



WEEK ONE

Introductory letter is sent to communicators. 3 posts on 3 separate days with at least one featuring diabetes awareness on November 1st.

Platform	Content	Post Date	Person Responsible
	<p>Are you at risk for type 2 diabetes? Don't worry! The Diabetes Prevention Program is a proven way to prevent or delay type 2 diabetes. Learn more about the program www.cdc.gov/diabetes/prevention. Find a local programs at wa211.org #WDDWashington #Type2DM</p> <p>Download Image:</p> 	10/30/2019	
Facebook, Twitter,	<p>Do you love cooking with your family? Check out the @cdcorg recommendations on how to make tasty meals for your whole family will love! www.cdc.gov/diabetes/pdfs/managing/Tasty_Recipes_for_People_with_Diabetes-508.pdf WDDWashington</p> <p>Download Image:</p> 	10/31/2019	
	<p>If type 2 diabetes runs in your family, take a minute to complete the Type 2 Diabetes Risk Test and learn about risk factors and steps to reduce your chances of developing #type2DM. #WDDWashington #WoldDiabetesDay www.diabetes.org/risk-test</p> <p>Download Image:</p> 	11/01/2019	





WEEK TWO

3 posts on 3 separate days. Posts on November 4th, 5th and/or 8th should feature **diabetes screening** and, if possible, include local diabetes education organizations

Platform	Content	Post Date	Person Responsible
	<p>Living with type 2 diabetes puts you at higher risk for heart disease and stroke. Knowing what steps to take may reduce your risk. Learn more at www.knowdiabetesbyheart.org #WDDWashington #DiabetesAwareness</p> <p>Download Image:</p> 	11/05/2019	
Facebook, Twitter,	<p>Do you have a family history of type 1 diabetes? Family members of people with #T1D are 15x more likely to develop the disease. Learn more about at www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011 #WDDWashington</p> <p>Download Image:</p> 	11/07/2019	
	<p>#Diabetes is not a choice. Spread the word & share your story #ThisIsDiabetes #WDDWashington #LearnAboutDiabetes www.cdc.gov/diabetes/</p> <p>Download Image:</p> 	11/08/2019	





WEEK THREE

3 posts on 3 separate days. On November 14th, use Category 1 Message 5, or another of your choosing, to commemorate World Diabetes Day.

Platform	Content	Post Date	Person Responsible
	<p>Almost 2 million people have prediabetes in Washington. Are you one of them? Check your risk! cdc.gov/diabetes/risktest/index.html #WDDWashington #DiabetesAwareness</p> <p>Download Image:</p> 	11/12/2019	
Facebook, Twitter,	<p>We stand together to fight #diabetes! Learn about worlddiabetesday.org & share how you support people with diabetes. #WDDWashington</p> <p>Download Image:</p> 	11/14/2019	
	<p>Are you looking for advise on eating healthy? Check out the suggestions offered by #cdcorg at www.cdc.gov/diabetes/managing/eat-well.html #WDDWashington</p> <p>Download Image:</p> 	11/15/2019	



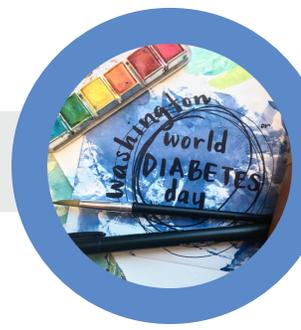


WEEK FOUR

3 posts on 3 separate days. Messages should contain information that supports awareness, screening and healthy meals during the holidays.

Platform	Content	Post Date	Person Responsible
	<p>Healthy eating around the holidays can be a challenge, but these tips from @AADEdiabetes may help you stay on track managing your diabetes www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/aade_holiday_toolkit.pdf?sfvrsn=4 #WDDWashington</p> <p>Download Image:</p> 	11/19/2018	
Facebook, Twitter,	<p>Holiday season is almost here, Check out this @cdcorg tasty recipes for people with diabetes and their families! www.cdc.gov/diabetes/pdfs/managing/Tasty Recipes for People with Diabetes-508.pdf</p> <p>Download Image:</p> 	11/20/2018	
	<p>Being active & eating healthy can manage #diabetes and prevent #Type2DM. What's one change you can make for #WDDWashington? www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity</p> <p>Download Image:</p> 	11/22/2018	





WEEK FIVE

3 posts on 3 separate days, one from each key message category. On November 30th use Category 1 Message 4, or your own, to thank community members for supporting the WDDWashington campaign.

Platform	Content	Post Date	Person Responsible
	<p>Diabetes risk can run in families, but so can healthy lifestyle habits! #WDDWashington www.cdc.gov/diabetes/managing/</p> <p>Download Image:</p> <p>GET THE WHOLE FAMILY INVOLVED Keep it positive • Take small steps • Make it fun</p>	11/25/2019	
Facebook, Twitter,	<p>Gestational diabetes affects as many as 7% of women during pregnancy. The @amdiabetesasn recommends all pregnant women without #diabetes be screened between the 24th and 28th week. Learn more at www.cdc.gov/diabetes/basics/gestational.html #WDDWashington</p> <p>Download Image:</p>	11/27/2019	
	<p>Thanks for supporting #WDDWashington. To find #diabetes resources near you, call 211 or visit wa211.org #Type1DM #Type2DM</p> <p>Download Image:</p>	11/30/2019	

