

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	<p><b>VO 1</b></p> <p><b>dLifeTV, 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.</b></p>
	<p><b>Various shots of upcoming segments.</b></p>	<p><b>VO Nicole Johnson Baker</b></p> <p><b>Today on dLife, making the right diabetes food choices at the supermarket, a shopping strategy for every budget. And we'll look at the epidemic of type 2 diabetes among African Americans. What can be done? Plus real stories about real people living with diabetes.</b></p>
	<p><b>Shot of Nicole Johnson Baker.</b></p>	<p>Nicole Johnson Baker</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson Baker. As a person with diabetes, I sometimes feel overwhelmed when I walk into a supermarket. Aisle after aisle, so many nutritional choices, some good, some bad, and some that can fool you even if you're a careful reader of food labels. Add to that budget constraints, food allergies, a picky eater or two at home, and you might feel as though you need a personal shopper to guide you through it.</p>
	<p><b>Various shots of supermarket.</b></p>	<p><b>VO Nicole Johnson Baker</b></p> <p><b>dLife met with Christine Gerbstadt, spokesperson for the American Diatetic Association who gave us some healthy helpful tips for your next trip to the supermarket.</b></p>
	<p><b>Lower Third:</b></p> <p><b>Christine Gerbstadt, MD, RD</b>  <b>Spokesperson,</b>  <b>American Diatetic Association</b></p> <p><b>Various shots of people shopping at supermarket.</b>  <b>Various shots of food items in supermarket.</b></p>	<p>Christina Gerbstadt</p> <p>As a registered dietician, my clients with diabetes are always asking me, "How do I go into the food market and do my shopping? How do I navigate my way around and make healthy choices of foods that are going to fit into my diabetes meal plan?" Well, I've got a lot of good tips for how to do that. Number one, don't go to the store hungry. Number two, make a list ahead of time, take it with you and stick to it. And number three, the perimeter of the</p>

TIMECODE	VISUALS	AUDIO
		<p>store in most grocery stores contains most of the healthy foods and most of the lower carb foods. In the aisles, you find frozen foods, canned foods, the carbs and cereals and breads and bakery products and snacks and sugary beverages. And as you can see, a lot of those foods are aisles that you'd probably just want to stay away from.</p>
	<p><b>GENERAL FOOD SHOPPING TIPS</b></p> <ol style="list-style-type: none"> <li>1. Eat before you shop.</li> <li>2. Bring a list.</li> <li>3. Stay in the perimeter.</li> <li>4. Read labels.</li> </ol>	
	<p><b>Various shots of different meats.</b></p> <p><b>Various shots of deli counter foods</b></p>	<p>Christina Gerbstadt</p> <p>A diabetic diet focuses around a lot of protein and some of the protein sources that we look to are lean meats, fish and seafood, and poultry. Let's talk about meat first. Red meats like beef and lamb and pork often contain marbled fat or fat actually within the muscle or, you know, belly of the meat and this adds a lot of extra fat. So what you want to look for is meat that does not have fat in the texture of the meat itself. Chicken and other poultry like turkey, you can select like a boneless, skinless breast of turkey or chicken which are going to be your lower fat, healthier choices. A lot of times, you look in usually it's in the deli or the meat aisle and you'll see this rotisserie chicken or some already prepared foods in the case, in the deli case and they look absolutely delicious. These are generally higher in fat because they haven't removed the skin, they've used fats and added oils in preparing these foods, and even though they look really tempting and tasty and you think, "Oh, it's going to save me a lot of time; I could just go home and eat it," you have to think twice about the- how that's going to fit into your diet.</p>
	<p><b>SHOPPING FOR MEAT</b></p> <ol style="list-style-type: none"> <li>1. Skip marbled meat.</li> <li>2. Go boneless/skinless.</li> <li>3. Prepared foods = hidden carbs &amp; fats.</li> </ol>	
	<p><b>Various shots of seafood and fish.</b></p>	<p>Christina Gerbstadt</p> <p>Seafood and fish have a great place in a diabetic</p>

TIMECODE	VISUALS	AUDIO										
		<p>diet. I recommend all types of fishes, but especially the fish from cold water, high in Omega-3 fatty acids. All fish is an excellent source of lean protein which is an important part of a diabetic diet.</p>										
	<p><b>SHOPPING FOR FISH</b>  <b>Choose fish that is high in Omega-3. Examples include:</b></p> <ol style="list-style-type: none"> <li>1. Mackerel.</li> <li>2. Herring.</li> <li>3. Sardines.</li> <li>4. Salmon.</li> <li>5. Tuna.</li> <li>6. Lake Trout.</li> </ol>											
	<p><b>Various shots of vegetables.</b></p> <p><b>Lower Third:</b></p> <p><b>Fruits &amp; veggies have natural sugars that can raise blood glucose levels.</b></p>	<p>Christina Gerbstadt</p> <p>When we're looking at adding vegetables, there are a lot of choices to include. All vegetables contain carbohydrates and carbohydrates raise your blood glucose. The vegetables that are higher in carbohydrate that you'd might want to limit would include things like carrots, potatoes, corn, peas and dried beans. These vegetables have higher carbohydrate content that breaks down directly into sugar. Other vegetables that have lower carbohydrate content like celery and mushrooms and onions and peppers and leafy, green vegetables like spinach and kale, broccoli, a lot of the other summer squashes like zucchini, even though they do raise your blood sugar, it's not going to be as dramatic and you might want to try and include these more in your diet.</p>										
	<p><b>SHOPPING FOR VEGGIES</b></p> <table border="0"> <tr> <td><b>High Carb:</b></td> <td><b>Low Carb:</b></td> </tr> <tr> <td>Potatoes = 20g</td> <td>Celery = 3g</td> </tr> <tr> <td>Corn = 19g</td> <td>Zucchini = 4g</td> </tr> <tr> <td>Peas = 14g</td> <td>Pepper = 5g</td> </tr> <tr> <td>Carrots = 10g</td> <td>Broccoli = 5g</td> </tr> </table> <p><i>Per 100 g serving</i></p>	<b>High Carb:</b>	<b>Low Carb:</b>	Potatoes = 20g	Celery = 3g	Corn = 19g	Zucchini = 4g	Peas = 14g	Pepper = 5g	Carrots = 10g	Broccoli = 5g	
<b>High Carb:</b>	<b>Low Carb:</b>											
Potatoes = 20g	Celery = 3g											
Corn = 19g	Zucchini = 4g											
Peas = 14g	Pepper = 5g											
Carrots = 10g	Broccoli = 5g											
	<p><b>Various shots of different fruits.</b></p> <p><b>Lower Third:</b></p> <p><b>Fruit raises blood glucose levels. Eat in moderation.</b></p>	<p>Christina Gerbstadt</p> <p>All fruits have carbohydrate; some have a lot more than others. And as you know, carbohydrate's gonna raise your blood glucose. Some of the lower carbohydrate fruits that you might want to include in your diet would be things like rhubarb and cranberries, watermelon, cantaloupe and grapefruit.</p>										

TIMECODE	VISUALS	AUDIO
		<p>And some of the higher carbohydrate fruits that you might want to limit or watch the portion size for sure would be things like pineapple and cherries, dried fruits like dried apricots and raisins and prunes.</p>
	<p><b>SHOPPING FOR FRUITS</b>  <b>High Carb:</b>            Banana = 23g            Cherries = 16g            Apple = 13g            Pineapple = 13g  <b>Low Carb:</b>            Rhubarb = 5g            Cantaloupe = 6g            Grapefruit = 8g            Watermelon = 8g  <i>Per 100g serving</i></p>	
	<p>Various shots of dairy products.</p> <p>Lower Third:              1 cup skim milk = 12g carbs</p>	<p>VO Christina Gerbstadt</p> <p>Dairy is an excellent source of calcium, protein and vitamin D which all help to promote strong teeth and healthy bones. Choosing skim or low-fat choices among milk, cheeses, yogurt or other dairy products will promote heart health. Milk, cottage cheese and yogurt contain carbohydrates and will raise your blood sugar level so keep your intake within the amount specified in your meal plan. Hard cheese has little or no carbohydrates and therefore won't raise your blood glucose as sharply. Choose low-fat varieties for a healthy snack.</p>
	<p><b>SHOPPING FOR DAIRY</b>            1. Choose low fat or skim            2. Watch your portions!            3. Cheese is lower in carbs than milk or yogurt.</p>	
	<p>Various shots of snack foods.</p>	<p>VO Christina Gerbstadt</p> <p>Snacking throughout the day may be a better way to help you control your blood glucose. Some excellent choices for people with diabetes are low-fat string cheese, sugar-free Jello or fresh green veggies with low-carb, low-fat dip. If you're really craving a crunchy, salty snack, try whole bran crackers or soy crisps with a little low-fat cheese. You can also try measured amounts of air-popped popcorn or unsalted nuts. Try to remember that all snacks contain carbohydrates and will raise your blood glucose level. So if you do choose to work these into your meal plan, be very aware of portion size. Sometimes people with diabetes need a quick</p>

TIMECODE	VISUALS	AUDIO
		<p><b>meal or snack on the run. If you are in a rush, a meal replacement shake or snack bar may help. Some of these products are diabetes-friendly because they have carbohydrates that are digested more slowly which helps to avoid spikes in blood sugar. Remember to always check the label to see how these fit into your overall meal plan.</b></p>
	<p><b>SHOPPING FOR SNACKS</b></p> <ol style="list-style-type: none"> <li>1. Low fat string cheese.</li> <li>2. Sugar-free Jello.</li> <li>3. Fresh green veggies.</li> <li>4. Soy crisps.</li> <li>5. Air-popped popcorn.</li> <li>6. Unsalted nuts.</li> </ol>	
		<p>Christina Gerbstadt</p> <p>A diabetic diet is a healthy diet for everyone, so if you can sort of bring your whole family on board with eating the way you do, then they're going to be healthier too.</p>
	<p><b>BEST CHOICES FOR A HEALTHY DIET</b></p> <ol style="list-style-type: none"> <li>1. Lean cuts of meat and poultry.</li> <li>2. Fish high in Omega-3.</li> <li>3. Low carb fruits and veggies.</li> <li>4. Low carb, low fat cheese.</li> <li>5. Snacks with 15g of carbs or less.</li> </ol>	
	<p><b>Lower Third:</b></p> <p><b><a href="http://www.dLife.com/foodlookup">www.dLife.com/foodlookup</a></b></p>	<p>Nicole Johnson Baker</p> <p>You can find out the nutritional profile of your favorite foods at <a href="http://dLife.com/foodlookup">dLife.com/foodlookup</a>. In a moment, we're going to take a look at the diabetes epidemic raging through the minority communities across this nation. African Americans are among the hardest hit and nearly twice as likely to have type 2 diabetes as Caucasians. What's driving this epidemic? Genetics and lifestyle choices are both factors. But it's also hard to find healthy foods or safe places where people can get exercise in many areas of the country. When dLife returns, Dr. James Gavin joins Mother Love to discuss what can be done about it.</p>

TIMECODE	VISUALS	AUDIO
	<p><b>GFX</b></p> <p><b>dLife            For Your Diabetes Life!</b></p>	
	<p><b>Lower Third:</b></p> <p><b>Mother Love            Author and TV Personality</b></p> <p><b>Lower Third:</b></p> <p><b>James R. Gavin III, MD            Chairman, National Diabetes            Education Program</b></p> <p><b>Shot of Mother Love and Dr. James            R. Gavin on stage.</b></p>	<p>Mother Love</p> <p>With us is the Chairman of the National Diabetes Education Program, a past President of the American Diabetes Association, and an expert on high-risk population. Please join me in welcoming Dr. James Gavin. Welcome, Dr. Gavin. Dr. Gavin, first of all, let's talk about the communities that are affected and hit the hardest by diabetes. Who are they and why?</p>
	<p><b>Shot of Mother Love interviewing            Dr. James Gavin.</b></p> <p><b>Lower Third:</b></p> <p><b>Hispanic &amp; African Americans are            twice as likely as Caucasians to            develop type 2 diabetes.</b></p> <p><b>American Indians and Alaska            Natives are 2.5 times more likely            than Caucasians to develop type 2            diabetes.</b></p>	<p>Dr. James Gavin</p> <p>The communities that are the hardest hit are the minority communities called communities of color. That means African-Americans, Latinos, Asian Americans, East Indians and American Indians and Alaska Natives. Now let's just make it clear that it-all of those communities have a higher level of genetic risk. We know that, but it's only a risk. Your genes load the gun; it's the environment that pulls the trigger. And that's what we should really focus on.</p>
		<p>Mother Love</p> <p>Okay, so now what are the obstacles for people controlling diabetes in these communities?</p>
		<p>Dr. James Gavin</p> <p>In many of those high-risk communities like African American communities and Latino communities who are concentrated in urban areas for example, we've got some real barriers. For example, access to the right tools and toolkits for eating healthier, for buying fresh foods for example. We make recommendations for people to eat five to nine servings of fruits and vegetables only to find out that there are no markets in their local communities that sell fresh produce. This is a real barrier. There are no safe places, in their view, for them to walk when we tell them that you can prevent diabetes and you</p>

TIMECODE	VISUALS	AUDIO
		can control diabetes by doing 30 minutes of physical activity like walking a day 5 days a week.
		Mother Love  So it's kind of like a vicious cycle in the community, do you think?
		Dr. James Gavin  And it is. And that's why we have to be creative. That's why we have to recognize that we have some problems, but not focus so sharply on the problems, but start looking at what are the solutions.
		Mother Love  Now let's talk about some of those solutions.
		Dr. James Gavin  That's a good place to start. And that's- the first thing I would say is this. Let's stop worrying so much about our genes, our biological genes. Everybody says, "Oh, this is our genetics that's giving us all this trouble." You know what? Our genes haven't changed in 50 thousand years.
		Mother Love  Genes are genes.
		Dr. James Gavin  Genes are genes. They've been there. So how is it that in the African American community the prevalence of diabetes has tripled in the last 30 years? That's not about your genes; not about your biological genes; that's about your blue jeans.
		Mother Love  And your environment. Okay. <laughs>.
		Dr. James Gavin  And so that's- that's where we should focus. What is it that has caused this explosion of obesity?
		Mother Love  And what do you think it is?
	<b>Lower Third:  75% of African American women are overweight and 50% are obese.</b>	Dr. James Gavin  And I think it's because we've made choices to worship at the throne of the goddess of

TIMECODE	VISUALS	AUDIO
		<p>convenience. We don't walk anywhere anymore not just for safety, but for convenience. We drive five blocks to the store, okay? We don't prepare food. It's better for you if it has a peeling on it. If you have to cut it and cook it to eat it, it's better for you than if you have to open it with an electric can opener.</p>
		<p>Mother Love            Or open in with a piece of wrapped up paper. Okay.</p>
		<p>Dr. James Gavin            Or with wrapping on it. So there are ways in which we can be more creative about more physical activity, better and healthier eating plans, and stop circling around the parking lot for five extra minutes looking for a parking spot twenty-five feet closer to the door. Get out and walk.</p>
		<p>Mother Love            Please, okay? Now talk to me about some of the things that you have in this book and what prompted you to do this?</p>
	<p><b>Shot of Dr. Gavin's book, <i>Dr. Gavin's Health Guide for African Americans</i>.</b></p> <p><b>Lower Third:</b></p> <p><b>Chronic insomnia may increase the risk of developing type 2 diabetes.</b></p>	<p>Dr. James Gavin            One of the things that prompted me to do this, Mother Love, was because I was sick and tired of us always talking about how sick we are. Let's change the conversation. Let's talk about how healthy we can be and how do we get to there? And that means we make better choices. We make choices about reducing stress in our lives. We make choices about eating healthier. And that's not just for diabetes, but eating healthier is for everybody with any condition. It's just that people with diabetes have more urgency. I recommend that you do things like drink six to eight glasses of water a day. That you get more sleep. Lack of sleep is a major problem. That you eat fewer calories. Two basic philosophies; more than you're doing now, that has to do with physical activity, and when do you start? Today. And less than you're doing now. That has to do with the way we eat. And when do you start that? The next meal that you eat. Those are basic fundamentals that are inherent in how we can actually approach a</p>

TIMECODE	VISUALS	AUDIO
		healthier lifestyle.
		Mother Love  Well, I just want to ask you one question because this is of epidemic proportion. What do we say to these young people to get them on a healthier track when their parents don't want to cook better, don't want to eat better?
	<b>Lower Third: Teens with type 2 are more likely to regain their insulin function with proper treatment.</b>	Dr. James Gavin  I think that's when we have to make sure that we convince with every bit of power and emotion that's in us, we convince those kids that you know what? You can do better. Each person has got to take control of this thing whether you're fourteen or sixty-four.
		Mother Love  Just like we say here, it's your dLife. Thank you for sharing your expertise and for making a difference in so many communities.
	<b>Various shots of upcoming segment.</b>	VO Mother Love  Up next, an inspiration to us all, an athlete who understands that her sport like her diabetes is a marathon run.
	<b>GFX Center  dLife For Your Diabetes Life!</b>	
	<b>Lower Third:  Nicole Johnson Baker</b>	Nicole Johnson Baker  It is said that a journey of a thousand miles starts with a single step. Forty-one-year-old Missy Foy can appreciate that. As a long distance runner with diabetes, her journey began with small steps keeping track of her running times and her blood sugars. She went from one mile to ten miles to running the marathon and now she runs the ultramarathon, fifty miles at a time. And last year, she was ranked number nine in North America in the event. dLife visited Missy at her home in North Carolina.
	<b>Lower Third:  Missy Foy</b>	Missy Foy

TIMECODE	VISUALS	AUDIO
	<p><b>Professional Ultramarathon Runner</b></p> <p><b>Various shots of Missy Foy running.</b></p> <p><b>Lower Third:</b></p> <p><b>Too much caffeine can trigger stress hormones that raise blood sugar.</b></p>	<p>My name's Missy Foy and I'm a professional distance runner. I run on a national women's team and I have type 1 diabetes. When I qualified for Olympic trials at Virginia Beach that was the first time anybody with diabetes had ever qualified for Olympic marathon trials anywhere in the world and actually nobody's ever done it except me. And the first time I went to run around the track, my goal was to run a mile without stopping. &lt;laughs&gt;. And I got a mile in and thought I was gonna die. And I met a series of people who recognized that I had some talent for running and that's when I had made the decision that above all else, my ultimate goal was to qualify for Olympic trials. And I told my coach that was my goal. He said, "Well, we'll plan it out." And then August 24<sup>th</sup> of that year, I was diagnosed with type 1 diabetes. I usually start out with my blood sugar around 200 before a run and by the time I finish running, my blood sugar will be about 100. In the morning, usually just the caffeine with the coffee will make it go up to 200. Sometimes you have a pattern down and then for no reason that you can figure out, it changes. So you you constantly have to recheck to see if your pattern's still the same.</p>
	<p><b>Shot of Missy's coach watching her run.</b></p>	<p>Jim Husk</p> <p>Have fun. I'll be out there right behind you. All right, you're on the clock.</p>
	<p><b>Various shots of Missy's food items.</b></p> <p><b>Shot of Missy disconnecting from pump.</b></p> <p><b>Shot of Missy running.</b></p> <p><b>Shot of Missy in race.</b></p>	<p>Missy Foy</p> <p>Within about forty-five minutes of the marathon, that's when I'll have something that I can carry with me so I don't have to depend on whatever food is at the race, but I've practiced it. I don't just randomly choose something. Sometimes it'll be a Pop Tart, roughly 40 grams of carbohydrate, but some protein and some fat as well. And then I'll disconnect from my pump, then line up and be ready to go. And that gives me roughly forty-five minutes that I'm pretty good without taking in any kind of carbohydrates at all. When it's about time that I know I can sense that my blood sugar is down low enough that I need to start supplementing so that it doesn't drop too far, I'll pull out a carbohydrate gel and then just keep the</p>

TIMECODE	VISUALS	AUDIO
		open pack and squirt a little bit at a time, just to make sure that my blood sugar's level stays exactly where it is.
	<p><b>Shot of Missy running and coach timing her.</b></p> <p><b>Lower Third:</b></p> <p style="text-align: center;"><b>Jim Husk Missy's Coach</b></p>	<p>Jim Husk</p> <p>Five forty-one, five forty-two, five forty-three. Nice job. What I'm more concerned is what her sugar level is when she's done with this. Well, has it gone up too high? Has it gone down too low? And then what are we going to do with it after if anything like that happens.</p>
	<p><b>Various shots of Missy training with Coach.</b></p> <p><b>Shot of note on Missy's car.</b></p> <p><b>Shot of Missy at race.</b></p>	<p>Missy Foy</p> <p>You know, I had a lot of days trying to do workouts where it was so hard trying to balance working full-time, trying to train at that level, having diabetes. And I remember several times trying to finish a workout and I was in tears by the end 'cause it was just so hard. And every time he'd go, "Well, keep going around and when you come back around, we'll talk about it." &lt;laughs&gt;. There was one particular time that I had been out for a run. I was tired, the weather was bad, it was cold, and I'm walking towards my car with tears running down my face trying to do this all by myself. And I'm looking over and it looked like somebody had put a ticket on my car. And I just thought, "Oh, okay, there you go. Just another one. I'm just- I quit. I can't do this." And somebody had left a note on my car that said, "Missy, you're my hero." So, you know, what can you do? There were a lot of people that knew what I was trying to do and knew that a lot of people were telling me I couldn't do it. I felt like I had the weight of every diabetic in the U.S. on my shoulders. I had to do it. And not succeeding just was not going to be an option.</p>
	<p><b>GFX Center</b></p> <p style="text-align: center;"><b>dLife For Your Diabetes Life!</b></p> <p><b>Lower Third:</b></p> <p style="text-align: center;"><b>www.dLife.com/motivateme</b></p>	<p>Nicole Johnson Baker</p> <p>You don't need to be a world class athlete to get a healthy amount of exercise. It begins with small steps for all of us. Get motivated to start your exercise program at dLife.com/motivate me. Up next, our story of the day.</p>
	<p><b>GFX Center</b></p> <p style="text-align: center;"><b>dLife</b></p>	

TIMECODE	VISUALS	AUDIO
	<b>For Your Diabetes Life!</b>	
	<p><b>Lower Third:</b></p> <p style="text-align: center;"><b>Nicole Johnson Baker</b></p> <p><b>GFX Center</b></p> <p style="text-align: center;"><b>dLife</b></p> <p style="text-align: center;"><b>For Your Diabetes Life!</b></p>	<p>Nicole Johnson Baker</p> <p>Comedian, Bo Irvine, uses humor to help him cope with his diabetes. Our story of the day comes from Hawaii.</p>
	<b>Shot of MC in Comedy Club.</b>	<p>Comedy Club MC</p> <p>Please help me give a warm aloha and a big round of applause for Bo Irvine!</p>
	<p><b>Shot of Bo Irvine on stage in club.</b></p> <p><b>Lower Third:</b></p> <p style="text-align: center;"><b>Bo Irvine</b></p> <p style="text-align: center;"><b>Comedian, Type 2 Diabetes</b></p> <p><b>Various photos of Bo Irvine.</b></p> <p><b>Lower Third:</b></p> <p><b>“Borderline diabetes” is an outdated term for “prediabetes.”</b></p>	<p>Bo Irvine</p> <p>Aloha, dLife. Welcome to the north shore of Oahu. My name is Bo Irvine and I’m a professional standup comic living with type 2 diabetes here in Hawaii. At age 21, I became a firefighter. During my pre-employment physical, I was told I was a borderline diabetic. I shined it, continued on with my life. At age 35, I decided I wanted to be a standup comic so I went out and did some auditions and lo and behold, I was hired and I started my comedy career. One morning, I woke up very sick. I thought I had the flu. Went to the doctor, took some blood tests, doctor walked in and said, “Bo, you have type 2 diabetes.” I had to start losing weight. I had to start myself on a good diet. And my exercise program wasn’t, “Let’s go out and run a marathon;” it was just walking. Then I started to speak to others and started beginning to find out how many people in Hawaii have diabetes and how many people don’t want to talk about it. I thought how am I going to do something about this? So then I decided that I would use my comedy as a vehicle to get the message out about diabetes.</p>
	<b>Shot of Bo Irvine doing standup routine.</b>	<p>Bo Irvine</p> <p>Doctor said, you know, one of your problems might be with your diabetes, it’s in your genes. That’s why I’m wearing shorts.</p>
		<p>Bo Irvine</p> <p>The name of my presentation is “Seriously, living</p>

TIMECODE	VISUALS	AUDIO
		with diabetes can be funny.” Mahalo, dLife.
	<p><b>Shot of Nicole Johnson Baker.</b></p> <p><b>Lower Third:</b></p> <p><b>www.dLife.com/thewall</b></p>	<p>Nicole Johnson Baker</p> <p>Thanks, Bo. To share your story, visit the dLife wall at dLife.com/the wall.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
		<p>Nicole Johnson Baker</p> <p>We recently paid a visit to a Wal-Mart store to see how they’re supporting awareness and care for diabetes.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
	<p><b>Various shots of people walking down street.</b></p> <p><b>Lower Third:</b></p> <p><b>Prediabetes can leap to type 2 within 10 years without intervention.</b></p> <p><b>Various shots of people being tested at Aware and Care Program.</b></p> <p><b>Lower Third:</b></p> <p><b>An 8-hour fasting plasma glucose test is the preferred method for diagnosing diabetes.</b></p>	<p>VO Nicole Johnson Baker</p> <p>Of the 21 million Americans living with diabetes, one third are unaware that they have it. Beyond that, an estimated 41 million people have prediabetes. To reach this substantial group of Americans that remains unaware of their diabetes and diabetes risk, many health organizations, both public and private have organized regular diabetes outreach and screening events. One of the most successful annual efforts is Wal-Mart’s Diabetes Aware and Care Program held each September at Wal-Mart and Sam’s Club stores nationwide. By reaching people in their regular daily activities, where they shop for example, the Aware and Care Program delivered nearly 100 thousand free health screenings in 2005 alone including blood sugar, cholesterol and blood pressure tests. 37 percent of those tested were found to have high glucose levels, 59 percent tested high for cholesterol and 38 percent had high blood pressure readings. Diabetes cannot be diagnosed at screening events such as these, but these events play a critical role in alerting those at high risk that they need to take action and visit their doctor. Studies suggest that simple awareness and early detection through blood screenings followed by healthy lifestyle changes can prevent severe complications often associated</p>

TIMECODE	VISUALS	AUDIO
	<p><b>Lower Third:</b></p> <p>To learn about <i>Aware and Care</i> events near you, visit <a href="http://dLife.com/wm">dLife.com/wm</a>.</p>	<p>with diabetes such as nerve damage and vision loss.</p>
	<p><b>Lower Third:</b></p> <p><b>Jane Kearn Customer</b></p>	<p>Jane Kearn        Luckily, I now know that I'm at risk, but I also know that by maintaining my weight and exercising more and watching what I eat that I can help prevent diabetes from developing.</p>
	<p><b>GFX Center</b></p> <p><b>dLife For Your Diabetes Life!</b></p> <p><b>Lower Third:</b></p> <p>Hear more from today's guests on <b>dLife Backstage Podcasts</b> at <a href="http://www.dLife.com">www.dLife.com</a>.</p> <p><b>dLife TV on CNBC next Sunday 7 p.m. ET/4 p.m. PT</b></p> <p>To order a copy of any dLife TV episode, visit <a href="http://www.dLife.com/orderdlifetv">www.dLife.com/orderdlifetv</a>.</p>	<p>Nicole Johnson Baker</p> <p>That's all the time we have. We'll be back again next week with another edition of dLifeTV to inform, inspire and connect for a healthy diabetes life.</p>
	<p><b>GFX Center</b></p> <p><b>dLifeTV is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</b></p>	
	<p><b>Credits roll.</b></p> <p><b>Shot of Nicole Johnson Baker at side of screen.</b></p>	<p>Nicole Johnson Baker</p> <p>Remember, we are not role models. We are 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 caretaker to find out what is best for you. Remember, it's your dLife and there is no substitute for getting control of it.</p>
	<p><b>GFX Center</b></p> <p><b>LifeMed Media</b></p>	