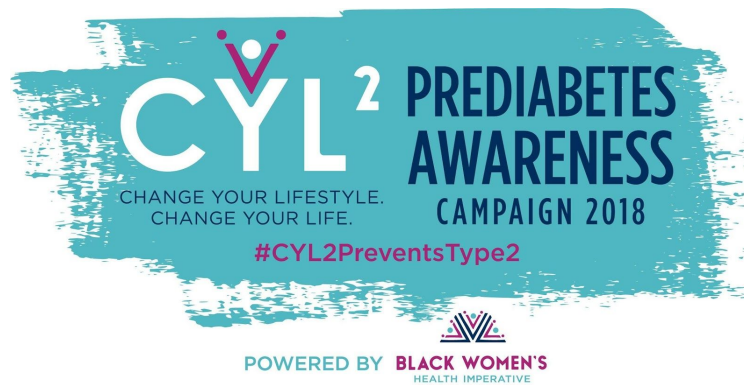


## **Myth vs. Fact**

- There are lots of myths surrounding prediabetes. From diagnosis to treatment, know your facts, know your risks, know how to prevent it. What's the biggest prediabetes myth you've heard? #CYL2PreventsType2
- Facts: most risk factors for type 2 diabetes can be controlled. From your weight to your blood pressure and even your exercises. Join Change Your Lifestyle. Change Your Life.: <http://bit.ly/2LHwuvE> #CYL2PreventsType2  
Fact: Did you know that 1 in 3 adults in America have prediabetes, yet only 10% know it? Take our screening CDC Risk Test to find out learn what your risks are: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Fact: Type 2 Diabetes is preventable. Through weight loss, a healthy lifestyle and physical activity, you can keep type 2 diabetes at bay. Take the Risk Test Today: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Myth: Only overweight people have prediabetes. Fact: While being overweight increases your risk for getting prediabetes, it is not the sole determining factor when you are diagnosed. Take this test to find out if you're at risk: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Myth: If I have prediabetes, I will automatically get type 2 diabetes. Fact: While having prediabetes does increase your risk for type 2 diabetes, it's not automatic. Here's how you screen & prevent. <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Fact: Did you know that having gestational diabetes or having a baby weighing more than 9 pounds increases your risks for getting type 2 diabetes? Learn more: #CYL2PreventsType2

## **Tips for a T2 Free You:**

- Changing your life is as simple as changing your lifestyle. Minimizing or eliminating added sugar from your diet is a great way to reduce your risk for prediabetes. #CYL2PreventsType2
- Experts say at least 150 minutes of physical activity a week is a great way to reduce your risks for prediabetes. What is your favorite physical activity? #CYL2PreventsType2



- Tip: Meal-prepping can not only save time, but it can also control the types of food you ingest, further reducing your risk chances of developing prediabetes. #CYL2PreventsType2
- Tip: If you're looking for ways to reduce those sugar cravings, eat fresh fruit, broccoli, cheese or sweet potatoes. #CYL2PreventsType2
- Tip: Try some infused water with your favorite fruits instead of sugary drinks like soda! Lemon, mint, and cucumber infused water tastes delicious! #CYL2PreventsType2

### **Ways to Decrease Risk:**

- Did you know: Losing excess body fat is a major factor for reducing your risk for developing type 2 diabetes? Curious if you're at risk? Visit now to take the Prediabetes Risk Test today: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Looking to reduce your type 2 diabetes risk? Have you ever considered following a plant-based or low-calorie/carb diet? Incorporating healthier options into your diet can help! Take the Risk Test today: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Did you know: Maintaining a healthy blood pressure level can drastically reduce your risk of developing type 2 diabetes and heart disease? How's your blood pressure? Take your screening/risk test now: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Relax, Relate, Release. Experts say that stressing less & resting well can reduce your risk of developing type 2 diabetes. How many hours of sleep a day do you get? #CYL2PreventsType2
- Your Mom and Dad took care of you all of your life. Now's your chance to do the same by helping them prioritize healthy eating and physical activity to delay the onset of type 2 Diabetes. #CYL2PreventsType2

### **General:**

- What is prediabetes? Prediabetes is a wake-up call indicating that your blood sugar (glucose) level is higher than it should be, but not in the diabetes range. #CYL2PreventsType2



- Did You Know: 84 Million Americans have prediabetes and 90% of them don't know it! #KnowYourRisk and take the Risk Test today: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- The Black Women's Health Imperative wants you to live your best life by helping you enroll in our Change Your Lifestyle. Change Your Life. (CYL<sup>2</sup>) program, designed to help you identify and reduce your risk of type 2 diabetes. Learn more: <https://www.bwhi.org/cyl2/> #CYL2PreventsType2
- Ever heard of borderline diabetes? The new word is prediabetes. Learn more about prediabetes here: <http://bit.ly/2LG7W6g> #CYL2PreventsType2  
Prediabetes or borderline diabetes means your blood glucose (sugar) level is higher than it should be but not high enough for you to have type 2 diabetes. And that is a good thing because you can take action now! Learn more about prediabetes here: <http://bit.ly/2LG7W6g> #CYL2PreventsType2
- Isn't it time that you Change Your Lifestyle to Change Your Life? Find a #CYL2 Program in your area and learn how you can prevent type 2 diabetes head on: <http://bit.ly/2LHwuvE> #CYL2PreventsType2
- We're on a mission to end the cycle. Just because your family has always had diabetes, doesn't mean it has to be your story too. We refuse to let type 2 diabetes claim another generation. Learn about our CYL<sup>2</sup> program to discover risk and prevention methods: <https://www.bwhi.org/cyl2/> #CYL2PreventsType2
- How do you find out if you have prediabetes? First, know your risk. Second, visit your doctor. Third, make lifestyle changes. You have the power to prevent type 2 diabetes. Learn more: <http://bit.ly/2JFg44U> #CYL2PreventsType2
- Why should I get screened for prediabetes? Diabetes is a serious disease that can cause heart attacks, blindness, organ failure or loss of feet or legs. The first step is knowing your risk. <http://bit.ly/2JFg44U> #CYL2PreventsType2