



RADIO PUBLIC SERVICE

ANNOUNCEMENT

: 60 SECOND LIVE-READ

FOR AMERICAN INDIAN AND ALASKA NATIVE AUDIENCES

IF YOU'RE AMERICAN INDIAN OR ALASKA NATIVE AND ARE OVERWEIGHT, YOU ARE AT HIGH RISK FOR TYPE 2 DIABETES. BUT THERE IS GOOD NEWS: SCIENCE HAS PROVEN THAT **“YOU HAVE THE POWER TO PREVENT DIABETES.”** GET UP, GET OUT, AND GET MOVING. FIND AN ACTIVITY YOU ENJOY AND DO IT. EAT THE FOODS YOU ENJOY BUT EAT LESS. CHOOSE FRUITS AND VEGETABLES INSTEAD OF FRIED FOOD. 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. LEARN MORE ABOUT YOUR RISK FOR DIABETES AND TAKE YOUR FIRST STEP TO PREVENTING THIS DISEASE BY ORDERING FREE MATERIALS. CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR **“WE HAVE THE POWER TO PREVENT DIABETES” TIP SHEET.** THIS IS A MESSAGE FROM [INSERT ORGANIZATION] AND THE DEPARTMENT OF HEALTH AND HUMAN SERVICES' NATIONAL DIABETES EDUCATION PROGRAM.