



RADIO PUBLIC SERVICE

ANNOUNCEMENT

: 30 SECOND LIVE-READ

FOR ASIAN AMERICAN AND PACIFIC ISLANDER AUDIENCES

IF YOU'RE ASIAN AMERICAN OR PACIFIC ISLANDER AND OVERWEIGHT, YOU ARE AT RISK FOR TYPE 2 DIABETES. BUT THERE ARE TWO REASONS FOR YOU TO TAKE SMALL STEPS TO PREVENT IT ... YOUR FUTURE AND YOUR FAMILY'S. SCIENCE HAS PROVEN IF YOU LOSE A SMALL AMOUNT OF WEIGHT BY BEING PHYSICALLY ACTIVE 30 MINUTES A DAY, 5 DAYS A WEEK AND EATING HEALTHIER, YOU CAN PREVENT DIABETES. TALK TO YOUR HEALTH CARE PROVIDER. FOR FREE INFORMATION IN SEVERAL ASIAN AND PACIFIC ISLANDER LANGUAGES CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383 AND ASK FOR **TWO REASONS I FIND TIME TO PREVENT DIABETES TIP SHEET**.