

CDC DTT
National DPP Testimonial Video 5 – A Coach’s Perspective
Annotated Transcript

VISUAL NOTES	AUDIO
<p>00:00 - 00:08</p> <p>A lifestyle coach talks with a group of participants.</p>	<p><i>Music</i></p> <p>[FEMALE NARRATOR] The National Diabetes Prevention Program is led by the CDC, backed by science and delivered by trained coaches.</p>
<p>00:09 - 00:17</p> <p>Lifestyle coach Sarah’s interview.</p> <p>A woman practices deep breathing and yoga.</p> <p>00:18 – 00:23</p> <p>A man eats a healthy lunch.</p> <p>A group of participants smile and connect with each other.</p>	<p>[SARAH, COACH] The lifestyle change program is different from other approaches to weight loss and changing behavior because it really deals with the whole person and helps people look at their whole lives.</p> <p>And how do I make small changes that I can live with and still reach my goals?</p>
<p>00:24 – 00:33</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>[FEMALE NARRATOR] Type 2 diabetes can be prevented. Learn how this proven program can help.</p> <p>Visit www.CDC.gov/PreventType2</p>