



## **National Diabetes Month 60 Sec PSA**

November is National Diabetes Month, and did you know that you can delay or even prevent diabetes by learning your risk factors and making a few lifestyle changes?

Preventing diabetes has never been easier and doing so starts by making a commitment to live a healthier lifestyle. That means eating more fruits and vegetables and exercising for at least 30 minutes every day.

If you don't have diabetes yourself, there is a good chance that a family member or friend does...and if you *have* been diagnosed with diabetes, it's important to learn to manage it by attending a Diabetes Self-Management Program where you will learn to check your blood sugar levels, make a diabetes meal plan, and get tips to include exercise as part of your daily routine.

Over half a million adults in Alabama have diabetes – so take the first step to protect your health.

For more information, visit our website at [Alabama-Public-Health-dot-gov-slash-diabetes](http://Alabama-Public-Health-dot-gov-slash-diabetes). That's [Alabama-Public-Health-dot-gov-slash-diabetes](http://Alabama-Public-Health-dot-gov-slash-diabetes).

This is brought to you by the Alabama Department of Public Health and this station.

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