



RADIO PUBLIC SERVICE

ANNOUNCEMENT

: 60 SECOND LIVE-READ

FOR ASIAN AMERICAN AND PACIFIC ISLANDER AUDIENCES

IF YOU'RE ASIAN AMERICAN OR PACIFIC ISLANDER AND OVERWEIGHT, YOU ARE AT RISK FOR TYPE 2 DIABETES. BUT THERE ARE TWO REASONS TO TAKE SMALL STEPS TO PREVENT IT ... YOUR FUTURE AND YOUR FAMILY'S. MAKE TIME TO TAKE A WALK EACH DAY AND ASK YOUR FAMILY TO JOIN YOU. CHOOSE FRUITS, VEGETABLES AND WHOLE GRAINS INSTEAD OF FRIED FOODS. LOSING A SMALL AMOUNT OF WEIGHT BY BEING PHYSICALLY ACTIVE 30 MINUTES A DAY, FIVE DAYS A WEEK AND EATING HEALTHIER CAN HELP PREVENT DIABETES. TALK TO YOUR HEALTH CARE PROVIDER TO FIND OUT YOUR RISK FOR DIABETES. FOR FREE INFORMATION IN SEVERAL ASIAN AND PACIFIC ISLANDER LANGUAGES, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR **TWO REASONS I FIND TIME TO PREVENT DIABETES TIP SHEET**. THIS IS A MESSAGE FROM [INSERT ORGANIZATION] AND THE DEPARTMENT OF HEALTH AND HUMAN SERVICES' NATIONAL DIABETES EDUCATION PROGRAM.