see if you're at risk for prediabetes.

### Instagram

Image File Name: Stop the Sugar\_Instagrama.png, Stop the Sugar\_Instagramb.png

You probably know someone living with type 2 diabetes, and you can see how this disease impacts their life. Now's the time to protect yourself and loved ones by learning your risk for prediabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the quiz and protect what's really important. #nowsthetime #stopthesugar #diabetesawareness #diabetes #diabetic

### Twitter

Image File Name: Stop the Sugar\_Twitter.png

Now's the time to protect yourself and loved ones by learning your risk for prediabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the quiz and protect what's really important.



## Stop the Sugar 2

### Facebook

Image File Name: Stop the Sugar\_Facebook.png

15% of African Americans in Louisiana have type 2 diabetes, also known as the sugar. Take steps now to learn your risk and how you can work to prevent it! Go to [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the prediabetes risk quiz to see if you are at risk for prediabetes.

### Instagram

Image File Name: Stop the Sugar\_Instagrama.png, Stop the Sugar\_Instagramb.png

With 15% of African Americans in Louisiana having type 2 diabetes, the sugar is having a real affect on this community. Take steps now to learn your risk and how you can work to prevent it! Check the bio for a link to our prediabetes risk quiz. #nowsthetime #stopthesugar #diabetesawareness #diabetes

### Twitter

Image File Name: Stop the Sugar\_Twitter.png

15% of African Americans in Louisiana have type 2 diabetes, also known as the sugar. Take steps now to learn your risk and how you can work to prevent it! Go to [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the prediabetes risk quiz to see if you are at risk for prediabetes. #stopthesugar #diabetesawareness

## Take the Quiz 1

### Facebook

Image File Name: Take the Quiz\_1\_Facebook.jpg

According to the American Diabetes Association, 1.27 million people in Louisiana have prediabetes. But most don't know it! Now's the time to find out if you are at risk for prediabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz to get your personal risk assessment number. If you score a 5 or higher, now's the time to make a change for your health.

### Instagram

Image File Name: Take the Quiz\_1\_Instagram.jpg

According to the American Diabetes Association, 1.27 million people in Louisiana have prediabetes. But most don't know it! Find out if you are at risk for diabetes by visiting [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz. If you score a 5 or higher, now's the time to make a change for your health. #nowsthetime #diabeteseawareness #healthylifestyle #healthquiz

### Twitter

Image File Name: Take the Quiz\_1\_Twitter.jpg

Most people living with prediabetes don't know it! Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz to see if you're at risk for #diabetes—now's the time for your health!



### Take the Quiz 2

#### Facebook

Image File Name: Take the Quiz\_2.jpg

What's your risk number? Don't wait. Now's the time to find out if you're living with prediabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz and see where you score from 1-10. If you score a 5 or higher, you might be at higher risk for prediabetes. But don't worry, there's time to prevent it. You just have to take action now!

#### Instagram

Image File Name: Take the Quiz\_2.jpg

What's your risk number? Don't wait. Now's the time to find out if you're living with prediabetes. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz and see where you score from 1-10. If you score a 5 or higher, you might be at higher risk for prediabetes. #diabetesawareness #diabetes #healthquiz #health #prediabetes

#### Twitter

Image File Name: Take the Quiz\_2.jpg

Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short quiz and see where you score from 1-10. If you score a 5 or higher, you might be at higher risk for #prediabetes

### Take the Quiz 3

#### Facebook

Image File Name: Take the Quiz\_3.jpg

Are you over the age of 60? Do you have a close family member living with type 2 diabetes? Have you ever been diagnosed with high blood pressure? If you answered "yes" to these questions, then you might be at risk for prediabetes! Don't wait. Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz to learn about your risk and what steps you can take to prevent diabetes!

#### Instagram

Image File Name: Take the Quiz\_3.jpg

Are you over the age of 60? Do you have a close family member living with type 2 diabetes? Have you ever been diagnosed with high blood pressure? If you answered "yes" to these questions, then you might be living with prediabetes! Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the short and easy quiz to know for sure. #diabetesawareness #diabetes #healthquiz #health #prediabetes

#### Twitter

Image File Name: Take the Quiz\_3.jpg

Over the age of 60? Have a close family member living with type 2 diabetes? Ever been diagnosed with high blood pressure? If "yes" is your answer to these questions, then visit [NowstheTimeLA.com](http://NowstheTimeLA.com) and take the rest of the quiz to see if you're living with #prediabetes



## NDPP Locations

### Facebook

Image File Name: NDPP Locations.jpg

You can prevent type 2 diabetes. There are local programs that are proven to help you reverse prediabetes! They will help you make achievable and realistic lifestyle changes to eat healthier, incorporate physical activity into your daily routine, manage stress and solve problems that get in the way of healthy changes. You can find these programs throughout Louisiana—visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the prediabetes risk quiz and find the one nearest you!

### Instagram

Image File Name: NDPP Locations.jpg

Did you know there are local programs that are proven to help you reverse prediabetes? They will help you make achievable and realistic lifestyle changes to eat healthier, get active, manage stress and solve problems that get in the way of healthy changes. These programs are throughout Louisiana—visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to take the prediabetes risk quiz and find the one nearest you!  
#NDPPprograms #diabetesprevention #diabetesawareness #health #healthylifestyle

### Twitter

Image File Name: NDPP Locations.jpg

If you're living with #prediabetes, there are ways to reverse it! Visit [NowstheTimeLA.com](http://NowstheTimeLA.com) to find a local program that will help you make achievable and realistic lifestyle changes to prevent #diabetes