

NEWS RELEASE

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For immediate release.

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Local National Diabetes Prevention Program First in State to Achieve Full Recognition

On April 23rd, 2015 the National Diabetes Prevention Program offered at Panhandle Public Health District in Hemingford achieved full recognition by the Center for Disease Control and Prevention Diabetes Prevention Recognition Program. PPHD is the first site in Nebraska to achieve full recognition currently there are 9 active sites across the Panhandle covering 11 counties.

The Centers for Disease Control and Prevention (CDC) Diabetes Prevention Recognition Program (DPRP) is a key component of the National Diabetes Prevention Program. The purpose of the DPRP is to recognize programs that have shown that they can effectively deliver a proven lifestyle change program to prevent type 2 diabetes.

The DPRP has three key objectives:

- To assure program quality, fidelity to scientific evidence, and broad use of effective type 2 diabetes prevention lifestyle interventions throughout the United States.
- To develop and maintain a registry of organizations that are recognized for their ability to deliver effective type 2 diabetes prevention lifestyle interventions to people at high risk.
- To provide technical assistance to local type 2 diabetes prevention programs to assist staff in effective program delivery and in problem-solving to achieve and maintain recognition status.

“We have seen great success in Hemingford with this program; people are losing weight and changing their lives”, said Tabi Prochazka, Regional Lifestyle Program Coordinator. Melissa Galles is the trained lifestyle coach who leads the group through the year-long program in Hemingford.

The year-long lifestyle change program consists of the following:

- Sixteen sessions during the first six months, which may be presented in person or via distance learning.
 - Sessions are led by a trained “lifestyle coach.”
 - Program follow a CDC-approved curriculum that is based on evidence from efficacy and effectiveness trials.
- At least six sessions during the last six months to reinforce and build on content.
- For evaluation of performance, programs recognized by the DPRP submit evaluation data to the DPRP every 12 months with data on participants’ progress in their classes.

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

www.cdc.gov/diabetes/prevention.html or contact Tabi Prochazka at tprochazka@pphd.org or 308-487-3600 ext 107.

For additional information visit 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.