

## NEWS RELEASE

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For immediate release

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### **Chadron Community Hospital employees see success with lifestyle change program**

A group of Chadron Community Hospital employees participating in the National Diabetes Prevention Program (NDPP) has seen tremendous success in the first 10 weeks of the lifestyle change program. Participants, on average, lost 14.5 pounds or a 6.6% average weight loss per participant and 9% decrease in overall waist circumference.

Evidence shows if a person loses 5-7% of their body weight (roughly 10-15 pounds) the risk of developing type 2 diabetes is slashed by over 50%. A recent study puts diabetes at the top of the 10 most costly health expenses in 2013 at a staggering \$101.4 billion. The need for programs of this kind are critical to preventing diabetes, a devastating and costly disease.

In addition to the incredible weight loss results, an 11 point average decrease in systolic blood pressure (amount of pressure in the arteries during contraction of the heart muscle) has been found along with a 3.5 point average decrease in diastolic blood pressure (blood pressure when the heart muscle is between beats). Lowering blood pressure is key to decreasing the risk of heart attack, stroke, and kidney diseases.

The group is led by NDPP lifestyle coach Cathy Peterson and is offered as part of the hospital's employee wellness program. NDPP is offered onsite as a member benefit of the Panhandle Worksite Wellness Council. The hospital also offers community classes led by Amy Bond, RN as identified through their Community Health Needs Assessment.

During the program, participants meet weekly for 16 weeks, then twice-a-month for the rest of the year. The program focuses on healthy eating, increased physical activity, weight loss, stress reduction and coping skills. Participants learn to overcome barriers to a healthy lifestyle through Peterson's guidance, hard work, accountability, and positive group support.

NDPP community classes are offered at various locations around the Panhandle. Contact Cheri Farris to find a class near you (308)262-2217 or (855)227-2217 or email [cfarris@pphd.org](mailto:cfarris@pphd.org).

For additional information about worksite wellness, visit [www.pphd.org/pwwc.html](http://www.pphd.org/pwwc.html) or call Jessica Davies at 308-487-3600 extension 101. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

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.