

CDC DTT  
National DPP Testimonial Long-form Video  
Transcript

VIDEO	AUDIO
<p>National DPP logo</p> <p>CDC logo</p>	<p><i>Music</i></p> <p>[MARIE] I received a letter from my doctor’s office that my A1C was high. And that they were offering a program that might help me.</p>
<p>[ON-SCREEN TEXT] The A1C blood test is one of the commonly used tests to diagnose prediabetes.</p>	<p><i>Music</i></p>
	<p>[DENNIS] After news from my doctor, I went back and searched family history. It seemed that they also had stages of prediabetes.</p> <p>[MARIE, PARTICIPANT] I knew I had to change something.</p> <p>[PETER] That’s where it all started.</p>
<p>[ON-SCREEN TEXT] National Diabetes Prevention Program</p> <p>CDC logo</p>	<p><i>Music</i></p>
<p>[ON-SCREEN TEXT] Sarah Lifestyle Coach</p>	<p>[SARAH]  The National Diabetes Prevention Program is an evidence-based lifestyle change program that can prevent or delay type 2 diabetes.</p>
<p>[ON-SCREEN TEXT] Dennis Participant</p>	<p>[DENNIS]  Until I got in the program, I wanted to eat any and everything.</p>
<p>[ON-SCREEN TEXT] Marie</p>	<p>[MARIE]</p>

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Participant	I had a sedentary job, and I was on my own. And it was hard but being in the class and having the support of people who were in the same predicament as I was – it really helped a lot.
[ON-SCREEN TEXT] Melinda Participant	[MELINDA]  That was kind of our favorite part was going to the weekly meetings, and the classmates became family.
	[DENNIS]  We would actually as a group go hiking and walking. We communicated back and forth – what we could eat, what we couldn't eat.
	[MARIE]  We focused on exercise and stress management, and all of these contributed; it wasn't just the eating part.
	[MELINDA]  I can't say enough good things about the program because it has enriched every part of our lives.
	[DENNIS]  I didn't ever think all of my years of not working out, this did work out.
	[MARIE]  It's been more than a year since the program ended, and I'm still within the range where I'm no longer prediabetic. And I know how to stay there.
TEXT ON-SCREEN] National Diabetes Prevention Program CDC's proven program to help you prevent or delay type 2 diabetes. <a href="http://www.cdc.gov/PreventType2">www.cdc.gov/PreventType2</a>	[NARRATOR]  Type 2 diabetes can be prevented. Visit <a href="http://www.CDC.gov/PreventType2">www.CDC.gov/PreventType2</a>