



RADIO PUBLIC SERVICE

ANNOUNCEMENT

: 60 SECOND LIVE-READ

FOR OLDER ADULT AUDIENCES

AS YOU GET OLDER, YOUR RISK FOR DIABETES INCREASES. BUT THE GOOD NEWS IS THAT “ **IT’S NOT TOO LATE TO PREVENT DIABETES.**” RECENT STUDIES SHOW YOU CAN PREVENT OR DELAY DIABETES, REGARDLESS OF YOUR AGE. 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. TAKE SMALL STEPS LIKE WALKING OR BIKING SEVERAL TIMES A WEEK AND CHOOSE FRUITS AND VEGETABLES INSTEAD OF HIGH CALORIE AND HIGH FAT SNACKS. TAKE YOUR FIRST STEP TODAY TO LIVE A LONGER AND HEALTHIER LIFE. TALK TO YOUR HEALTH CARE PROVIDER ABOUT YOUR RISK FOR TYPE 2 DIABETES. FOR MORE INFORMATION AND FREE MATERIALS, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR “**IT’S NOT TOO LATE TO PREVENT DIABETES**” **TIP SHEET**. THIS IS A MESSAGE FROM **[INSERT ORGANIZATION]** AND THE DEPARTMENT OF HEALTH AND HUMAN SERVICES’ NATIONAL DIABETES EDUCATION PROGRAM.