



RADIO PUBLIC SERVICE

ANNOUNCEMENT

: 30 SECOND LIVE-READ

FOR AMERICAN INDIANS 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.”** LOSE A SMALL AMOUNT OF WEIGHT BY BEING PHYSICALLY ACTIVE 30 MINUTES A DAY, 5 DAYS A WEEK AND EATING HEALTHIER. LEARN MORE ABOUT YOUR RISK FOR DIABETES AND HOW TO GET STARTED TODAY BY ORDERING FREE MATERIALS. CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR THE **“WE HAVE THE POWER TO PREVENT DIABETES” TIP SHEET.**