



RADIO PUBLIC SERVICE

ANNOUNCEMENT

: 60 SECOND LIVE-READ

FOR AFRICAN AMERICAN AUDIENCES

LESS ON YOUR PLATE, NATE. DANCE IT AWAY, FAYE. SNACK ON A VEGGIE, REGGIE. THESE ARE JUST SOME OF THE “**MORE THAN 50 WAYS TO PREVENT DIABETES.**” IF YOU’RE AFRICAN AMERICAN AND OVERWEIGHT, YOU ARE AT HIGH RISK FOR TYPE 2 DIABETES. 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. TO GET TIPS AND IDEAS ON THE SMALL STEPS YOU CAN TAKE TO PREVENT THIS DISEASE, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR THE **MORE THAN 50 WAYS TIP SHEET.** THIS IS A MESSAGE FROM [INSERT ORGANIZATION] AND THE DEPARTMENT OF HEALTH AND HUMAN SERVICES’ NATIONAL DIABETES EDUCATION PROGRAM.