

# NDEP Social Media: Resources You Can Use

Many people in the United States are using one or more social media channels, making social media a great platform to reach your audiences with important health information. This clickable resource from the [National Diabetes Education Program](#) (NDEP) provides tips to help you reach people with diabetes, people at risk for type 2 diabetes, and their supporters on social media. Learn how you can use Facebook, Twitter, YouTube, and other NDEP resources referenced below on your social media pages.

## Facebook

- Like the NDEP [Facebook Page](#).
- Like, share, or comment on NDEP's content.
- Post [NDEP images](#) including infocards, cover photos, and banners to your Facebook page.
- Visit [“What is NDEP Promoting this Quarter?”](#) monthly to find a sample diabetes message you can use on your Facebook page.

## Twitter

- Follow [@NDEP](#) and retweet or favorite NDEP's tweets.
- Tag [@NDEP](#) in your tweets.
- Use the [#diabetes](#) hashtag to join the diabetes conversation on Twitter.
- Visit [“What is NDEP Promoting this Quarter?”](#) monthly to find a sample message you can use on your Twitter page.

## YouTube

- Subscribe to [NDEP's YouTube channel](#) to find and share videos about managing and preventing type 2 diabetes.

## NDEP's “What's New” RSS Feed

- Subscribe to [NDEP's RSS Feed](#) for regular updates about NDEP resources and activities.

