

TIMECODE

VISUALS

AUDIO

	<p><b>GFX Center</b></p> <p><b>dLife for Your Diabetes Life!</b></p> <p><b>Opening segment</b></p>	<p><b>Announcer</b></p> <p><b>dLifeTV, the only show for your diabetes life.</b></p>
	<p><b>Opening segment montage</b></p>	<p><b>Announcer</b></p> <p><b>Packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</b></p>
	<p><b>Montage of shots of Gov. Huckabee</b></p> <p><b>Montage of doctor's offices</b></p> <p><b>Montage of coal mines and workers</b></p>	<p><b>VO 1</b></p> <p><b>Nicole Johnson</b></p> <p><b>Today on dLife, he's leaving the governor's mansion, but not before beating type 2 diabetes and inspiring others to follow his lead. Then how to get the most out of your doctor's visit. It starts long before you're sitting in the waiting room. Plus managing diabetes even while working in a coal mine.</b></p>
	<p><b>Nicole in studio</b></p> <p><b>GFX Center</b></p> <p><b>Nicole Johnson</b></p> <p><b>Type 1 Diabetes</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. For 12 years, Mike Huckabee served as Governor of Arkansas. In 2003, he developed type 2 diabetes, and used that as an impetus to turn his life around! For our cover story, dLife meets up with the man who's taken the lead in raising diabetes awareness and building a healthier state.</p>
	<p><b>Photos of Mike Huckabee</b></p>	<p><b>VO 2</b></p> <p><b>Nicole Johnson</b></p> <p><b>Mike Huckabee grew up in the South, and after he stopped growing taller, he kept on growing bigger.</b></p>
	<p><b>Photos and videos of Gov. Huckabee</b></p>	<p><b>VO 3</b></p> <p><b>Gov. Huckabee</b></p> <p><b>I was like a lot of Southern kids who grew up eating fried foods, things with sugar in them. I was not an athlete, and uh.. I had two parents,</b></p>

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		<p><b>both of whom became Type 2 diabetic in their 60s. Two grandparents who'd been uh.. diabetic. So I mean, I knew genetically that I was sort of the sitting duck.</b></p>
	<p><b>More photos and videos of Gov. Huckabee</b></p>	<p><b>VO 4</b></p> <p><b>Nicole Johnson</b></p> <p><b>In 2003 at the age of 46, Mike weighed more than 300 pounds. He was also the governor of Arkansas. One day his arm went numb. When he went to see his doctor, he got the bad news.</b></p>
	<p><b>Continuing photos and videos</b></p> <p><b>Card:</b></p> <p><b>One out of three adult Americans has diabetes or the precursor to it.</b></p>	<p><b>VO 5</b></p> <p><b>Gov. Huckabee</b></p> <p><b>He says, "Well, congratulations! You're type 2 diabetic. And I was devastated. And I thought, "I did this to myself. This was my own stupid fault."</b></p>
	<p><b>Continuing photos and videos; some of fast food preparation</b></p>	<p><b>VO 6</b></p> <p><b>Nicole Johnson</b></p> <p><b>Governor Huckabee moved immediately into action and changed the way he had been eating his whole life. He stopped eating fried foods and cut down on the fats and the portion sizes.</b></p>
	<p><b>Card:</b></p> <p><b>Philip Kern, MD &lt;illegible&gt;</b></p>	<p><b>Dr. Kern</b></p> <p><b>So I said to the Governor for sustained weight loss, for any kind of a real lifestyle change, you're going to have to develop an exercise program.</b></p>
	<p><b>Card:</b></p> <p><b>Mike Huckabee Former Arkansas Governor</b></p> <p><b>Videos of Mike exercising</b></p>	<p><b>Gov. Huckabee</b></p> <p><b>I hated it! And so it was first finding something that I didn't hate as much, which for me was a recumbent bicycle early on, because I could read and do other things while I was on the bike. And got to the place where I said, "Well, I think I'll go outside and walk." And I started walking, and then one thing led to another, and I started running.</b></p>
	<p><b>Videos of Mike exercising; running</b></p>	<p><b>VO 7</b></p>

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	<b>Photos of Mike after losing 100 pounds</b>	<b>Nicole Johnson</b>  <b>It wasn't long before the weight started coming off. More than 100 pounds! And the quality of Gov. Huckabee's life improved dramatically.</b>
	<b>Continuing photos of Governor</b>	Dr. Kern  I think the governor is atypical in his motivation, and his perseverance. Obviously, most people don't lose 110 pounds and run marathons.
	<b>Videos of Mike running marathon</b> <b>Card:</b> <b>&lt;illegible&gt;</b> <b>Video of Mike running marathon</b>	<b>VO 8</b>  <b>Gov. Huckabee</b>  <b>I don't think I would be able to overcome diabetes without a regular active fitness program that involved rigorous exercise. And I do think that it's the real reason that I've been able to not have any diabetes symptoms in 3.5 years, no medication.</b>
		Gov. Huckabee  And my doctor says I'm as if I've never been diagnosed diabetes; and as long as I continue to live this way, hopefully I'll never have those symptoms again.
	<b>Videos of Governor in his various duties</b>	Nicole Johnson  While the Governor's diabetes is under control, he knows he is not cured. Still his own experience inspired him to help others. And when he looked around, he saw a lot of people in Arkansas who needed help.
	<b>Montage of overweight people</b>	Gov. Huckabee  We have approximately 240,000 people who are diagnosed diabetic, and of course, there may be eight to ten percent of the population who are diabetic and don't even know it. And that's frightening!
	<b>GFX Card</b>  <b>Arkansas</b>	<b>VO 9</b>  <b>Nicole Johnson</b>

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	<p><b>26% of adults are considered obese.</b></p> <p><b>Type 2 diabetes increased 35% between 1993 and 2002.</b></p>	<p><b>In fact, 26 percent of Arkansas residents are considered obese. The result has been a soaring increase in type 2 diabetes in the State by 35 percent!</b></p>
	<p><b>Video of school cafeteria</b></p>	<p><b>VO 10</b></p> <p><b>Woman</b></p> <p><b>We're already seeing students with type 2 diabetes. They've been diagnosed. I never thought I'd see that in schoolchildren.</b></p>
	<p><b>Video of Governor at press conference and other activities</b></p> <p><b>Card:</b></p> <p style="text-align: center;"><b>Healthy Arkansas For a Better State of Health</b></p>	<p><b>VO 11</b></p> <p><b>Nicole Johnson</b></p> <p><b>Governor Huckabee created a sweeping campaign called Healthy Arkansas, to help people make some of the changes in their lives that he had just recently made in his own.</b></p>
	<p><b>Governor speaking at press conference</b></p>	<p>Governor Huckabee</p> <p>Healthy Arkansas is a focus on putting all the resources of this administration and of State government into creating a healthier state.</p>
	<p><b>Hall Senior High School building</b></p>	<p><b>VO 12</b></p> <p><b>Nicole Johnson</b></p> <p><b>The program began in the schools.</b></p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>Margo Bushmiaer Health Official Little Rock School District</b></p> <p style="text-align: center;"><b>BMI: Body Mass Index</b></p> <p><b>Inside the high school cafeteria</b></p>	<p>Margo Bushmiaer</p> <p>The initiatives that the schools had been asked to implement was measuring all students for their BMI. Measuring heights and weights by a very precise protocol. So all schools in our state are doing the same measurement.</p>

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	<p><b>Inside the school cafeteria</b></p>	<p><b>VO 13</b></p> <p><b>Nicole Johnson</b></p> <p><b>And the results were disturbing. When 37 percent of Arkansas children were found to be overweight or at a risk, a letter was sent home to parents outlining the potential health risks.</b></p>
	<p><b>Governor</b></p>	<p>Governor Huckabee</p> <p>We're not telling you how to raise your kids but you need to be aware that your child is susceptible to some uh.. serious health issues.</p>
	<p><b>Huckabee at high school</b></p>	<p><b>VO 14</b></p> <p><b>Nicole Johnson</b></p> <p><b>Huckabee overhauled the cafeteria lunch menus throughout the State and replaced fried foods with baked ones. This included the beloved French fry.</b></p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>Lilly Boole</b>  <b>Little Rock School</b>  <b>District</b></p> <p><b>School cafeteria</b></p>	<p>Lilly Boole</p> <p>We're currently not purchasing any items that would have transfats in them. We typically try to stand around more fruits and vegetables. And of course more lean meat products.</p>
	<p><b>Food items</b></p>	<p><b>VO 15</b></p> <p><b>Nicole Johnson</b></p> <p><b>Next target, soda, candy and junk food.</b></p>
	<p><b>Interview</b></p>	<p>Margo Bushmiaer</p> <p>All vending machines need to be at least 50/50 healthy. So that means adding more slots in your machine for water, 100 percent juice, and less of the carbonated drinks and the 100 percent sugar drinks.</p>

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	<b>Outside of restaurant</b>	<b>VO 16</b>  <b>Nicole Johnson</b>  <b>Then Huckabee got restaurants involved.</b>
	<b>Healthy Arkansas insignia</b>  <b>Food preparation</b>	<b>VO 17</b>  <b>Gov. Huckabee</b>  <b>We give the Healthy Arkansas designation to restaurants that have items on their menu that are heart healthy, that meet the dietary guidelines for good health.</b>
	<b>State employees walking</b>	<b>VO 18</b>  <b>Nicole Johnson</b>  <b>Incentives were also offered that changed people's lifestyles.</b>
	<b>State employees walking</b>	<b>VO 19</b>  <b>Gov. Huckabee</b>  <b>I've watched State employees that would go outside the Capitol and smoke, and I realized they're on State time. So we started giving people walking breaks and saying, "If you're willing to go out and exercise, you can do it on-the clock."</b>
	<b>State employees walking</b>  <b>Governor running in marathon</b>	<b>VO 20</b>  <b>Nicole Johnson</b>  <b>Huckabee's initiatives are working! The rate of obesity in Arkansas children has dropped! But more than anything, it is Huckabee's own personal commitment to his own health that has inspired people to change.</b>
	<b>Gov. Huckabee running</b>	<b>Gov. Huckabee</b>  <b>We're gonna make it! It just won't be the prettiest</b>

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		finish.
	<b>Card:</b> <b>Harriet Larson, RN, CDE</b> <b>Diabetes Educator</b>  <b>Patients</b>	Harriet Larson In my practice so many of our patients are overweight and with diabetes-- that's also an issue. And you know, it just seems like that he's become an inspiration, and it's become more personal to them instead of political.
	<b>Card:</b> <b>Preston Bynum</b> <b>Type 2 Diabetes</b>	Preston Bynum  He was my inspiration. He was heavy, too, and uh.. was starting to develop diabetes, and he decided to do something about it. When he did it, why it just inspired me to do the same thing.
	<b>Montage of Preston at health center</b>	<b>VO 21</b>  <b>Nicole Johnson</b>  <b>Through diet and exercise, Preston Bynum lost 80 pounds. In fact, Preston credits Gov. Huckabee with giving him more than inspiration.</b>
	<b>Interview</b>	Preston Bynum  I really honestly think it saved my life.
	<b>Huckabee being sworn in</b>  <b>People exercising</b>	<b>VO 22</b>  <b>Dr. Kern</b>  <b>Changing habits of people, that's very hard, but ultimately motivating people has been one of the most important things that we elect politicians for.</b>
	<b>Interview</b>	Dr. Kern  And to the extent that he can do that, uh.. that may be more powerful than any policy change.
	<b>Interview</b>  <b>Huckabee running</b>	Gov. Huckabee  I still get my blood sugar checked very regularly. I keep a very close watch on the A1C hemoglobin.

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		And the main thing is eat right, be active, and maintain a very upbeat outlook and optimism about the future.
	<b>Huckabee running in marathon</b>	<b>VO 23</b> <b>Nicole Johnson</b> <b>The battle against obesity and diabetes in Arkansas and throughout America can't be resolved in a furious sprint. It's a marathon. And Mike Huckabee is one runner who's in it for life.</b>
	<b>Nicole in studio</b>	Nicole Johnson  Thank you, Gov. Huckabee, for being a positive role model for people living with diabetes.