



**Radio Public Service  
Announcement  
30-Second Live Read Script**

**:30 -- Have you heard the good news about diabetes?**

**You don't have to knock yourself out to prevent diabetes.**

**It's about small steps that lead to big rewards. You can delay or prevent type 2 diabetes by losing a modest amount of weight by eating healthier and being active most days.**

**If you are over 45 and overweight, talk to your health care provider about your risk.**

**Call the National Diabetes Education Program at 1-800-438-5383 for more information.**