



**NDEP American Indian Campaign
Control Your Diabetes. For Life Live-Read Radio Script**

Control Your Diabetes. For Life. (:60 PSA)

The future of American Indians is once again threatened—this time by diabetes. Nearly one out of 10 American Indians has diabetes and it is causing more blindness, amputations, and kidney failure than ever before. But you can fight it—by controlling your blood sugar. Start by knowing your blood sugar numbers.

Test your blood sugar on a regular basis and try to keep it in the normal range. Eat a variety of low fat, high fiber foods and watch how much you eat. Make time for regular physical activity and take your diabetes medication as prescribed. Stick with your diabetes treatment plan and you'll feel better, have more energy, and stay healthy. Take charge of your diabetes for future generations. Control your diabetes. For life. Call the **[organization]** at **[phone number]** to learn more.

Control Your Diabetes. For Life. (:30 PSA)

The future of American Indians is once again threatened—this time by diabetes. But you can fight it by controlling your blood sugar.

Eat a variety of low fat, high fiber foods and watch how much you eat. Get regular physical activity. Test your blood sugar and take your diabetes medication as prescribed. Take charge for future generations. Control your diabetes. For life. Call the **[organization]** at **[phone number]** to learn more.

Control Your Diabetes. For Life. (:20 PSA)

If you have diabetes, keep your blood sugar under control. Take charge of what you eat. Get regular exercise. Test your blood sugar and take your medication. Control your diabetes. For life. Call the **[organization]** at **[phone number]** to learn more.

