

Public Service Announcements for Diabetes

Examples of PSAs:

Use: IMMEDIATE

Time: 10 seconds

Agency: Diabetes in Athens Foundation

Title: Diabetes Fun Day

Healthy families eat well together, play together, and deal with diabetes together. This was a message brought to you by the *[name of your local group]*.

Use: IMMEDIATE:

Time: 15 seconds

Agency: Diabetes in Athens Foundation

Title: Diabetes Fun Day

We can't choose our families, but we can choose what we feed each other. Diabetes is a family matter. A message brought to you by the *[name of your local group]*.

Use: IMMEDIATE:

Time: 15 seconds

Agency: Diabetes in Athens

Title: Diabetes Fun Day

Take your family to the Diabetes Fun Day *[name of other event]*, this Saturday, October 7th at the *[name of your location]*. Get your cholesterol, blood sugar and blood pressure tested. *[name of your local group]*.

Use: IMMEDIATE:

Time: 25 seconds

Agency: Diabetes in Athens Foundation

Title: Diabetes Fun Day

Millions of persons in the United States have blood glucose levels that are higher than normal. They are not yet diabetic, but are close enough. Prevent the long-term damage that pre-diabetes can cause – watch your portion size, be active regularly, eat well with your family. This was a message brought to you by the [*name of your local group*].

Use: IMMEDIATE:

Time: 30 seconds

Agency: Diabetes in Athens Foundation

Title: Diabetes Fun Day

It's dinner time. What will you and your family eat? How about some non-starchy vegetables like spinach, carrots, green beans and broccoli? Don't forget your whole grains and a piece of lean meat or fish. Drink plenty of water or low-calorie drinks. Get moving, have fun with your family, a 5 to 10 percent decrease in weight can help reduce diabetes. This message was brought to you by the [*name of your local group*].

Example of a Public Service Announcement to be sent to a radio/television station

(Place your Logo here)

Appalachian Rural Health Institute
Athens, OH 45701
www.arhi.org
Phone – 740-###-####
Fax – 740-###-####
Info@arhi.org

PUBLIC SERVICE ANNOUNCEMENT
Time: 20 seconds

FOR IMMEDIATE RELEASE
Contact: Shelby Morris
Office: 740-###-####
Cell phone: 740-###-####

Diabetes Fun Day: An affair for family and friends

Take your family to the Diabetes Fun Day, this Saturday, October 7 at the Athens Fair Ground. Get your cholesterol, blood sugar and blood pressure tested. Diabetes: It's a Family Matter.