

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife Your Diabetes Life!</p> <p>Show opener GFX</p>	<p>Voice Over - Jim Turner</p> <p>dLife TV, the only show for your diabetes life. Packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p>Montage of upcoming segments</p>	<p>Voice Over - Nicole Johnson</p> <p>Today on dLife, Diabetes Behind Bars. With a record number of Americans spending time in jail, it means some of them have diabetes. If you get arrested even for a misdemeanor, what are the chances you'll be allowed to test your blood sugar, take necessary medications and get the right food? We have a special report. Also today, an aerialist with diabetes and delicious food from Chef Michel Nischan that's diabetes friendly.</p>
	<p>Nicole Johnson standing on set</p> <p>Lower Third:</p> <p>Nicole Johnson Diabetes since 1993 Ms. America 1999</p>	<p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. A census study this year found that one out of every 100 Americans is in jail or prison. Depending on circumstances, it can happen to anyone, including those living with diabetes. Proper jailhouse care for people with chronic diseases is often overlooked. The results can be disastrous, even fatal. A Philadelphia man with diabetes turned his bad experience into an opportunity. Jim Turner reports.</p>
	<p>Montage of Steven Rosen's daily activities</p> <p>Lower Third:</p> <p>Jim Turner dLife Correspondent Diabetes Since 1970</p>	<p>Voice Over - Jim Turner</p> <p>This story starts like many others on dLife about a man living with diabetes.</p>
	<p>Montage of Steven Rosen's daily activities, seated in interview</p> <p>dLife Diabetes since 1981</p>	<p>Steven Rosen</p> <p>I was diagnosed with Type I insulin dependent diabetes about 27 years ago. I test my blood 8 to 10 times a day and I've been on the insulin pump for about 8 years.</p>

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	Montage of Steven at work	Jim Turner In 1999 Steven, a Philadelphia club owner was arrested for a minor infraction of the liquor code. It was his first arrest.
	Steven at work, Steven's insulin pump and bag carrying his testing supplies, jail cell	Steven I showed the state police my insulin pump. I have a bag I carry with all of my testing supplies. They said there were sharps in there that you really can't bring it to the jail and would only be there for a few hours. Everybody involved from the time I was arrested to being checked in, including the turnkey and other officers who'd walk through the hall, knew that I was diabetic.
	Prisoner sitting in cell	Voice Over - Jim Turner Yet Steven's medical needs were largely ignored. Within the confines of his jail cell, Steven's health took a turn for the worse.
	Montage of prisoner, cell row, guard, Steven seated in interview	Steven I started feeling a low coming on. I had a lot of trouble breathing and my heart was racing and I was on the floor on all floors. So my cellmate kept calling for the turnkey. He finally came and I wasn't- I wasn't able to really talk and he looked at me and he said to these guys, call me when he passes out. And he walked away. At some point, he came back with something for me to drink and then I did pass out. And when I woke up, I had a very high blood sugar. I had no way of testing but I could just-- just didn't feel good.
	Montage of prison cells, prisoner holding bars	Voice Over - Jim Turner With no testing supplies and a limited amount of insulin remaining in his pump, Steven was running out of time.

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	Shot of Steven in club	Steven I spent hours and hours pacing six steps one way and turning around six steps the other way, trying to work off this high blood sugar.
	Montage of jail cells, ambulance, hospital	Voice Over - Jim Turner After 24 hours in jail, without the tools necessary to control his disease, Steven was finally rushed to the hospital.
	Steven in club, insulin bottle and needle	Steven My wife had found out where I was and she came down with a little of my insulin supply. So they never treated me for the diabetes. I treated myself.
	Montage of Steven at work	Jim Turner Charges against Steven were dropped. But the memories of his night in jail lingered.
	Steven in club	Steven I couldn't get over my- my madness. I was just angry.
	Montage of Alan Yatvin at work	Voice Over - Jim Turner Alan Yatvin, a prominent civil rights attorney in Philadelphia, had worked on prior cases involving with people diabetes and the police.
	Alan L. Yatvin in his office Lower third: Member, Legal Advocates Subcommittee American Diabetes Association	Alan Yatvin When I heard Steven Rosen's story, I said, you gotta be kidding. This- this can't be happening. They were supposed to have cured that.
	Alan at work in office	Voice Over - Jim Turner Alan moved into action.
	Alan in his office	Alan Yatvin I thought, okay now we need to up the ante. We

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		need to bring this as a class action.
	Alan in office, montage of police shots	Voice Over - Jim Turner In doing so, Alan was seeking injunctive relief or assurances that the city would address its policies toward handling people with diabetes who were detained by police officers.
	Police officer knocking on a car window. Alan going through papers in his office, Alan in front of law books	Alan Yatvin This was an opportunity to change the system dramatically. When we filed the suit in federal court, a reporter for the <i>Philadelphia Inquirer</i> saw the complaint, picked up on the case and did a story on it. And people started coming forward.
	People walking on the street, Alan in his office on the phone	Voice Over - Jim Turner It started with a trickle and eventually 275 people with diabetes came forward and joined Steven in a class action suit against the city of Philadelphia, grabbing the attention of the American Diabetes Association.
	Alan Yatvin in front of law books, montage of Alan in office, police making arrest, jail scene	Alan Yatvin They decided to join the case as a plaintiff to help us litigate the injunctive part of it, the part seeking changes in policy and seeking changes in training for the police department.
	Alan Yatvin at work Diabetes poster: Warning Signs Hypoglycemia (low blood sugar) . sweating . shaking . anxiety . confusion	Voice Over - Jim Turner In cooperation with the ADA, the city of Philadelphia adopted new policies and guidelines in order to better care for those living with diabetes.
	Lower third: Lt. James Gould, RN Philadelphia Police Department Montage of a man being arrested	Little. James Gould, RN It was brought to our attention that there was a problem. We're always open. What we're asked to do was reasonable and it was the right thing to do.

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	<p>Lower third:</p> <p>Chief James Tiano Philadelphia Police Department</p> <p>Posters, training materials and CDs</p>	<p>Chief James Tiano</p> <p>Some of the changes, we put posters in everyone of our facilities identifying to the officers what to look for if somebody is diabetic. We also have a training film, which is given to each officer to review, I roll call.</p>
	<p>Diabetes test being taken by officer</p> <p>Card:</p> <p>Attempt To Determine If The Person Has Diabetes</p> <p>If The Person Is Conscious And Not Having A Seizure, Provide A Quick Acting Source Of Sugar</p> <p>Get Medical Assistance</p>	<p>Voice Over - Jim Turner</p> <p>Trainers were brought in during morning roll calls across the city in order to educate police officers about how to recognize and treat diabetes. In addition, a session on diabetes is included in the annual service training for all officers.</p>
	<p>Lt. James Gould, RN, montage of ambulance</p>	<p>Lt. James Gould, RN</p> <p>Today, if someone is taking insulin or hypoglycemic pills or maybe are controlling their diabetes even with diet, that person is gonna be taken down to the police detention unit and uh- and is gonna be seen by a registered nurse. That's what's different now.</p>
	<p>Chief James Tiano in his office, police insignia on police car</p>	<p>Chief James Tiano</p> <p>I think Philadelphia now, I'm proud to say, is a model to a lot of other cities on how to handle people with that disease and other diseases.</p>
	<p>Montage, Steven, Philadelphia skyline, prisoner</p>	<p>Voice Over - Jim Turner</p> <p>What began as one man's horror story, ended with the city of Philadelphia's determination to ensure that no one with diabetes would ever experience a situation similar to Steven's.</p>
	<p>Steven Rosen in club</p>	<p>Steven Rosen</p> <p>I think when you're in the custody of the police, they</p>

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		have a responsibility to take care of you.
	Alan Yatvin in front of law books	Alan Yatvin Being arrested is not license to punish anyone for their medical situation.
	Montage of prison GFX Center Prison yard, prisoners Nicole Johnson on set GFX Center	Nicole Johnson Jim Turner continues his look at diabetes behind bars when dLife continues. But first, here's a good eating, good living food idea from Craft.
	Montage of prison, prisoners	Voice Over - Jim Turner Today, approximately 100,000 people with diabetes are incarcerated in a Federal or state penitentiary. Jimmy Lee Allen is one of those inmates.
	Jimmy Lee Allen seated in front of flags Lower third: Jimmy Lee Allen Diabetes since 1994	Jimmy Lee Allen I've been incarcerated now 31 years and I'm 70 years old and I have Type II diabetes, insulin dependent.
	Moon through prison fence, inside of prison cell	Jim Turner In 1994, 13 years into serving his 100 year sentence, Jimmy began to experience alarming symptoms. Something was wrong.
	Jimmy Lee Allen, interior prison shots	Jimmy Lee Allen I was having a lot of chest pains and headaches and as far as I can remember, back, headache is something that I don't have.
	Prison hallway, blood test being taken	Voice Over - Jim Turner Alarmed, Jimmy went to the prison doctor who

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		conducted a full checkup. On a hunch, the doctor performed a blood glucose test.
	Jimmy Lee Allen seated in front of flags	Jimmy Lee Allen When he took that, my blood sugar must have been around about 450. He said that's your problem. He said- he said you're diabetic.
	Passing by row of cells	Voice Over - Jim Turner Jimmy is not alone. He's part of an expanding population of inmates lost in a world with little or no support, forced to find a path to good diabetes management on their own.
	Shot of Daniel Lorber Lower Third: Daniel Lorber, MD, RACP, CDE Legal Advocacy Subcommittee, ADA	Dr. Daniel Lorber Health care in prisons is problematic. Health care in prisons get short changed, whether we're talking about diabetes, infectious disease.
	Prison cell bars, bright green hue Lower Third: An estimated 2 million Americans are incarcerated and nearly 80,000 of them have diabetes	Voice Over - Jim Turner The doctor prescribed pills to control Jimmy's Type II diabetes. And after that, nothing. No further information.
	Jimmy Lee Allen seated in front of flags, close up of Jimmy's hands	Jimmy Lee Allen They never checked my blood sugar level and I knew nothing about no special diet or diet and anything, no counsel, no form of therapy, nothing.
	Aerial view of prison, montage of prison	Voice Over - Jim Turner All alone, with no one to count on except himself, Jimmy took matters into his own hands.
	Jimmy Lee Allen seated in front of flags	Jimmy Lee Allen Once he told me I was a diabetic, right, then I on my own, was a little careful about what I put in my

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		<p>mouth. And I began to exercise more on my own, not knowing at that time right, that that was one of the key things that a diabetic you know, really should be focused on.</p>
	<p>Prison facility, aerial view, montage of prison, interior and exterior</p>	<p>Voice Over - Jim Turner</p> <p>Finally, light broke through the haze. Jimmy was transferred to a more progressive correctional facility where a fellow inmate invited him to a diabetes education class. He was even put on insulin after a doctor determined the pills to be ineffective. Jimmy took charge of his health. Uniquely motivated and informed, Jimmy is not a typical prisoner. Managing diabetes in prison is hard and most prisoners struggle mightily.</p>
	<p>Dr. Daniel Lorber in office</p>	<p>Dr. Daniel Lorber</p> <p>The day generally starts at around 4:30 or 5:00 in the morning. At that time, there may be medication rounds. There may or may not be finger stick rounds depending on the individual institution.</p>
	<p>Guard looks into cells, closes door, prison cafeteria and seating area</p>	<p>Voice Over - Jim Turner</p> <p>Today, Jimmy is lucky to be in a facility that offers a daily blood glucose test before breakfast. For inmates such as Jimmy, the food choices they make are based on limited information, perhaps gleaned from a fellow inmate's advice or a tip found in a magazine. But it is up to the individual to determine whether the information helps or harms.</p>
	<p>Jimmy Lee Allen seated in front of flags, Jimmy's hand pointing</p>	<p>Jimmy Lee Allen</p> <p>As a diabetic, it's not what I eat, it's how much and when. You have to discipline yourself. You have to make believe that when you reach for something that you know is harmful, between you and what you're reaching for is a scalpel, you know, a saw. That could either be your arm or your leg. <laughs></p>

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		So you think twice before you reach for it and put it in your mouth.
	Dr. Daniel Lorber in office French fries in deep fryers, food in containers	Dr. Daniel Lorber There's been a strong move, recognizing that the population is aging for what's called the heart healthy diet. But heart healthy diets are more expensive. The more the budget is crunched, the more you see potatoes and higher fat foods.
	Prison yard and inmates filing into compound	Voice Over - Jim Turner As other inmates emerge with the new-found knowledge of how to control diabetes, Jimmy realized he was not alone in his struggle. Teaming up with the Southern Poverty Law Center, these inmates crafted <i>The Prisoners Diabetes Handbook</i> to ensure that no other inmate would be trapped in the dark.
	Jimmy Lee Allen seated in front of flags, Jimmy's hands holding the handbook	Jimmy Lee Allen We recognized that there was a need, a self-need for the individual inmate in incarceration, to find some means and method as to how to manage and control his diabetes. And I think no one can tell a convict anything better than another convict.
	Long shot of prison, prison tower shot through concertina wire	Voice Over - Jim Turner But books are not enough. More money is needed for education and healthier food options. Any additional funding however, would have to come from the tax payer's wallet.
	Dr. Daniel Lorber in office, guard in corridor of prison	Dr. Daniel Lorber Most people don't stay in prison for life. Most people go back out in the community. If they go back out into the community half blind, they go back out in the community needing dialysis, they go back out in the community with one and a half legs, all of a sudden they're thrown on the resources of the community to take care of them.
	Jimmy Lee Allen seated in front of flags	Jimmy Lee Allen You're spending money. So why not spend money that's goin' help benefit the people in here now so

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		that you won't have to deal with them when they come there.
	Dr. Daniel Lorber in office	Dr. Daniel Lorber I think no matter why somebody is in prison, ensuring that they have decent health care is the right thing to do. It's our responsibility to take proper care of them.
	GFX Center dLife Chef Michel Nischan in kitchen (inset) GFX Center	Nicole Johnson When we come back, Chef Michel Nischan is in the dLife kitchen.
	Michel Nischan in kitchen Lower Third: Michel Nischan dLife Chef	Michael Nischan Hi, I'm Michel Nischan and welcome to the dLife kitchen. Today, we're gonna make a classic 1950s comfort dish, turkey meatloaf with green beans almandine. So we're gonna start with a little bit of grape seed oil and I love using grape seed oil because it's high in antioxidants. And then take a little bit of onions, some leeks and after I add the leeks and the onions, then the garlic and we're going to sauté this for about three to five minutes so you can see these are just really beginning to turn nicely brown. What we're gonna do now, is deglaze with a little bit of red wine. And I love the red wine
	Michel Nischan cooking in the kitchen	because it has this really awesome acidity to it. So we cook that out just for a few minutes until it thickens and then we're gonna add a little bit of low sodium chicken broth. So I added the canned tomato sauce and now I'm just gonna add a little bit of fresh basil, fresh oregano. We're gonna let it simmer for about ten to 15 minutes. Now we're ready for the meatloaf recipe. I have ground turkey,
	Michel Nischan cooking in kitchen	one egg and two egg whites. This is grated zucchini and that really adds this kind of flaky fluffiness. I'm gonna use a little of spelt flour because the zucchini's still gonna have a little bit of moisture in it, just to kind of help it bind a little bit. And the a little bit of sea salt and one of my favorite seasonings,

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		freshly ground black pepper. And then we're just
	Chef Michel puts loaf pan in oven	gonna blend well until it's just incorporated. And the last step is to just add a little bit of the wonderful tomato sauce, give it a stir. Now we're gonna take a little loaf pan. We're gonna spray the inside of the pan and then we're gonna just transfer the meatloaf mixture in here, just like this. And then we're just gonna cover this, because we need to cook it covered so that it doesn't get overly brown or
	<p>Lower Third:</p> <p>A cup of green beans provides 25 percent of the daily value of Vitamin K</p>	dehydrated. And we're gonna bake this in a preheated 350 degree oven for about 30 to 40 minutes or until it's just done. And while that's cooking, we're going to make the green beans almandine. I'm just going to take a little bit of butter and then I'm just gonna add the beans right to it. So I'm just gonna let this warm up and sauté. So here we have some low sodium broth. We're gonna add just
	<p>Michel Nischan cooking in the kitchen</p> <p>Card left side:</p> <p>Green Beans Amandine Makes 6 servings Per serving-- calories: 73 carbs: 11g fiber: 4g saturated fat: 1g sodium: 60 mg</p>	about that much and here we have some precooked, peeled, pearl onions. We're gonna simmer that for just a few minutes with a little bit of fresh oregano. And we're gonna cover this, cook it for just a few minutes until the beans are still a little bit crisp but tender in the middle. Here we have some chopped, toasted almonds and then some whole toasted almonds. We're gonna sprinkle those in. We're getting this ready for the meat loaf. Look at that, maybe one over here. And look how wonderful that is and man, let me tell you that smells fantastic. Now let's go get our meatloaf. If you're not sure, just use an instant read thermometer,
	<p>Michel Nischan cooking in kitchen</p> <p>Lower Third:</p> <p>Cook poultry to 165 degrees, ground beef or pork to 160 degrees</p> <p>Card left side:</p> <p>Low-Carb Meatloaf Makes 8 servings</p>	stick it right in the center and it's done when it's 165 degrees. Now here, let's take a look. Wow! Beautiful! I'm just gonna turn this out on the cutting board, just like that and we're gonna take just a couple of nice slices and then some really nice tomato sauce and watch this. This is just gonna be an amazing, amazing dish that's gonna take us back to the '50s. Now you can find this recipe and a

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	<p>Per serving-- Calories: 167; carbs: 6g; fiber: 1g; saturated fat: 2g; sodium: 254mg</p>	
	<p>Lower Third:</p> <p>Find recipe at dLife.com/recipebox</p>	<p>variety of other great tips about managing your diabetes at the website of dLife.com/recipebox. I'm Michel Nischan. Thanks for joining me in the dLife kitchen.</p>
	<p>Montage of Delaine Wright on trapeze (inset)</p> <p>GXF Center</p> <p>Nicole Johnson on set</p> <p>GFX Center</p>	<p>Nicole Johnson</p> <p>When we continue, up in the air with diabetes. A woman with a unique way to manage her disease. Exercise helps control diabetes and it's so much easier to do when you're having fun. For Delaine Wright, hanging upside down on a swing is still as much fun as it was when she was a kid. So she's still doing it today.</p>
	<p>Montage of Delaine Wright's daily activities, Delaine seated for interview</p> <p>Lower Third:</p> <p>Delaine Wright, Diabetes since 1983</p> <p>Delaine jumping on trampoline and walking in yard, visiting with horse</p>	<p>Delaine Wright</p> <p>My name is Delaine Wright and I have Type I diabetes. In a way it's really helped me to grow and helped me to choose the career that I'm in today and uh.. do the activities that I do today. I'm an exercise physiologist and also a certified diabetes educator. And I work in a hospital setting, in a wellness and diabetes management program. And I also do some coaching online with a company called <i>Fit For D</i>. A number of years ago I had gone on a Caribbean vacation and at the resort we stayed, they had a flying trapeze rig. When I came home I searched online and found a couple of former Circ de Sole performers in Vermont who I connected with and went up for lessons. And that was it. I fell in love and so I'm-- I have today, become an aerialist. It's a lot of strength works. It has some skill involved. It's a little bit like gymnastics so it really</p>
	<p>Lower Third:</p> <p>Resistance training increases muscle mass and improves insulin sensitivity.</p>	<p>forces me to think about flexibility and strength in a different way. And you know, it's- it's such fun exercising. You know, you're laughing at yourself. It's- it's like going back to your childhood when we used to hang from uhm.. swing sets outside upside down. You know, all of a sudden you're 40 and you</p>

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		think, I'll never do that again. And so here I am, hanging upside down from the ceiling. <laughs>
	Delaine Wright seated for interview, Delaine doing an aerial performance	Certainly performing in front of a crowd is a little nerve-wracking. Uhm.. but it- but it's really fun and I think it's such a different activity and most people don't do it. So to them, I look like I'm doing something fantastic. I had to learn and pattern how it affected my blood sugars. I learned how to adjust based on that. I tend to take off the pump just to have it out of the way. But I'm also very careful about checking blood sugar more frequently,
	Delaine testing for blood, shown taking off pump	because it's more like what we call an anaerobic type of exercise. It's strength, it's power, uhm.. it tends to increase our blood sugar. Uhm.. and of course being disconnected from the pump and being without insulin, my tendency is to see blood sugars go up while I'm performing or working on trapeze. So I'm extra careful about checking more frequently. I'll often uhm.. take a break, reconnect to the pump,
	Delaine Wright connecting pump, doing trapeze practice Lower Third: In contrast to aerobic exercise, aerobic exercises like walking and swimming generally lower blood sugar levels	supply additional insulin as needed uhm.. and then disconnect and continue with the exercise. It's about finding the fun in exercise so that you continue to do it. And that's very much what trapeze and aerial work is for me. It's a fantastic workout and time goes by quickly while I'm doing it and I'm laughing or at least I've got a smile on my face while I'm doing it. And that's the type of exercise I enjoy.
	Nicole Johnson on set GFX Center Nicole Johnson on set Lower third: Nicole Johnson Diabetes since 1993	Nicole Johnson Next on dLife, Jim Turner on what the average Joe really knows about diabetes. Jim Turner says, sometimes we forget there's still a lot of misinformation out there regarding the disease we know so well.
	GFX Center Jim Turner seated in house	Jim Turner I have Type I diabetes and so does movie star Halle

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	<p>Lower Third:</p> <p>Film and TV actor, diabetes since 1970</p> <p>Photo of Halle Berry</p>	<p>Berry. And recently she was quoted as saying that she had cured herself of her Type I diabetes, that she had weaned herself off of insulin and now had Type II diabetes. Well I- I didn't need to call an expert to know that Halle was mistaken. But it got me to thinking about all the misconceptions that people have about our disease. I mean if</p>
	<p>Photo of Halle Berry</p>	<p>Halle Berry, Academy Award winner, millionaire, and diabetic, doesn't understand such a fundamental reality what does the rest of the world really know?</p>
	<p>Succession of people on the street being interviewed by Jim Turner</p>	<p>Man 2: Diabetes is uh.. a disease uh.. uh.. more than an allergy but it's a disease of the blood is it not?</p> <p>Woman 1: You shouldn't have too much sugar when you're a diabetic, because like you don't have enough insulin to like digest it, I think is what it is.</p> <p>Man 3: I think my grandmother has it. She always pricks her finger every time I'm around her and tests her blood. I think she has diabetes, yeah.</p>
	<p>Succession of people on the street being interviewed by Jim Turner</p>	<p>Jim Turner</p> <p>What kind of stuff should you eat if you're diabetic?</p>
		<p>Man 4: Uh..</p> <p>Man 5: Not- not candy.</p> <p>Jim Turner: And do you know if it's curable?</p> <p>Woman 2: Yes, now.</p> <p>Man 6: I think there's a cure for anything, because it's really in your mind.</p> <p>Man 7: There's actually a Chinese herbal mixture that will cure diabetes. But I'm pretty sure it's only Type I.</p>
	<p>Jim Turner seated in house</p>	<p>Jim Turner</p>

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		<p>But diabetes is a confusing disease. And misinformation is everywhere. When I was first diagnosed, I thought that I would never, ever be able to eat sugar again. Well that was a very silly idea. As is the idea that you can change yourself, from a Type I into a Type II. Stay informed. Your life depends on it.</p>
	<p>GFX Center</p> <p>Nicole Johnson on set</p> <p>Lower Third:</p> <p>Watch dLife TV on CNBC every Sunday evening</p> <p>Lower Third:</p> <p>To order a copy of any dLife TV episode, visit dLife.com/orderdLifeTV</p>	<p>Nicole Johnson</p> <p>That's all the time we have. We'll be back again next week with another edition of dLife TV, to inform, inspire and connect for a healthy diabetes life.</p>
	<p>GFX Center</p> <p>dLife is produced by Life Med Media and does not represent the views or opinions of CNBC, Inc.</p>	
	<p>Credits roll</p>	
	<p>Nicole Johnson (inset right)</p>	<p>Nicole Johnson</p> <p>Remember, we're not role models; we're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different and you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it.</p>
	<p>GFX Center</p> <p>dLife</p>	