

Thank you for helping to support those living with all types of diabetes.



WHAT WE ARE FIGHTING FOR:

To improve the health and wellness of individuals living with or at-risk of diabetes through equitable, accessible, compassionate, high-quality care by offering:

- About 537 million people in the world are living with some form of diabetes
- 1 in 10 have diabetes and 35% have prediabetes.
- The vast majority (95%) have type 2 diabetes.
- 80% of people with prediabetes don't know it!
- 25% of people living with diabetes don't know it!

Risk factors include lack of activity and unhealthy eating — lifestyle behaviors that are difficult to focus on because of our fast-paced society.

Whether a young child, teen, young adult, adult or senior — a small step can make a big difference.

This guide is full of information to help you improve your outreach to friends and supporters. Have questions about diabetes and tools for a healthy lifestyle? You can find these answers on our website.

OUR GOALS:



Encourage A1C Screenings



Encourage Self-Management

READ ON TO FIND OUT HOW

1 Follow along on our social media accounts

Follow the Diabetes Foundation on social platforms to get new and on-going tools to support your community.



[Facebook: DiabetesFoundationInc](https://www.facebook.com/DiabetesFoundationInc)



[Instagram: DiabetesFoundationNJ](https://www.instagram.com/DiabetesFoundationNJ)



[YouTube: DiabetesFoundationInc](https://www.youtube.com/DiabetesFoundationInc)



[LinkedIn: DiabetesFoundation](https://www.linkedin.com/DiabetesFoundation)



[Twitter: DiabetesFndtn](https://twitter.com/DiabetesFndtn)

2 Download and post our Diabetes Awareness images and videos

Download and post our 2023 images and videos and post on your personal social media platforms with a link back to diabetesfoundationinc.org to share encouraging tools and tips with your friends, family and colleagues about ways to take small steps to better health.



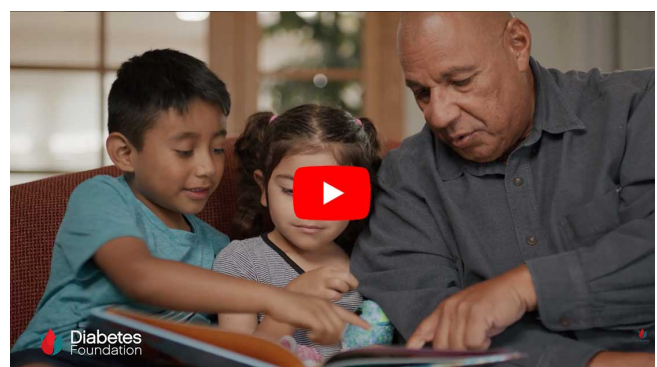
English Posts



Spanish Posts



English Video



Spanish Video

3 Share options for education and healthy lifestyle information

If you know someone who needs support in managing their care, the Diabetes Foundation's free services can help. Send them to our website to sign up for free education workshops and tips and tricks for leading a healthy lifestyle.



Free diabetes self-management and prediabetes workshops



Tools for a healthy lifestyle

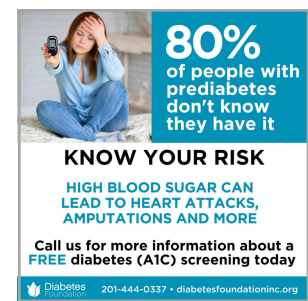
4 Share Diabetes Foundation flyers and posts in your community

Terrific venues for our flyers include:

- Grocery stores
- Community centers such as libraries, pools and theaters
- Parks
- Coffee shops
- Religious institutions such as churches, temples or synagogues
- Health care organizations such as hospitals, primary care physician, podiatrist and cardiologist offices
- Health and wellness organizations such as the YMCA and local gyms

And our posts can be shared on any of your social media accounts such as:

- Facebook
- Instagram
- LinkedIn



[Click to visit download page](#)

**Thank you again for
being involved.**

**Together we can make
a difference!**



**Feel free to contact the Diabetes Foundation
if you have any questions**



201-444-0337



info@diabetesfoundationinc.org



http://diabetesfoundationinc.org

The DF is the only 501c3 public charity in New Jersey offering free access to support those at risk and living with diabetes regardless of insurance status

Diabetes Foundation's mission is to improve the health and wellness of individuals living with or at-risk of diabetes through equitable, accessible, compassionate, high-quality care. We are dedicated to ensuring that those who have diabetes, or are at risk of diabetes, have access to support to live healthier lifestyles and avoid complications from diabetes.