

# NEWS RELEASE

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For immediate release.

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## **Choose health today! Join the lifestyle change program in Hemingford**

October 12<sup>th</sup> at 4p marks the start of the next National Diabetes Prevention Program class offered in Hemingford – don't delay and register today! Are you ready to improve your health, increase your energy, lose weight and reduce your risk for chronic disease? If you answered yes, this program is for you. Contact trained lifestyle coach Janelle Hansen, at 308-487-3600 ext 105 or email her at [hansenj@pphd.org](mailto:hansenj@pphd.org) to register class size is limited.

“We are seeing great success across the Panhandle with this evidence-based program; people are losing weight and changing their lives,” said Tabi Prochazka, Regional Lifestyle Program Coordinator. In classes that started last year, 204 participants lost over 1800 pounds. Evidence shows you can cut your risk for type 2 diabetes by over half by losing 5-7% of your body weight. For a 200-pound person that is 10-15 pounds.

During the program you meet weekly for 16 weeks, then twice a month for the remainder of the year. You will track your food and physical activity. With hard work, Janelle's guidance, and the group support, you will learn to overcome barriers to a healthy lifestyle. NDPP focuses on healthy eating, increased physical activity, weight loss, life style change, and stress reduction and coping skills.

Cindy, a Panhandle NDPP participant, shares her story: “I took NDPP because I was overweight and all of my numbers were up. I also have a sister with diabetes so I was getting a little worried about my own health. I just had my health screening done and to my surprise all of my numbers were down 3% or more!! I WAS SO EXCITED! I still have a way to go to meet my own goals, but with the knowledge that I have gained through NDPP I will not give up and I am confident that I can meet my personal goal and maybe beyond! Thank you NDPP for helping me get on the right track to a healthier me! PS My Family thanks you too!”

"NDPP brings the proven success of the Diabetes Prevention Program (DPP) research study to communities around the country and we are thrilled to offer classes in Hemingford," stated Prochazka. The group interaction is crucial to the program's success. With a supportive group to cheer your successes and empathize with your setbacks, you don't have to make lifestyle changes alone.

To learn more about the National Diabetes Prevention Program, visit the CDC's website:

[www.cdc.gov/diabetes/prevention/index.html](http://www.cdc.gov/diabetes/prevention/index.html) or contact Tabi Prochazka at [tprochazka@pphd.org](mailto:tprochazka@pphd.org) or 308-487-3600 ext 107.

For additional information visit [www.pphd.org](http://www.pphd.org) or call PPHD at 308-487-3600 ext 107 or toll free at 866-701-7173. 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.