

Watch and Share!

***A Change for Life*, a video from CDC's Division of Diabetes Translation, features participants and Lifestyle Coaches taking part in a lifestyle change program in Louisville, Kentucky.**

Created in partnership with DTTAC, the 5-minute video provides insight into the National Diabetes Prevention Program and offers an inspirational message about how lifestyle changes can improve health.

The video is an ideal tool for sharing with your colleagues, as well as with health care providers, public health workers, people at high risk for type 2 diabetes, the media, policymakers and organizations interested in partnering with or supporting your local program.

View the video and find instructions for embedding it on your website here:

<http://www.cdc.gov/CDCTV/ChangeForLife/index.html>

