

CDC DTT
National DPP Testimonial Long-form Video
Transcript

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

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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. www.cdc.gov/PreventType2	[NARRATOR] Type 2 diabetes can be prevented. Visit www.CDC.gov/PreventType2