**Don’t Feed the Diabetes National Diabetes Awareness Month 2021 – Et Cetera Digital Copy**

|  | **ET CETERA DIGITAL CONTENT** |
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| **IMAGE** | Download Image: Diabetes Month Badge - DFTD NDAM 2021 - TOOLKIT.jpg |
| **COPY #1**  **(SPREAD THE WORD)** | November is National Diabetes Awareness Month. More than 45 percent of Monterey County adults have prediabetes or type 2 diabetes. It’s more important than ever that we all work together to make better choices for healthier living in Monterey County. Don’t Feed the Diabetes keeps our community informed with resources and programs to help prevent or manage type 2 diabetes.  **Visit the National Diabetes Awareness Month** [**toolkit webpage**](http://www.DontFeedTheDiabetes.com/NationalDiabetesMonth) **to help spread the message with your neighbors, colleagues, family, and friends.** The toolkit makes it easy — simple as copy and paste — to share and connect our community to resources and programs.  [toolkit link: [www.DontFeedTheDiabetes.com/NationalDiabetesMonth](http://www.DontFeedTheDiabetes.com/NationalDiabetesMonth) ] |
| **COPY #2**  **(LEARN YOUR RISK)** | More than a third of U.S. adults have prediabetes, and 84 percent don’t even know they have it. **Take an opportunity during National Diabetes Awareness Month to learn your risk from Don’t Feed the Diabetes** [**here**](https://hipaa.jotform.com/202743774177159/?utm_source=partner&utm_medium=intranet&utm_campaign=NDM2021).  [here link: <https://hipaa.jotform.com/202743774177159/?utm_source=partner&utm_medium=intranet&utm_campaign=NDM2021>] |
| **COPY #3**  **(TAKE ACTION)** | How can I help my community stay healthy and keep type 2 diabetes out of Monterey County during National Diabetes Awareness Month? Great question. Don’t Feed the Diabetes teed up three easy steps you can take today. **Check out the handout** [**here**](http://www.dontfeedthediabetes.com/NationalDiabetesMonth/HelpMyCommunity)**.**  [here link: [www.DontFeedTheDiabetes.com/NationalDiabetesMonth/HelpMyCommunity](http://www.DontFeedTheDiabetes.com/NationalDiabetesMonth/HelpMyCommunity)] |