



**RADIO PUBLIC SERVICE
ANNOUNCEMENT
: 30 SECOND LIVE-READ**

FOR HISPANIC AND LATINO AMERICAN AUDIENCES

IF YOU'RE HISPANIC OR LATINO AND OVERWEIGHT, YOU ARE AT HIGH RISK FOR DEVELOPING TYPE 2 DIABETES. BUT THERE IS GOOD NEWS: YOU CAN PREVENT DIABETES, **“PASO A PASO.”** LOSE A SMALL AMOUNT OF WEIGHT BY BEING PHYSICALLY ACTIVE 30 MINUTES A DAY, 5 DAYS A WEEK AND EATING HEALTHIER. FOR MORE TIPS AND IDEAS ON THE SMALL STEPS YOU CAN TAKE TO PREVENT DIABETES, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR **THE “PASO A PASO” TIP SHEET.**