

NEWS RELEASE

Panhandle

Public Health District

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For immediate release.

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Healthy Lifestyle Support Program Offered Across the Panhandle

The skills you learn in our local healthy lifestyle support program will help you better manage your weight and empower you to make a change for life.

Making modest lifestyle changes now — like eating healthier, being more physically active, and managing stress — improve your health, and may help you avoid having to manage type 2 diabetes for the rest of your life. The best part is that this program is available in the Panhandle at no cost, and you don't have to make these changes alone. You will have the support of a lifestyle coach and a group of people facing the same challenges and trying to make the same changes.

The program meets for one year, meeting weekly for the first 16 weeks, then every other week for the remainder of the year to help maintain your healthy lifestyle. The goal of the program is to lose 5 to 7 percent of your weight — that's 10 to 14 pounds for a person weighing 200 pounds — by eating healthier and being more physically active.

To learn more about the program or join today contact Tabi Prochazka, Health Promotions Coordinator with Panhandle Public Health District. Tabi will connect you with a class in your community; an online option is also available. Email: tprochazka@pphd.org, call: 308-760-1120; or enroll online at <https://bit.ly/2wxn5k2>.

Classes are starting across the Panhandle this fall:

- Sidney Regional Medical Center: Tuesday, September 4 at 5:15 pm
- Kimball Health Services: Thursday, September 6 at 7 pm
- Chadron, Western Community Health Resources: Wednesday, September 26 time TBD
- Bridgeport, Morrill County Community Hospital: Tuesday, October 2 at 4 pm
- Hemingford, Panhandle Public Health District: Tuesday, October 9 at 5 pm
- Alliance, Rehab and Wellness Center: October

"NDDP provided the framework I needed to succeed in losing 50+ pounds and keep it off for over three years. My coach was respectful, confidential, supportive, and knowledgeable. She encouraged us to be kinder to ourselves and I recognized I needed to change my mental outlook about food. I ate more than before I was in

the program! Logging my food, activity, and water was essential, as was weighing in. Setting small goals made them more attainable, which prompted me to keep going."

Paula, Panhandle NDPP Participant

This evidence-based program is proven to work — cutting the risk of developing type 2 diabetes by more than half. The program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

To learn more about the National Diabetes Prevention Program, visit the CDC's website www.cdc.gov/diabetes/prevention/index.html. Panhandle Public Health Districts website www.pphd.org or contact Tabi Prochazka at tprochazka@pphd.org or 308-487-3600 ext 107.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.