

# ECHO Script

## *Emergency and Community Health Outreach*



ECHO Script “Diabetes Prevention and Control”  
(Sponsored by Mpls. & St. Paul Steps)

**TRANSLATORS:** Please translate this title, as well as the script. Let me know if you have any other questions about this script!--Larry

**Finalized Key Messages Deadline: Friday, September 1st, 2006**

**Finalized Script Deadline: Friday, September 15th, 2006 (Draft #1 script due 9-1-06)**

**Translation Deadline: Friday, October 2nd, 2006**

**-- PACKAGE SCRIPT ONLY – For SPNN-TV to edit on behalf of ECHO**

EDIT DIRECTIONS	AUDIO TRACK
-- Borrow shots from prior steps show -- {Exercising bodies and shot shots of all ages of people “working” using bodies to perform daily activities}	(1) Our bodies work hard for us every day so we can do well on the job, in school or at play.
-- NAT SND – BITE APPLE!	
{Shots of people eating foods... preferring nutritious foods!}	(2) Food helps our bodies have the energy we need. When we eat, the body takes the food and turns it into glucose that goes into our bloodstream. Insulin delivers glucose throughout the body giving us the energy we need to be active.
IN Q & A Let’s talk about the relationship between Glucose and Sugar (since there’s good and bad sugar!’’)	
{Slow the body down slo-mo... from fast to slow of course?} (Barb/Rita: you okay with this kind of shot – I’ll explain)	(3) But a disease called diabetes can slow the body down. Diabetes is a disease that happens when the body can’t use glucose very well. Some people with diabetes don’t make enough insulin to deliver glucose to all parts of the body. Others make enough insulin, but their bodies can’t use it properly.
	(4) Diabetes is serious because the glucose that

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<p>Q &amp; A:  <b>Diabetes is common.</b> One in 10 Minnesotans either have diabetes or are at high risk of developing it. 1/3 of people diagnosed, had not idea they had diabetes affecting all races and ethnicities.</p> <p>Q &amp; A: Show an insulin test? Glucose test?</p> <p>Q &amp; A: Emphasis on children and young adults and risk for diabetes, overweight or genetics.</p> <p>Q &amp; A: Discuss pregnant women and diabetes</p> <p><b>{Shots of patients seeing doctors}</b></p> <p><b>[Shots of healthy foods – remember to include ethnic foods from prior Steps show on nutrition and exercise]</b></p>	<p>builds up in our blood may damage our heart and kidneys. It can also cause blindness, poor circulation and even death.</p> <p>(5)  Diabetes is a common disease. Some people don't know they have diabetes because they don't feel sick. Other people do feel sick from diabetes. People with diabetes may feel tired, be thirsty, go to the bathroom more often than they're used to of have blurry vision and sores that won't heal. If you have any of these symptoms you should see your doctor.</p> <p>(6)  People are more likely to get diabetes if they weigh too much, don't exercise enough, are older than 45, have a history of high blood pressure, or have a family member with diabetes. Women who had diabetes during pregnancy may also be more likely to get diabetes later in life.</p> <p>(7)  You don't have to wait for the symptoms of diabetes to find out if you are at risk of getting diabetes. See a doctor and get tested.</p> <p>(8)  If you have diabetes, you can live a healthy life by eating well, exercising daily and seeing your doctor for regular visits.</p> <p>(9)  Eating fruits and vegetables at every meal is healthier than sugar filled foods that make you gain weight that can lead to diabetes. Low fat meat, chicken and fish, whole grains and dry beans are also healthy because they have less fat and sugar.</p>
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