**National Diabetes Month 2019 – Downloadable Social Media Posts**

|  | **FACEBOOK POST** | **INSTAGRAM POST** | **TWITTER POST** |
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| **Shareable Social Media Post #1** | *Image of woman with caption "Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes."*  November is National Diabetes Month! How much do you know about the link between diabetes and heart disease? Learn more from @NIDDKgov: <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month/> | *Image of woman with caption "Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes."*  November is #NationalDiabetesMonth! How much do you know about the link between #diabetes and #HeartDisease? Learn more from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) at niddk.nih.gov. | **Image of woman with caption "Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes."**  November is National #DiabetesMonth! How much do you know about the link between #diabetes and #HeartDisease? Learn more from @NIDDKgov: <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month/> |

|  | **FACEBOOK POST** | **INSTAGRAM POST** | **TWITTER POST** |
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| **Shareable Social Media Post #2** | **Image of table with steps to manage diabetes and reduce risk of heart disease.**  Adults with diabetes tend to develop heart disease at a younger age, and their most common causes of death are heart disease and stroke. This National Diabetes Month take steps from @NIDDKgov to reduce your risk. <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month/> | **Image of table with steps to manage diabetes and reduce risk of heart disease.**  Adults with #diabetes tend to develop #HeartDisease at a younger age, and their most common causes of death are heart disease and stroke. This #NationalDiabetesMonth take steps from the @National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) to reduce your heart disease risk. Visit niddk.nih.gov to learn more. #DiabetesMonth | **Image of table with steps to manage diabetes and reduce risk of heart disease.**  Adults with #diabetes tend to develop #HeartDisease at a younger age, and their most common causes of death are heart disease and stroke. This National #DiabetesMonth take steps from @NIDDKgov to reduce your heart disease. <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month/> |