



**NDEP Asian American and Pacific Islander Campaign
Control Your Diabetes. For Life. Live-Read Radio Script**

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

Here's an important message from the **[organization]** for our Asian American and Pacific Islander listeners. Diabetes is becoming a serious health problem. It is the leading cause of blindness, kidney failure, and amputations of the foot or leg. If you have diabetes, controlling your blood sugar levels can make a big difference—now and in the future.

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 treatment plan and you'll feel better and have more energy. Best of all, you will stay healthy and reduce your chances of diabetes complications later on.

Control your diabetes. For life. Call the **[organization]** at **[phone number]** to learn more.

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

Here's an important message from the **[organization]** for our Asian American and Pacific Islander listeners. Diabetes is a serious health problem – but taking control of the disease can make a big difference now and in the future.

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 medication as prescribed.

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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.

