ECHOScript



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 | (1) |
| ages of people "working" using bodies to | Our bodies work hard for us every day so |
| perform daily activities} | we can do well on the job, in school or at |
| | play. |
| NAT SND – BITE APPLE! | |
| | (2) |
| {Shots of people eating foods | Food helps our bodies have the energy we |
| preferring nutritious foods!} | need. When we eat, the body takes the food |
| | and turns it into glucose that goes into our |
| | bloodstream. Insulin delivers glucose |
| IN Q & A Let's talk about the | throughout the body giving us the energy |
| relationship between Glucose and Sugar | we need to be active. |
| (since there's good and bad sugar!") | |
| | (3) |
| | But a disease called diabetes can slow the |
| (Slow the body down slo-mo from fast | body down. Diabetes is a disease that |
| to slow of course?] (Barb/Rita: you okay | happens when the body can't use glucose |
| with this kind of shot – I'll explain] | 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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builds up in our blood may damage our heart and kidneys. It can also cause blindness, poor circulation and even death.

Q & A:

Diabetes is common. 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.

Q & A: Show an insulin test? Glucose test?

Q & A: Emphasis on children and young adults and risk for diabetes, overweight or genetics.

Q & A: Discuss pregnant women and diabetes

{Shots of patients seeing doctors}

[Shots of healthy foods – remember to include ethnic foods from prior Steps show on nutrition and exercise]

(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.

(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.

(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.

(8)

If you have diabetes, you can live a healthy life by eating well, exercising daily and seeing your doctor for regular visits.

(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.

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[shots of daily exercise... notice identified terms... again refer to prior Steps show]

(10)

Daily exercise like walking and dancing helps burn sugars that can make the body gain weight. Exercise keeps the body moving and that helps glucose go where it is needed to keep you healthy. Weighing too much puts you at higher risk for diabetes.

(11)

The same habits that help you live healthier with diabetes can also help you keep from getting diabetes.

[shot of checklist to verify whether or not you are at risk for diabetes. This is a shoot at the convention center....?] (12)

Diet and exercise are the key to living a healthy life with or without diabetes. Be active. Choose an exercise you enjoy like walking, swimming, bicycle riding or dancing. Fruits and vegetables are better than high fat candies and fast foods.

(13)

Remember, many people don't know they have diabetes. Find out if you are at risk. If you have diabetes see your doctor for treatment. If you don't have diabetes, prevent it from happening by eating a healthy diet and exercising for a healthier life!

(Word Count 509)

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