

NATIONAL PRESS CLUB NEWSMAKER WITH NICK JONAS

SUBJECT: DIABETES AWARENESS

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DONNA LEINWAND: (gavel sounds) Good afternoon. Welcome to the National Press Club. My name is Donna Leinwand. I'm President of the National Press Club and a reporter for *USA Today*. We are the world's leading professional organization for journalists and are committed to a future of journalism by providing informative programming and journalism education, and fostering a free press worldwide. For more information about the Press Club, please visit our website at www.press.org.

On behalf of our 3,500 members worldwide, I'd like to welcome our speaker and our guests in the audience today. I'd like to also welcome those of you who are watching on C-SPAN. We're looking forward to today's speech, and afterwards I will ask as many questions from the audience as time permits. Please hold your applause during the speech so that we have time for as many questions as possible. For our broadcast audience, I'd like to explain that if you hear applause, it may be from the guests and members of the general public who attend our luncheon, and not necessarily from the working press.

I'd now like to introduce our head table guests and ask them to stand briefly when their names are called. From your right, Kelly Wright, anchor and correspondent, FOX News Channel; Kimberly Berryman, production coordinator, ABC News; Rick Dunham, Washington bureau chief, *Houston Chronicle*, and a past president of the National Press Club; Jennifer Sargent, senior editor, Washington Spaces magazine and Chairman of the National Press Club Board of Governors; Todd Purdum, national editor for *Vanity Fair*; Nancy Katz, regional head of Bayer Diabetes Care for North America, and a guest of our speaker.

Skipping over the podium, Angela Greiling Keane, Speakers Committee Chair, and a reporter for Bloomberg News; skipping over our guest, Melissa Charbonneau, Speakers Committee Vice Chair, an independent journalist with Newshook Media. She also organized this lunch, so thank you very much, Melissa. Kevin Jonas, manager for the Jonas Brothers, and father of today's speaker; Betsy Fischer, executive producer, NBC News "Meet the Press;" Richard Simon, congressional correspondent for the *Los Angeles Times*; Lisa Richwine, health reporter for Reuters; and finally, Dr. Esther Sternberg, neuroscience researcher with the National Institute of Health, a rheumatologist, lecturer and author of *Healing Spaces: The Science of Place and Well Being.*" [applause]

Imagine flocks of frenzied fans, swarms of young, screaming girls and ear-piercing squeals at sold out concerts. That's just another day at the office for our guest today. He's a young man who catapulted onto the world stage as part of the Jonas Brothers trio. In case you haven't heard, they're the wildly popular, Grammy-nominated teen band that in the last year has graced not one, but two, covers of *Rolling Stone* magazine. They've been called the clean teen machine, and the princes of pop. Their four albums in the past three years have sold eight million copies worldwide. The group's youngest member joins us today, breaking away from a summer world concert tour for its new album, "Lines, Vines and Trying Times," which debuted at number one on the Billboard charts. He is chief songwriter, singing sensation and teen heartthrob, Nick Jonas. [applause]

At age 16, Nick is the second youngest guest ever to speak from the Press Club's podium which has been a forum for presidents and kinds, CEOs and politicians. Of course, almost anyone can sell millions of records, become a television and film star and a teen idol, right? So, we've invited Nick to discuss one of his other roles, that of international advocate for millions of children, teens and 'tweens, who have had the life-threatening disease, juvenile diabetes. Nick grew up in a musical family in New Jersey. His mother, Denise, who home-schooled the boys is a singer; and his father, Kevin Jonas, Senior, a musician and cofounder of Christ for the Nation's Music.

Nick started his showbiz career at age six, starring in Broadway musicals and snagging a solo album deal before he and brothers Kevin and Joe formed the Jonas Brothers in 2006. By age 13, Nick had been dubbed a vocal powerhouse. The band was just taking off when in November, 2005, Nick was dealt a life-altering blow. Landing in the hospital with a blood sugar level out of control, Nick was diagnosed with type I diabetes, a medical condition that has no cure. He had to learn to manage his disease on the road as the Jonas Brothers saw astonishing success. Last year, *Forbes* named the Jonas Brothers breakout stars of the year, listed in the top ten richest pop acts of 2008 with the likes of Madonna, Celine Dion, and Coldplay. Earlier this month, the Jonases hosted the Teen Choice Awards, where they took home five awards.

On the side, they also have their own Disney Channel series called "Jonas." But instead of staying silent about his diabetes, as many public figures have done and still do, Nick is using his global platform as a pop superstar to become a role model for children with diabetes, proving that the disease does not have to slow anyone down. As celebrity

ambassador for Bayer Diabetes Care, Nick is leading a national campaign to inspire kids facing the daily challenges of counting carbs, testing their blood sugar, and injecting themselves with insulin, that they can live a normal life. He's even written a song, "Just a Little Bit Longer," about his diabetes.

Together, Nick and his brothers launched the Change for Children Foundation, which this year has given nearly half a million dollars in grants for diabetes programs worldwide. He testified this summer before a Senate committee for more diabetes research funding. And, he met with President Obama at the White House. All this, and not yet old enough to vote. So please help me welcome singer, songwriter and actor and advocate, Mr. Nick Jonas, to the National Press Club. [applause]

MR. JONAS: Thank you, Donna and members of the National Press Club. It's an honor to be here before you today. I'm grateful for the opportunity.

I was diagnosed with type I diabetes in November, 2005. My brothers were the first to notice that I'd lost a significant amount of weight, 15 pounds in three weeks. I was thirsty all the time, and my attitude had changed. I'm a really positive person, and it had changed during these few weeks. It would have been easy to blame my symptoms on a hectic schedule, but my family knew I had to get to a doctor. The normal range of a blood sugar is between 70 to 120. When we got to the doctor's office, we learned that my blood sugar was over 700. The doctor said that I had type I diabetes, but I had no idea what that meant.

The first thing I asked was, "Am I going to die?" She looked back at me and said, "No, but this is something that you'll have to live with for the rest of your life." We went right to the hospital where I would spend the next three days. My stay included a crash course on getting my blood glucose levels in control and living with diabetes.

In the car that night, I thought to myself, "What good could come out of this? Where could the joy be? How could I turn this into something that could then encourage and inspire other people?" It wasn't there. We're driving, it started to rain, lightning strikes and thunder roars. And you think, "Where's the good?" And it just wasn't there. Like something out of a movie, and you watch the character and you feel bad for him, but you never think it'll be you, that was me that night.

And so, as I looked at my dad as he's driving the car, it clicked. That in my moment of frustration and disappointment, something good could come out of this. We were on a journey that would take us to places that I can't even begin to imagine. This last February, we performed with Stevie Wonder. Moments where you have to pinch yourself to even begin to feel the reality in it. I knew that was coming somehow, some day, so I said, "Enough's enough. You're not feeling sorry for yourself." I made a commitment to myself that night that I would not let it slow me down.

It's been an incredible journey, lot of ups and downs. At my young age, I know that a lot of you are saying, "Well, he's still a child." But I can assure you that night, I

was a child with a dream and I was not going to let diabetes slow me down. And to this day, it hasn't. And at times, when blood sugar's high and it's low, it would be a lot easier to throw in the towel and say, "Enough's enough, I'm done, and I'd like to just have a day off from having diabetes." But it just doesn't work like that.

And so when I meet these kids that come up and say that me telling my story has inspired them, oftentimes, I laugh and just say, "That's hard to believe." Because when I talk about it and when I share my story, I'm just saying what happened. To think that it could encourage and inspire someone somewhere in the world is an amazing thing. And it's crazy to think that a song that I wrote, "A Little Bit Longer," is something that helps someone, somewhere. I was at a piano in Canada as we were shooting a movie called "Camp Rock," and it was a day where my blood sugar was out of range and it was a tough day. But I sat down at the piano and the song came so easily. And it was kind of self therapy for me at the moment. But, last night I met at least ten kids with diabetes who said that that song touched them, and again, it's hard to believe.

I've always had a heart for helping others and I realize that I've been given a platform to speak out and to encourage and inspire the people living with diabetes. Reaching out and sharing my story is one of the ways that I can give back to others. My brothers and I also started the Change for the Children Foundation where we give to organizations that help children. Last year alone, we raised over \$1 million for charities that are close to our hearts. These funds went to such organizations including pediatric diabetes research, education and treatment, as well as diabetes camps.

For the past year, I've been an ambassador for young people with diabetes. It's part of the partnership I have with Bayer Diabetes Care. Our goal is to encourage and inspire kids living with diabetes with their simple wins which are everyday victories for managing your diabetes. We started a website called Nickssimplewins.com. Each day, I accomplish some of my simple wins that I wouldn't be able to do without the support of my family and friends who help me manage my diabetes every day. Every day, I need to monitor my blood sugar, which requires me to test it about 10 to 12 times a day. I use Bayer's CONTOUR meter, so when I'm busy on tour, other people like my parents and crew can carry around the test strips to make sure that I always have my tools to be ready to test.

Since my diagnosis, I've worn my dog tag to let people know that I have diabetes. Then Bayer and I thought it would be great to create our own dog tag that anyone can wear as a symbol of support for all people with diabetes. This came to life when I officially launched the dog tag program during Diabetes Awareness Month last November. Proceeds from the sale of every dog tag go to Jonas Brothers Change for the Children Foundation.

Another project that I launched earlier this year allows young people to creatively express their own simple wins through an online contest. It invites young people with diabetes to record a 15 to 30 second video that creatively demonstrates their simple win. The video submissions can be demonstrations of a song lyric, photography, painting,

drawing, acting, or any other form of creativity. So far, we've had our monthly winner since April, and you may have seen the video submissions when you walked in today.

In September, I'll get to select the grand prizewinner, who I'll have an opportunity to personally meet. Our partnership has made an impact not only on my life, but on so many young people with diabetes not only through the programs we've launched together, but also through Bayer's ongoing support of the Jonas Brothers Change for the Children Foundation. I am so grateful for all that they have done to help my brothers and I reach our individual goals.

Once again, I want to thank all of you for coming here today. I see many familiar faces in the audience that I run across during my efforts to raise awareness about diabetes, and I think of you each day. All of us together will be able to help young people with diabetes feel supported and less alone.

I'd like to invite Nancy Katz from Bayer back up to speak a little bit more about our partnership. [applause]

MS. KATZ: Very nice. I want to do this, it looks so cool. [sounds gavel] Okay, so good afternoon. I'm Nancy Katz, and I'm regional head of Bayer Diabetes Care for North America. Thanks, Nick, once again, for sharing your story. I can't think of a more fitting place to do so than here at the historic National Press Club and there's no better audience to share it with than the members of the press, people who gather and disseminate news. We're delighted you could all join us here today.

A couple of years ago, we at Bayer took notice of a young, rising star named Nick Jonas who publicly acknowledged that he had diabetes. And before we even met Nick, we were impressed by his candor and his maturity and opening up to his fans with that news. We were also struck by the obvious closeness of the Jonas family. Nick's mom, Denise, his dad Kevin, Senior, and his brothers, Kevin, Joe and Frankie, and how they all embraced Nick's diabetes to support him.

So we reached out to Nick about partnering with Bayer toward the common goal of simplifying life for people with diabetes. And we we're thrilled when he said yes. It was latest August that we announced the Bayer Diabetes Care and Nick Jonas partnership. And today, we continue to be amazed by the number of kids, and adults, whose lives are impacted by diabetes that Nick has been able to reach with his message of hope and inspiration. It's clear that when Nick talks about diabetes, people listen. And until there is a cure, the greatest weapon against diabetes is increased awareness and knowing how to manage it.

The work that Nick and Bayer are doing together through Nickssimplewins enables young people with diabetes to connect with Nick's experience. And they've told us that he inspired them to achieve their simple wins, where small, everyday victories for managing diabetes that can lead to big differences over time. Nick has truly embraced and grown into his role as a diabetes ambassador. We could not be more proud of how

he's touched so many lives in so many ways, from raising diabetes awareness to raising funds for education, treatment and research, not to mention the work he did on The Hill.

A key element of Bayer's partnership with Nick that has proven to be a very successful fundraising tool is our gift to you today. Hopefully, you'll all received one of Nick's dog tags as you walked in. I certainly am wearing mine, very proudly. Nick designed these dog tags similar to the one he wears, and they're available at nickssimplewins.com for a \$5 donation, with all proceeds going to the Jonas Brothers Change for the Children Foundation. Since it was introduced last November, the dog tag program has raised \$75,000 for Change for the Children, and thousands of people are showing their support for people with diabetes by wearing them.

Nick, to launch our partnership last year, Bayer made an initial donation of \$100,000 to the Jonas Brothers Change for the Children Foundation for you and your brothers. And today, in celebration of our ongoing commitment to our partnership with you, I'm pleased to present you with another \$100,000 check for the Jonas Brothers Change for the Children Foundation. Nick, we're still honored and proud to work with you. [applause]

MS. LEINWAND: Are you done with your speech?

MR. JONAS: Yes.

MS. LEINWAND: Okay. Well, we're going to go to the many questions you all have for Nick. So the first one comes from Galeet (?), age 16, who was diagnosed with juvenile diabetes at age 12. As an international celebrity, you serve as an inspiration to those of us living with juvenile diabetes. How did you make this decision to share this very personal struggle with the public? What were some of the things that you had to think about before you went public?

MR. JONAS: I think the main thing was making sure that I had it under control myself before I talked about it publicly. So for the first six months, I continued to learn on my own and with my family, how to manage my diabetes, how to properly take care of it to make sure that I could. Then feel comfortable to be able to speak in front of people and really share my story.

MS. LEINWAND: So you probably have to go to the doctor a lot? A lot of kids are really scared about going to the doctor. How do you get yourself psyched up and ready to go?

MR. JONAS: I have a really great doctor, Dr. Francine Kauffman. She's been a great supporter of me and all that I'm trying to do with raising awareness about diabetes. When it comes to going to the doctor, I think you just have to do it. And I remember the times when I would-- I'd try to pick which finger I was going to prick. Once it was a rare occurrence, I'd have to do it-- I guess it's once a year when you go for your checkup. But kind of being selective as to which finger kind of went away the minute I had to do it 10

to 12 times a day. It's been good, though. She's a great doctor and I'm always happy to see her.

MS. LEINWAND: Are you the only one in your family who has diabetes, or do your grandparents or parents have it as well?

MR. JONAS: My grandfather has type II diabetes. I'm the only one in the Jonas family right now, and I guess I hope they don't get it, but we'll see. It could happen. But if they do, I'll be there, right by their side helping them out, learning every step of the way.

MS. LEINWAND: Is it hard for you to talk about your diabetes? I mean, sometimes, do you feel like you want more privacy?

MR. JONAS: There are times when I do keep things to myself when it comes to my diabetes. But for the most part, I try to be as open as possible about it. Because I know what it's like to feel alone in the struggle with diabetes, because when I first found out, I didn't know anybody that had diabetes. And so being able to be there, if it's on a TV screen or right there in person with someone, that means the world and I'm happy to do it.

MS. LEINWAND: Stress is known to worsen diabetes symptoms. Have you ever experienced this, and how do you cope with your exciting, but potentially stressful schedule?

MR. JONAS: There are times when the schedule does get a bit hectic, but you always have to just take it in stride, take one step at a time. And that goes with managing your diabetes as well; making sure you have the right tools, making sure that you take care of it, and that everyone around you also is watching out for you and making sure they are right there with you every step of the way.

MS. LEINWAND: Can you tell me some of the ways that your family supports you and supports your managing your diabetes?

MR. JONAS: One thing I always say is that diabetes isn't just something that affects the individual, but the entire family and everyone around them. And so, I feel that it's important that everyone is educated, not only in our family, but in our crew and our staff that we have around us. They all know how to take care of a problem if there is one, and it's just important to have good people around you who really do help you get through it.

MS. LEINWAND: So you mentioned that you were scared when you first found out that you had diabetes. What were some of the other emotions that you went through, and how do you feel now when you have to prick your finger six, ten times a day?

MR. JONAS: If I'm being honest, my biggest concern was that I'd have to drink Diet Coke, which was kind of a shock at first. I'm a big soda drinker, so that was a bit disappointing. But I got used to it and got over it and I'm all good now. I can't get enough of it now, but it was rough at first.

MS. LEINWAND: So what is your favorite food?

MR. JONAS: My favorite food? I always have to be very careful when saying this. It was often cake before. As much as I'd love to just go and have a slice of that, I figured I'd hold off today with the cameras watching. But, when it comes to food, I'm a big, like, steak eater. I guess I'm a man in the sense that I just like to have a steak. But, fruit, too. Big fruit fan.

MS. LEINWAND: My son is a diabetic and he has the same pump as you. I was wondering if you wear your pod and have your PDM with you during performances?

MR. JONAS: I use the OmniPod insulin pump, it's the first tubeless pump, it's great. And I do wear it when I'm on stage, but I don't use the meter with me on stage. We wear kind of tighter pants sometimes, so it doesn't-- [laughter] I didn't know I was this funny, I'm just being honest, wow. But that's the problem, so I hand it off to other people to take care of while I'm on stage.

MS. LEINWAND: How do you know if you have too much or too little sugar? Do you feel different?

MR. JONAS: I definitely feel the difference in my blood sugar, if it's high or low. But making sure that I check regularly is important. And I've been good so far on stage, I haven't had too many lows. But, my mom is usually on me about it, making sure I'm good before I go on stage. And so like I said before, just making sure that you have good people around you to make sure you manage it well.

MS. LEINWAND: What do you keep for emergency snacks?

MR. JONAS: Uh-oh. Make sure there's always orange juice, apple juice on the side of the stage, just in case there's a low, or wherever we are. But everyone around us has something ready to go at any moment in time just in case there's a problem. So, we're all prepared and ready for a situation.

MS. LEINWAND: What's a typical day for you?

MR. JONAS: A typical day for us? This tour, in particular, has been a lot lighter schedule. We've been able to hub out of different cities and kind of base out of one place for more than one night, which is nice. But, usually get up around seven, either do press-- It's either press or I play golf, one of the two. But, after that, just kind of get on a plane and head to the city we're playing that night. We have a sound check party, so we bring in

guests to come watch us sound check. We answer questions and do a couple of meet and greets, some interviews, and then do the show that night and then do it all again.

MS. LEINWAND: Because you have to prick your finger so often to check your blood sugar, how does it affect the way you play your instruments?

MR. JONAS: Going back to what I was saying before about being selective as to which finger, when my doctor first checked my blood sugar to see if I was a diabetic on November 16th, 2005, she asked, “Which finger?” And I was being all selective because I’m a guitar player so I have to be careful with that. But after about a minute of trying to figure out which finger she said, “It really-- Just give me your finger, we’ll just check.” And she said, “You’re going to have to probably do this a couple more times.” It’s all good. But I think just trying to switch it up a lot. But, occasionally you’ll hit a spot and kind of be a little itchy, but it’s all good.

MS. LEINWAND: How much of your time do you spend checking on your blood sugar?

MR. JONAS: I want to know how old that person was. There’s like five exclamation points after that. Thank you! How many times a day, is that what it was?

MS. LEINWAND: Yeah, how many times a day?

MR. JONAS: About 10 to 12 times a day, I try to, at least. I’ve been good about it lately. Thankfully, my A1C came down substantially which is excellent, I’m very happy about that.

MS. LEINWAND: What are the downsides to having diabetes, and have you missed out on anything you wanted to do because of diabetes?

MR. JONAS: There have been some things that I’ve just had to be cautious about; sports, things like that, just making sure that I don’t go too hard before a show. I’m a very competitive person. So the ping-pong matches before the show can be pretty heated. But, just making sure I keep it in control and know where I’m at before I go on stage.

MS. LEINWAND: Is it hard to manage your diet and watch what food you eat while you’re on tour and traveling a lot?

MR. JONAS: In the beginning, it was a little bit difficult. Luckily now, we travel with our own catering so they give me the carbohydrate facts before every meal that I eat and make sure that I know what’s in the food so that I can properly manage it. But it goes back to what I said before about just making sure everyone’s aware. And I’m an independent person, but I always say that when it comes to diabetes, I have to let other people in and let them help me manage it or else it could get out of hand. So making sure people are on top of me about taking care of it.

MS. LEINWAND: What's the best thing about being a rock star?

MR. JONAS: Wow. I think being able to play every night in front of so many people. We remember the days where there were 10 to 15 people at shows, and those were the moments where we would say, "Living the dream," kind of sarcastically. And then once the crowds got a little bigger, last night we played in front of 20,000, which was amazing, it was definitely living the dream in the good sense with a smile on our faces. So, it's great. I definitely love it.

MS. LEINWAND: What's the toughest thing about being a rock star?

MR. JONAS: There are some early mornings and some late nights sometimes. That can be a little difficult. I like to sleep, so waking up so early can be tough. But, you know that you're going to be able to get up there and play in front of your fans every night, and that's what matters.

MS. LEINWAND: When you were younger and figured out you had diabetes, how did you put up with all the sugary temptations that your friends would snack on? Everything comes with hearts on it. [laughter]

MR. JONAS: I think at first, it was difficult to see things and maybe want it that moment. But the thing about diabetes is that you can pretty much eat whatever you like, you just have to make sure that you take the right amount of insulin for it, and you only do it in smaller portions. So, just learning all that at first, how many carbohydrates were in things. Now, I can just point to something and tell you. But, it was difficult at first just to kind of walk through a grocery store and see the candy aisle and know that I obviously shouldn't have that, all of it. But, I get a lot of sugar-free snacks and stuff from fans, which is great, very sweet. Make me feel loved.

MS. LEINWAND: Have you ever had to miss a show or cancel because of diabetes?

MR. JONAS: My brothers and I were talking about that the other day, that we've actually never canceled a show. The only time that we had to reschedule something was because of weather. But no illness. Diabetes has never caused us to cancel a show, thankfully.

MS. LEINWAND: Anna, who is aged 9, asks how can she support her cousin who has diabetes?

MR. JONAS: One of the main ways I think that people can support their friends and family who have diabetes is to be there for them. What I talk about in the song, "A Little Bit Longer," is how no one can relate with what you're going through as an individual. They don't know what's going on inside your mind, they don't know what

you're going through in your heart. But they can say, "I can't relate with you directly, but I'm here for you if you need me." That's the best thing, that's the best thing for me.

MS. LEINWAND: Speaking of the song, "A Little Bit Longer," the line, "You don't know what you've got 'til it's gone," what are you relating? What are you trying to express here?

MR. JONAS: Probably the chocolate cake, actually. I'm just saying-- [laughter] No, I think there's a deeper meaning to that. I hope so, because, wow. But the day when I wrote it, I was at the piano and it was a tough day. My blood sugar was high, then it was low. I'm just wishing that it could just be normal, and that it was just like everybody else. The cast is all great from the movie, and we have a lot of fun. But I was watching all of them and they weren't being like rude in front of me, but just eating freely and kind of doing what they wanted. And it was like, "Oh man, I got to think about everything that I have to eat," and just wishing that I could just be normal and not have it for a day. Maybe more than that. But I think the song goes on to talk about the fact that you don't know what you've got until it's gone. You don't know what it's like to feel so low. But a little bit longer, and I'll be fine. That's kind of the moral of the story.

MS. LEINWAND: What got you into singing and writing songs?

MR. JONAS: I've always had a heart for music, from the time I was very young; three, four years old. I wrote my first song when I was about six. And my dad's a musician, he's incredible, he's very humble about it. But grew up in the house with music and just fell in love with it. I did some Broadway shows first. I did four Broadway shows, from the time I was 7 until 11. And I went into recording music and writing and got more into that and started to see that that was where my heart was. Wrote a song with my brothers, Kevin and Joe, and we became a group. And that was about five years ago now and it kind of just happened from there and it's been a long and fun journey. We're having a great time.

MS. LEINWAND: How does being on Broadway compare with doing a concert?

MR. JONAS: Being on Broadway as compared to being a recording artist, doing concerts and things like that, it's much different. It was good training for what I'm doing now, and I'm so thankful that I did it. But, very different in the sense where a Broadway show, it's every night and it's kind of the same thing. With the tour and with shows you never know what it's going to be. You never know how the crowd's going to be and you just have to be ready for anything.

MS. LEINWAND: What's your favorite song from your CD, "Lines, Vines and Trying Times?"

MR. JONAS: "Lines, Vines and Trying Times" was our most recent album, came out in June. There's a song on there called "The Black Keys," a song that I wrote on

the piano. And at first, it was a song that I had written, just about the first song I've ever written on the black keys of the piano. And then as I started to write it, I saw that the concept kind of shifted from that into looking at life and seeing that sometimes looking at things black and white is much better than trying to throw color and mess up the pretty picture and the perfect picture.

And it really stood out to me as a song that meant something to me personally. I sing it every night, kind of a mash up of a "A Little Bit Longer," and "The Black Keys," and the crowd sings along, and it's an amazing thing.

MS. LEINWAND: When you were little, did your parents make you practice the piano, and did it sometimes make you mad?

MR. JONAS: No, I don't think there was ever too much pressure on us to practice the piano, in particular. I kind of picked up the guitar first and the drums and really fell in love with that. My dad's a pianist, and so I would kind of follow him and watch him do it, and he taught me a couple of things. But just kind of taking the time to learn it on my own, too, and watch other musicians is kind of a lesson in and of itself. So my dad and other people I've met along the way have really trained me as a musician.

MS. LEINWAND: Who is your musical idol, and why?

MR. JONAS: I'm a big fan of Elvis Costello, Johnny Cash, Prince. Those are all big ones for me. And then Stevie Wonder, of course. Definitely a big inspiration.

MS. LEINWAND: What makes some of those folks special to you?

MR. JONAS: I've always been intrigued by Johnny Cash, his storytelling. Such great music, obviously, but the storytelling really stood out to me. And when I first picked it up, I started thinking, "I want to write songs like this where I can tell a story in the song." And Elvis Costello is just a very intelligent and kind of intellectual character and musician as well. It's always fun to see that.

MS. LEINWAND: Were you listening to your iPod this morning? And if you were, what were you listening to?

MR. JONAS: This morning, I was watching Sports Center, actually, I'll be honest. But last time I listened to my iPod, I was listening to a band out of the U.K. called the Zutons.

MS. LEINWAND: What's the favorite song that you've written?

MR. JONAS: The favorite song that I've written would probably be "A Little Bit Longer." It means a lot to me and it's probably my favorite song to play live as well.

MS. LEINWAND: Will there be a "Camp Rock II?"

MR. JONAS: There will be a “Camp Rock II.” We actually leave next week to go shoot it. So we wrap up the tour on the 31st and then start “Camp Rock II” on the first. We get like a 12 hour break, it should be good.

MS. LEINWAND: Can you give us a little preview about “Camp Rock II” and what's going to happen?

MR. JONAS: “Camp Rock II,” I've read the script, it's good. Looking forward to filming it. The cast is all great. Demi Lovato, one of our friends, just had a number one album, which is great for her, very proud of her. But it's going to be a lot of fun. We're looking forward to getting up there and shooting the second installment.

MS. LEINWAND: Do you think you'll get your own action figure doll?

MR. JONAS: I don't know. I've been asked this question before we started, and I hope so. Joe had one, he had like an action figure, it's more like a Barbie. And so that's why I'm a bit concerned. As long as I look like a G. I. Joe, I'm fine.

MS. LEINWAND: Well, it sounds like you have a pretty hard schedule there with only a 12 hour break. So what's your favorite part of touring, and what's the hardest part of touring?

MR. JONAS: I think the best part about being on tour is being able to play every night. Like I said, I remember the days when there were not as many people at the shows as there are now. And so being able to play is amazing. And then the tough part? I think it's all good, and we have a great team and a lot of fun when we're on the road. And we're coming towards the end of the U.S. installment of the tour, and so it's kind of sad. But, it's fun. We're having a great time and we're heading to Europe after we shoot “Camp Rock” up in Canada. And so we'll be busy for a while, but we're having a great time.

MS. LEINWAND: How long does it normally take you to write a song?

MR. JONAS: It really depends on what the topic is that I'm writing about. If it's something very personal to me, it usually comes quickly. But there are songs that have taken longer than that, a week maybe. But for the most part, an hour to write a song and it's fun. It's one of my passions, and so it comes easily.

MS. LEINWAND: Do you have time to have a social life, and what do you like to do when you have time for fun?

MR. JONAS: When I have time for fun, I'm big into sports. So golf, like I said. We have a softball team when we're on the road so we play a lot of softball as well. But yeah, we definitely have a lot of time just to go and watch movies and hang out. We're each other's best friends, Kevin, Joe and I, and so we have a good time together and we enjoy each other's company.

MS. LEINWAND: Do you have a girlfriend? [laughter]

MR. JONAS: I'm trying to figure out who asked this question.

MS. LEINWAND: I'll give you a hint. It came from somebody who put a lot of hearts on there.

MR. JONAS: I do not, actually. Whew. It's crazy.

MS. LEINWAND: Okay, moving on, what's your favorite book?

MR. JONAS: Amazing. My favorite book? There's this book that I have, it's a thousand of the best quotes of all time, and it's not really like a story, obviously, but it's got a lot of amazing quotes. And I pull them out at times, and I'll say them in interviews, and then someone will say, "Is that-- Did you come up with that?" "No, sorry, can't take credit." But it's a great book and I like it a lot.

MS. LEINWAND: Why did you give away a guitar Friday in Charlotte?

MR. JONAS: I like to give away guitars if I see someone in the audience who I think would like it. Usually, they're playing the whole time air guitar. And so I figure, I'll give them the real thing. And it's a fun thing to do. A very sweet girl took it, and it's good to see that she liked it.

MS. LEINWAND: Mary Tyler Moore spoke a few months ago about the Juvenile Diabetes Research Foundation Children's Congress event you attended. What was it like talking to the President and testifying before Congress about your diabetes?

MR. JONAS: That was an amazing thing to be part of. Such an honor, and I was very thankful to be part of it. I was a little nervous when I spoke, but it was great to see that it went over well. I've seen a lot of the kids that were there in some of the cities that we've gone to, and it's great to see them again and to see they're now doing things in their own community in their states and they're going out and trying to raise awareness and speak out about diabetes and the importance to fund research and hopefully find a cure one day.

MS. LEINWAND: When will you come back to Washington to help us again? Like diabetes, the legislative struggle is a daily thing.

MR. JONAS: I'm not completely sure when I'm coming back next, but definitely would love to. It was my second visit in the last couple of months and it's a great place to come to to speak out about important things like this.

MS. LEINWAND: What was your favorite part of visiting the White House?

MR. JONAS: I've always had this dream of becoming the president one day, I've talked about it a lot. And so just being there, it was kind of cool to see the history and just to be in the White House is obviously such an honor. We were able to play an acoustic set for the Obama daughters and some of their friends when they first went in, and it was cool.

MS. LEINWAND: You've got another 20 or so years before you can run for president. But until then, where do you see yourself five years from now?

MR. JONAS: 2040, to be exact. [laughter] We sell bumper sticks at our concerts that say "Jonas 2040," so go pick one of those up and start the campaign. See myself in 20 years making music, touring. I've thought about going to college. Obviously right now, our schedule is a bit busy, but that's something that I'd love to do as well. But just enjoying this ride that I'm on and hopefully doing some more great things on the diabetes.

MS. LEINWAND: You've met a lot of famous people. Who would you most like to have dinner with?

MR. JONAS: I think meeting Stevie Wonder was obviously such an honor. Meeting President Obama was also an honor. But, Elvis Costello was a very intelligent person. I got to sit down with him and do something for *Rolling Stone* and would love to sit down with him again and talk a bit more. But he seems like a really great person.

MS. LEINWAND: Can you show us your dog tag? Oh, maybe not.

MR. JONAS: It's kind of under this tie and shirt, so I won't do it right now. But, I have a special one that my family got me for Christmas a couple of years ago. So, I wear that one and the ones we made for Bayer, actually. These are also very special. These have been incredible. I see them at the shows, and people wearing them. They come up and show me that they've supported the cause and that they are either diabetic or they're just there to raise awareness, and that means a lot to me.

MS. LEINWAND: How do you keep going when you're feeling down?

MR. JONAS: I think knowing there are people out there who have been encouraged or inspired by my story. And if there's a moment where I'm frustrated with my struggle with diabetes, I just look forward to that moment and know that that's coming, and that means the world.

MS. LEINWAND: Where do you get inspiration for your songs, besides diabetes?

MR. JONAS: I try to pull inspiration from everything around us. Relationships, personal things that we go through, whatever it may be. But just try to make it real to who(?) we are.

MS. LEINWAND: This comes from Caroline, who has been a diabetic for 13 years. She says, “I have been a diabetic for 13 years and my sisters always tell me to check my blood sugar when they think I'm cranky. Do your brothers do this to you?”

MR. JONAS: My brothers are very sensitive when it comes to diabetes. They will ask sometimes if I've checked, and if I need to check. They're very good about being sensitive, though, and not being too rude. But, I think it's all good. We have a great relationship with each other. If there is something that they sense, I'm usually feeling it as well and so I'll just go in and do it myself.

MS. LEINWAND: This question comes from Whitney Wiseman, who is your age and is working here as a reporter for the Woodrow Wilson High School *Beacon*. “Nick, a report by the American Diabetes Association has suggested 2.2 percent of the U.S. population, or over six million people, have undiagnosed diabetes. Hundreds of thousands of people die every year from diabetes-related conditions. What do you think would be the best way to reach these people?”

MR. JONAS: I think there's a lot that we can do to raise awareness in our own circles in life. You know, our family, our friends. And then reporters in the room on a larger scale. Just try to raise awareness and do what we can to get people involved. Because everybody has a story when it comes to diabetes. I hear a lot of the time when someone comes up and says, “Can I get this signed for whoever,” their niece, their daughter, whatever it is, they'll say, “She's a diabetic and she's watched you and has really been encouraged by what you've had to say.”

And as far as the undiagnosed kids, and people that have diabetes in the world, if you can, go check it out. If you start to see the symptoms that I've talked about, being thirsty, losing weight, having kind of a bad attitude, go to your doctor and check it out and see what the deal is. Because you just never know. I got hit with it after having 13 years of perfect medical history, so you just kind of never think it's going to come up, and then it may. So, always be aware and be ready.

MS. LEINWAND: You've traveled all over and no doubt have met a lot of different people. What are the common misconceptions people have about diabetes?

MR. JONAS: I think some of the misconceptions are just that some people think they know what you can and cannot have. And like I said before, diabetes is manageable, so you're able to eat, for the most part, what you like just as long as you take the right amount of insulin and make sure you're checking regularly afterwards.

MS. LEINWAND: What advice would you give to someone who's just been diagnosed with type I diabetes?

MR. JONAS: My first bit of advice would be, if you're an independent person like I am, don't be afraid to rely on other people as well; your family, your doctors,

whoever it may be. But it's important to talk to other people about it, too, and let them help you in your struggle and your walk with diabetes.

MS. LEINWAND: Do high or low blood sugar levels affect your singing voice?

MR. JONAS: High or low blood sugar, for the most part, don't affect it, my voice. I'm able to have a pretty good idea of where my blood sugar's at if I'm not checking at that moment. And so I know for the most part, and it's all good because I'll look at someone and say, "Hey, I need a second to take care of this," and everyone's ready to react.

MS. LEINWAND: Have you ever had a moment on stage where you felt ill because of your diabetes and had to stop singing?

MR. JONAS: There have been one or two moments in these four years that I've been diagnosed where I've had to tell Kevin or Joe to kind of stretch their talking a little bit so I can go and check real quick. They're always very good about it and they'll shoot me a look and let me know it's all good. So, we have a good relationship where we can just give a look to each other and we know what's going on.

MS. LEINWAND: Some people may not know that your father is a singer and a musician. Will you sing a few bars together before you leave? [applause]

MR. JONAS: I don't know, I don't think we're warmed up yet, so we'd have to-- But he is an incredible musician. He's very humble about it, like I said, but he can upstage the three of us any day.

MS. LEINWAND: Do you think there will be a cure for diabetes in your lifetime?

MR. JONAS: This is a question that I've asked a lot of people myself, because obviously I'm very interested to know. But the honest answer is I don't know, and I hope one day there will be a cure. And I know that we're making advances in technology so we can manage our diabetes better. But we'll see, and I know there are a lot of people who are hopeful about it, and a lot of people who are working hard on cures, and also technology. So, hats off to both of them and let's hope that they keep learning new things and working hard at it.

MS. LEINWAND: This questioner says, "It's cool to have diabetes when you're Nick Jonas. But what would you say to average kids who aren't superstars, not to be embarrassed about their condition?"

MR. JONAS: For me, I didn't have someone to look at and say, "This person has diabetes, too, so it's okay." But I've heard a lot of people come up to me and tell me the fact that I've stepped out on a platform and spoken about my diabetes, it's helped them with their friends at their schools and things where they can say, "He has it, too, and he's

doing what he loves and he's doing what he wants to do.” That's what it's all about for me. When I hear those kind of stories, it just makes it all worthwhile.

MS. LEINWAND: Okay, we are almost out of time. But before I ask the last question, we have a couple of matters to take care of. First of all, let me remind our members of future speakers. On September 17th, Governor Jim Douglas of Vermont will be here. On September 18th, Dr. Dennis Cortez, President and CEO of the Mayo Clinic. And on September 28th, Ken Burns, the documentary filmmaker will join us. On September 12th, the National Press Club will host the 12th Annual 5k Run and Auction benefiting the NPC Scholarship Fund for Diversity in Journalism. For more information about that, go to www.press.org.

Second, I'd like to present Nick with the traditional NPC mug. [applause] It's not exactly a record contract, but you know, you and President Clinton and various heads of state have one of those. So, for our last question, how has the struggle of having diabetes helped you grow as a person?

MR. JONAS: I think having diabetes has showed me that sometimes things in life don't appear to be the best thing in the world. It could be a situation in your everyday life where you think that you wish it would go one way, but it doesn't quite go that way. And with diabetes, it's the same thing. I hope every day my blood sugar is good before I go on stage, but sometimes it's out of my hands. And so, just always trying to be on top of it and know that I can do what I want to do with my life. I can live my dream out with diabetes, even in situations where it's out of my hands. But, I'm having a great time and I'm loving what I'm doing, and that's what's important.

MS. LEINWAND: Okay, we actually have a couple of more minutes, so about 60 people asked this question. Would you ever consider dating a fan?

MR. JONAS: I didn't know I was going to get in this suit today and have to, like, talk about that kind of stuff. But, definitely, that would be great. We always say we hoped the person we date would be our biggest fan. My brother, Kevin, actually is engaged now, which is great for him. He met a wonderful girl from New Jersey, she's kind of a normal New Jersey girl who he fell in love with and it's great. That's the kind of story that I'd love to have as well. [applause]

MS. LEINWAND: Nick, I'd like to thank you very much for coming today. And I wanted to remind everyone that Bayer is doing blood testing right outside the ballroom if you want to get your own blood sugar tested, thank you very much. I'd also like to thank the National Press Club staff members, Melinda Cooke, Pat Nelson, Joann Booz and Howard Rothman, for organizing today's lunch. Also, thanks to the NPC Library for its research.

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calling 202-662-7598, or archives@press.org. For more information about the National Press Club, please go to our website at www.press.org. Thank you very much and we are adjourned. (sounds gavel) If you could please stay in your seats? Thank you.

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