



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

**FOR AFRICAN AMERICAN AUDIENCES**

*LESS ON YOUR PLATE, NATE. DANCE IT AWAY, FAYE.* THESE ARE JUST TWO 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. STUDIES SHOW YOU CAN PREVENT IT. 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, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR THE **“MORE THAN 50 WAYS” TIP SHEET.**