



WE CAN BE STRONGER THAN DIABETES

Two Reasons I Make the Time To Prevent Diabetes

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Announcer: Good news.

Woman's voice, speaking in an Asian language

Announcer: It's true. Asian Americans and Pacific Islanders who are overweight can prevent diabetes by losing a small amount of weight, eat healthy, and be active thirty minutes a day, five days a week.

Woman's voice, speaking in an Asian language

Announcer: That's right – by losing even a small amount of weight.

Man's voice, speaking in an Asian language

Announcer: Right. Make time to eat healthy and be active thirty minutes a day, five days a week.

Woman's voice, speaking in an Asian language

Man's voice, speaking in an Asian language

Woman's voice, speaking in an Asian language

Announcer: I couldn't have said it better myself. To learn how to take small steps for big rewards and prevent type 2 diabetes, call 1-800-438-5383.

A message from the U.S. Department of Health and Human Services', National Diabetes Education Program.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.