



**RADIO PUBLIC SERVICE**

**ANNOUNCEMENT**

**: 30 SECOND LIVE-READ**

**FOR OLDER ADULTS AUDIENCES**

AS YOU GET OLDER, YOUR RISK FOR DIABETES INCREASES. BUT THE GOOD NEWS IS THAT **IT'S NOT TOO LATE TO PREVENT DIABETES**. RECENT STUDIES SHOW YOU CAN PREVENT OR DELAY DIABETES, REGARDLESS OF YOUR AGE. LOSE A SMALL AMOUNT OF WEIGHT BY BEING PHYSICALLY ACTIVE 30 MINUTES A DAY, 5 DAYS A WEEK AND EATING HEALTHIER. TALK TO YOUR HEALTH CARE PROVIDER ABOUT YOUR RISK FOR TYPE 2 DIABETES. FOR MORE INFORMATION AND FREE MATERIALS, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR **IT'S NOT TOO LATE TO PREVENT DIABETES TIP SHEET**.