

**NDEP's Behavior Change Video Series**

Video	Expert/Volunteer	Description	Topic(s)	Type
<b>The Lasting Impact of Gestational Diabetes</b>	Sandra Aguilar Scott, Prevented Type 2 Diabetes for 10 Years after Having Gestational Diabetes	Sandra prevented type 2 diabetes for ten years after having gestational diabetes. If you have a history of gestational diabetes, find out what you can do to stay healthy and lower your chances of getting type 2 diabetes.	<ul style="list-style-type: none"> <li>Preventing Type 2 Diabetes</li> <li>Behavior Change</li> </ul>	Patient Testimonial
<b>Managing Type 2 Diabetes: Sorcy's Story</b>	Sorcy Apostol, Managing Type 2 Diabetes	Sorcy has changed her family's eating and activity habits to help manage her diabetes—and to prevent the disease in her daughters.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> </ul>	Patient Testimonial
<b>Preventing Type 2 Diabetes: Maintaining a Healthy Weight</b>	Latecia Turner, Preventing Type 2 Diabetes	Losing weight wasn't easy for Latecia, but after seeing her mom live with diabetes, she knew she needed to make changes in her life to prevent the disease.	<ul style="list-style-type: none"> <li>Preventing Type 2 Diabetes</li> </ul>	Patient Testimonial
<b>Diabetes Travel Tips</b>	David Marrero, Managing Type 1 Diabetes	Diabetes doesn't keep David from traveling. But he makes sure he plans ahead when he takes a trip. Learn about some of David's tips for traveling with diabetes.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> </ul>	Patient Testimonial
<b>Staying Healthy On-the-Go with Diabetes</b>	David Marrero, Managing Type 1 Diabetes	When you're on the road, it can be hard to stick to your routine when it comes to healthy eating and physical activity. David shares his tips for staying healthy with diabetes when he is on-the-go.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> </ul>	Patient Testimonial
<b>Setting Goals to Improve Your Health</b>	Donna Rice, M.B.A., B.S.N., R.N., C.D.E., Diabetes Nurse Educator	Making changes to prevent or manage diabetes is about setting goals that work for you. Breaking a goal down into small steps can make achieving it easier.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> <li>Preventing Type 2 Diabetes</li> </ul>	Expert Guidance
<b>Living with Diabetes: Finding the Support You Need</b>	Martha Funnell, M.S., R.N., C.D.E., Past Chair of NDEP	If you've been diagnosed with diabetes, you may feel powerful emotions—but you're not alone. Finding support in your family, friends, and community can help.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> </ul>	Expert Guidance
<b>Preventing Type 2 Diabetes</b>	Martha Funnell, M.S., R.N., C.D.E., Past Chair of NDEP	Getting the whole family involved in becoming more active and making healthy food choices can make it easier to lose weight and prevent type 2 diabetes.	<ul style="list-style-type: none"> <li>Preventing Type 2 Diabetes</li> </ul>	Expert Guidance
<b>Physical Activity: Practical Tips and Action Steps</b>	Janet Brown-Friday, R.N., M.S.N., M.P.H., NDEP Partner	Being physically active can help you prevent and manage diabetes. Find out how to take small steps to become more active and keep it up over time.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> <li>Preventing Type 2 Diabetes</li> </ul>	Expert Guidance
<b>Healthy Eating with Diabetes</b>	Robin Edelman, M.S., R.D., C.D.E., Diabetes Educator and Dietitian	Making changes in the way you eat can be difficult. Learn about small steps for healthy eating to help you manage your weight.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> <li>Preventing Type 2 Diabetes</li> </ul>	Expert Guidance
<b>Healthy Eating at Family Gatherings and Special Events</b>	Robin Edelman, M.S., R.D., C.D.E., Diabetes Educator and Dietitian	Family gatherings and special events can be hard for people working to manage or prevent diabetes. Learn about ways to stay on track when it comes to healthy eating at special events.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> <li>Preventing Type 2 Diabetes</li> </ul>	Expert Guidance
<b>Getting Ready for Your Diabetes Care Visit</b>	James R. Gavin III, M.D., Ph.D., Past Chair of NDEP	You are the person in charge of your diabetes. Being prepared for your health care visit can help you get the information you need to manage your disease.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> </ul>	Expert Guidance
<b>Partnering with Your Diabetes Care Team</b>	James R. Gavin III, M.D., Ph.D., Past Chair of NDEP	Your health care team is a resource to help you manage your diabetes. Find ways to work with your team so you can successfully manage your disease.	<ul style="list-style-type: none"> <li>Managing Diabetes</li> </ul>	Expert Guidance