

ECHO Key Messages

Emergency and Community Health Outreach



Key Messages for ECHO Show #24

“Diabetes Prevention and Control”

(Sponsored by Mpls. & St. Paul Steps)

Finalized Key Messages Deadline: Friday, September 1st, 2006

Finalized Script Deadline: Friday, September 15th, 2006 (Draft #1 script due 9-1-06)

Translation Deadline: Friday, October 2nd, 2006

Translators: Translate only the words not “number 1, number 2, number 3”. Please contact Larry Bogoslaw with any questions. Good luck work!

Number 1: Find out if you are at risk for diabetes. See your doctor and get tested.

Number 2: If you have diabetes, work with your doctor to take care of it and stay healthy.

Number 3: You can prevent diabetes by eating healthy foods, exercising often and watching your weight.