

VISUAL NOTES	AUDIO
<p>00:00 - 00:05</p> <p>A woman stands next to two men who greet each other in the lobby.</p> <p>00:06 - 00:11</p> <p>The three socialize happily.</p>	<p><i>Music</i></p> <p>[MALE NARRATOR] Preventing Type 2 diabetes is easier when you have the encouragement and support of others.</p> <p>That’s why the CDC-led National Diabetes Prevention Program’s lifestyle change program works so well.</p>
<p>00:12 - 00:14</p> <p>Participant Doug’s interview</p> <p>00:15:00 - 00:21:00</p> <p>A support group stands in a circle encouraging each other.</p>	<p>[DOUG, PARTICIPANT] Your support group is probably the biggest help.</p> <p>They keep you motivated, and what I enjoyed most was the way I felt when I finished a class.</p>
<p>00:22 - 00:28</p> <p>Three women laugh and walk with each other.</p> <p>Participant Marie’s interview.</p>	<p>[MARIE, PARTICIPANT] Being in the class and having the support of people who are in the same predicament as I was – it really helped a lot.</p>
<p>00:29 – 00:38</p> <p>Participants share and connect with each other in a support group meeting.</p> <p>00:39 – 00:41</p> <p>Lifestyle coach Sarah’s interview.</p>	<p>[SARAH, COACH] What’s really powerful in the program is when participants are able to connect with one another, to share ideas, to problem solve, to support one another.</p> <p>And many of those relationships continue outside of the group and beyond the program.</p>
<p>00:42 - 00:50</p> <p>Dennis and Marie walk and talk together as they make their way into the meeting.</p>	<p>[MALE NARRATOR] Type 2 diabetes can be prevented.</p>

CDC DTT
National DPP Testimonial Video 1 – Building Community
Annotated Transcript

<p>00:51 – 00:55</p> <p>TEXT ON-SCREEN] National Diabetes Prevention Program CDC’s proven program to help you prevent or delay type 2 diabetes. www.cdc.gov/PreventType2</p>	<p>Learn how being part of a community with similar challenges and goals can help you succeed.</p> <p>Visit www.CDC.gov/PreventType2</p>
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