



**When creating social media posts for Child Health Month, be sure to use the hashtag **#CHM2022TN****



# Social Media Messages

Social Media is a great way to spread the word about community events and activities. Below are sample social media messages your department or organization can use to promote CHM 2021 and local events. Please feel free to adapt and use these messages on your own platform. Subjects include ACEs, Physical Activity and Healthy Eating and Tobacco Use Prevention.

Use the Hashtag - #CHM2022TN

TDH social media platforms to follow, tweet and share:

- Twitter: <https://twitter.com/TNDeptofHealth>
- Facebook: <https://www.facebook.com/TNDeptofHealth/>
- YouTube: <https://www.youtube.com/user/TNDeptofHealth>

## Physical Activity and Healthy Eating

- Getting physical activity before, during, and after school can be easy. Learn how school staff, families, and communities can help kids reach 60 minutes of physical activity each day! <https://bit.ly/2gqa3Ng>
- Healthy eating doesn't have to be overwhelming. The DASH eating plan can help you create a flexible and balanced heart-healthy eating style with common foods available at the grocery store. Get started today! <http://bit.ly/2x3JoP5>

## Social and Emotional Health

- The Center for Disease Control and Prevention has a list of resource that anyone can use to teach themselves and others about ACE's. Learn more at <https://www.cdc.gov/violenceprevention/aces/index.html>
- Exercise regularly, eat healthy balanced meals, and get plenty of sleep. Breathe deeply, stretch, or meditate. <https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/supporting-families-uncertain-times-social-media-messages>
- Showing respect is a key way to connect with children and strengthen positive relationships. It helps children feel more confident and competent to explore and learn. <https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health>

# Tobacco Use Prevention

- Each day, nearly 3,300 youth under the age of 18 try their 1st cigarette. Learn the facts about the dangers of tobacco use at <https://teen.smokefree.gov/>
- Did you know many e-cigarettes have nicotine in them? That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development. <https://e-cigarettes.surgeongeneral.gov/>
- DIP. CHEW. SNUFF. SNUS. No matter what you call smokeless tobacco, it can negatively affect your health. Smokeless doesn't mean harmless. <https://therealcost.betobaccofree.hhs.gov/dip>
- 11,400 Tennesseans die each year from their own smoking. Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined - and thousands more die from other tobacco-related causes. Call 1-800-QUIT-NOW for free support to quit smoking.
- The Tennessee Tobacco QuitLine provides a free telephone and online tobacco cessation program that includes tobacco cessation coaching, personalized support, and even free nicotine replacement therapy (NRT) for eligible participants.



Department of  
**Health**



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