

Diabetes PSA (:30) Step By Step

FOR HISPANIC AND LATINO AMERICAN AUDIENCES

[Woman] My family is eating more vegetables. That's our first step.

[Man] I walk every morning. That's my first step.

[Woman] We are preventing diabetes.

[Group] Step by step.

[Male Announcer] For free information on how you can take steps to prevent type 2 diabetes, call the National Diabetes Education Program at 1-800-438-5383. What's your first step?

This message is from the U.S. Department of Health and Human Services.