:30 -- Have you heard the good news about diabetes?

You don’t have to knock yourself out to prevent diabetes.

It’s about small steps that lead to big rewards. You can delay or prevent type 2 diabetes by losing a modest amount of weight by eating healthier and being active most days.

If you are over 45 and overweight, talk to your health care provider about your risk.

Call the National Diabetes Education Program at 1-800-438-5383 for more information.