**ARTICLES**

*The articles provide information about the [Organization/Program Name]**and encourage readers to contact the local program to sign up. Consider publishing articles like these in your organization’s print or electronic newsletter, placing them on your website, and providing them to partners that have agreed to promote your program. These articles can also help you secure placement/coverage in partner newsletters and local print and online publications, including local newspapers during enrollment periods. Replace yellow highlighted text with information specific to your program.*

**SHORT ARTICLE (approx. 180 words)**

**[Organization/Program Name] helps [Audience/Location, e.g., New Yorkers] prevent type 2 diabetes**

If you have prediabetes, you can cut your risk of developing type 2 diabetes in half by losing 5 to 7 percent of your body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

In [Organization’s] [Organization/Program Name], participants work in a group with a trained lifestyle coach to learn the skills needed to lose weight, become more physically active, and manage stress. [Organization/Program Name] is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It’s proven to prevent or delay onset of type 2 diabetes.

The local program is offered at [locations], on [days/times]. The cost is [amount]; some insurance providers will cover the cost of the program. [Organization/Program Name] groups meet once a week for 16 weeks, then once a month for 6 months.

“Participants in the [Organization/Program Name] program are preventing type 2 diabetes by making lasting lifestyle changes,” said [*Organization leader or community spokesperson; you may wish to replace this quote with one from your leader*] “Having prediabetes means it’s time for prevention.”

 To find a [Organization/Program Name] program near you, call [Name and phone number of contact person]. To learn more, visit [organization website and/or [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

**MEDIUM ARTICLE (approx. 350 words)**

**[Organization/Program Name] helps [Audience/Location, e.g., New Yorkers] prevent type 2 diabetes**

One in three American adults has prediabetes. Without weight loss and moderate physical activity, many of them will develop type 2 diabetes within 3 years.

If you have prediabetes, the [Organization/Program Name] lifestyle change intervention, offered by [Organization], can help you make lasting changes to prevent type 2 diabetes. You will work in a group with a trained lifestyle coach to learn how to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

“So many people in our community have prediabetes,” said [*Organization leader or community spokesperson; you may wish to replace this quote with one from your leader*]. “The [Organization/Program Name] program offers a real chance to prevent or delay the onset of type 2 diabetes by adopting a healthier lifestyle.”

[Organization/Program Name] is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay type 2 diabetes.

The local program meets at [locations], on [days/times]. The cost is [$ amount]; some insurance providers will cover the cost of the program. [Number of local participants] have already signed up for [or completed] [Organization/Program Name] and [Organization] is working to [enroll more or open new program sites, etc. as relevant to organization objectives].

[Organization/Program Name] groups meet once a week for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes. The program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

 One participant said, “I’ve tried so many things before, but without the program I would never have done this on my own.” [*If possible, it is best to replace this example with a real quote from a program participant, identifying him or her as a community member.]*

To learn more about [Organization/Program Name] and find a program near you, call [Name and phone number of contact person]. For more information, please go to [organization website and/or [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).]

**LONG ARTICLE (approx. 500 words)**

**[Organization/Program Name] helps [Audience/Location, e.g., New Yorkers] prevent type 2 diabetes**

One in three American adults has prediabetes. If you have prediabetes, you are at high risk for developing type 2 diabetes, a serious disease. Many people with prediabetes who do not lose weight and do moderate physical activity will develop type 2 diabetes within 3 years.

The good news is that you can prevent type 2 diabetes. The [Organization/Program Name] Lifestyle Change Program, offered by [Organization], can help. [Organization/Program Name] is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay type 2 diabetes.

In [Organization/Program Name], you will work in a group with a trained lifestyle coach to learn the skills you need to make lasting changes. These include losing a modest amount of weight, being more physically active, and managing stress. You will learn to eat healthy, add physical activity to your life, stay motivated, and solve problems that can get in the way of healthy changes.

“If you have prediabetes,” said [Organization leader or community spokesperson], “[Organization/Program Name] offers a real chance to prevent or delay the onset of type 2 diabetes by helping you adopt a healthier lifestyle.” [*You may wish to replace this quote with one from your leader.]*

Enroll in the local program, which meets at [locations], on [days/times]. The cost is [amount]; some insurance providers will cover the cost of the program. [Number of local participants] have already signed up for [or completed] [Organization/Program Name] and [Organization] is working to [enroll more or open new program sites, etc. as relevant to organization objectives].

Your [Organization/Program Name] group will meet once a week for 16 weeks, then once a month for 6 months to maintain your healthy lifestyle changes. Most participants enjoy the group support and find it makes lifestyle change easier. One participant said, “I’ve tried so many things before, but without the program I would never have done this on my own.” [*If possible, it is best to replace this example with a real quote from a program participant, identifying him or her as a community member.*]

The [Organization/Program Name] program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

“Small changes make a big difference,” added [Organization leader or community spokesperson]. “With a trained lifestyle coach as a guide, you can work with others who have prediabetes to make a change for life.”

To learn more about [Organization/Program Name] and find a program near you, call [Name and phone number of contact person]. For more information, please go to [organization website and/or [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

**You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:**

* Are 45 years of age or older
* Are overweight
* Have a family history of type 2 diabetes
* Are physically active fewer than 3 times per week
* Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds