

NEWS RELEASE

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For immediate release

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Evidence based program recommended by the CDC proven to reduce the risk for type 2 diabetes by 58% available in the Panhandle this fall.

Seventeen Panhandle residents were trained to deliver the National Diabetes Prevention Program (NDPP) June 26 and 27, by a Master Trainer with the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University, an official partner of the National Diabetes Prevention Program. "We know that eating healthy food and being physically active are good for our health and can help avoid chronic diseases like diabetes. But those two things are easier said than done" said Tabi Prochazka, Regional Lifestyle Program Coordinator. This program teaches the skills and gives the tools needed to make a change for life. Participants will learn strategies to incorporate healthy eating and moderate physical activity into their daily life, as well as techniques to handle stress and strategies to overcome barriers to a healthy lifestyle.

NDPP is a year-long lifestyle change program in which people at risk for type 2 diabetes meet in a group with a trained Lifestyle Coach. During the program, participants learn ways to incorporate healthy eating and physical activity into their daily lives and set two primary goals. Participants meet weekly for approximately 16 weeks, then monthly for the remainder of the year. During the program, participants keep track of their food intake and physical activity and work with the Lifestyle Coach and the group to overcome barriers to a healthy lifestyle. Group classes focus on: Healthy Eating, Increased Physical Activity, Weight Loss, Life Style Change and Stress Reduction and Coping Skills.

"The NDPP brings the proven success of the Diabetes Prevention Program (DPP) research study to communities around the country and we are thrilled that the Panhandle has been chosen by the Nebraska Department of Health and Human Services to be the pilot site for Nebraska", stated Prochazka. The DPP research study, showed that people at risk for type 2 diabetes can significantly reduce their risk by losing 7% of their body weight through healthy eating and physical activity. The group interaction is crucial to the program's success. With a supportive group to cheer their successes and empathize with their setbacks, participants don't have to make lifestyle changes alone.

"If you have prediabetes, have been told by a doctor that you are at risk for developing type 2 diabetes, or have a body mass index (BMI) of 24 or higher then you may be eligible to participate in the Lifestyle Change Program" said Prochazka. To determine your eligibility visit www.pphd.org/DPP.html or contact Tabi Prochazka at tprochazka@pphd.org or 308-487-3600 ext 107.

To learn more about the National Diabetes Prevention Program, visit the CDC's website: www.cdc.gov/diabetes/prevention.

For additional information about physical activity and nutrition, visit www.pphd.org. The purpose of the Panhandle Public Health District is to educate the region it serves about the prevention of epidemics, spread of contagious diseases, injury, illness and disability. The district is charged with promoting and encouraging

healthy behaviors. They promote the quality and accessibility of health services and protection against environmental hazards. Through education, protection and promotion of these issues, the Panhandle Public Health District believes the quality of life of the residents they serve can be greatly improved.