

# National Center for Chronic Disease Prevention and Health Promotion

## Video Audio Description

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The information below describes the actions and narration used in the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) video.

- *Logo for the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) followed by footage of a family sitting around a table, eating a meal.*
- Narration: It may not be obvious at a glance, but chronic disease is everywhere. 84.1 million Americans have prediabetes.
- *Footage of a mom, son and grandmother making a meal*
- Narration: If you don't have one, breast cancer will happen to 1 in 8 women.
- *Footage of many people walking across a crosswalk*
- Narration: you probably know someone who does. 6 in 10 adults have a chronic disease.
- *Footage of children playing on a playground*
- Narration: And the effects can show up in the most unexpected places. 20% of premature babies experience chronic lung disease.
- *Footage of a large family gathered around their grandfather who is in a wheelchair*
- Narration: It's not isolated to any one group. Increased risk of pregnancy and delivery complications.
- *Footage of a Muslim couple smiling*
- Narration: It's moms. Dads. Nearly 6 million Americans are living with Alzheimer's dementia.
- *Footage of two boys arm wrestling*
- Narration: Children. Partners.
- *Footage of a group of friends sitting together and laughing*
- Narration: Friends. 1 in 3 American adults has high blood pressure.
- *Footage of several people walking down a sidewalk*
- Narration: The numbers may seem overwhelming, but they don't have to be. 4 in 10 American adults have two or more chronic diseases. 7 in 10 adults will die of a chronic disease.
- *Footage of two women walking followed by footage of a woman playing with her dog*
- Narration: CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) is helping communities everywhere make changes
- *Footage of a couple making a healthy meal with their children*
- Narration: to prevent chronic diseases in the future.
- *Footage of a pregnant woman at a prenatal appointment*
- Narration: Through various programs, we're already seeing a difference.
- *Footage of a person breaking a cigarette in slow motion*
- Narration: More than half a million smokers quit for good. From 2012 – 2015, the Tips From Former Smokers® campaign has motivated more than half a million smokers to quit.
- *Footage montage of a woman getting her blood pressure taken by her doctor, followed by footage of an instructor teaching a nutrition class and then footage of a female patient at a cancer screening*
- Narration: People are taking preventive measures more seriously. Stroke-related deaths decreased by more than 10% over the last decade. Over 324,000 people have enrolled in the National Diabetes Prevention Program. 5.5 million women have been served by the National Breast and Cervical Cancer Early Detection Program.
- *Footage of children eating lunch at school*
- Narration: Schools are now offering healthier lunch options to students. 30% more schools offer at least 2 vegetables at lunch.
- *Footage of father and daughter brushing their teeth in the bathroom, getting ready for the day*

- Narration: With the help of water fluoridation and dental sealants, the nation's oral health is improving. By 2014, nearly 75% of the U.S. population on public systems had access to fluoridated water.
- *Footage of adults of various ethnicities and ages exercising together in a park*
- Narration: And physical activity is on an upswing. Adults who meet physical activity guidelines increased by 9% from 2008 to 2016.
- *Footage of a couple smiling and feeling good after running a race*
- Narration: But we can do more.
- *Footage of a young family and their grandparents walking on trail followed by footage of a child playing soccer with her grandparents*
- Narration: It's no one thing that prevents chronic disease.
- *Footage of a child climbing on his father as he does yoga in their living room changing to a family cooking a healthy meal in the kitchen*
- Narration: It's the little shifts that lead to big change.
- *Footage of a grandfather teaching his grandson to play the piano*
- Narration: Together, we can help Americans live longer, healthier lives.
- *Closing video frame of the CDC logo and hyperlinks to the NCCDPHP website, CDC Facebook page, NCCDPHP Twitter handle, and CDC Instagram handle*
- Narration: Learn more at [cdc.gov/chronicdisease](http://cdc.gov/chronicdisease)

