

# NEWS RELEASE

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For immediate release.

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## **Lifestyle change program is seeing great success in Alliance**

February 26th marks the start of the fourth National Diabetes Prevention class being offered in Alliance. If you are ready to improve your health, lose weight, and reduce your risk of developing diabetes join today by calling 308-487-3600 ext 107.

“We are seeing great success in Alliance with this program; people are losing weight and changing their lives”, said Tabi Prochazka, Regional Lifestyle Program Coordinator. The lifestyle coaches Kristin Kesterson and Sue Steele are ready to lead the group through the year-long program.

You may be eligible to take part in the program if:

- you have a body mass index (BMI) of 24 or higher
- have prediabetes
- have been told by a doctor that you are at risk for getting type 2 diabetes

To join, learn more, or to find out your eligibility call Panhandle Public Health District at (308)487-3600 ext 107, email [tprochazka@pphd.org](mailto:tprochazka@pphd.org) or visit [www.pphd.org/DPP.html](http://www.pphd.org/DPP.html).

A local participant stated, "The weight loss goal set by the program and the weekly meetings with the coach and group support has kept me accountable and focused. I have more energy and the tools to reach my pre baby weight, after 20 years!"

Lifestyle Coaches have been specially trained by the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University, an official partner of the National Diabetes Prevention Program (see [www.dttac.org](http://www.dttac.org)). During the program, participants meet weekly for approximately 16 weeks, then monthly for the remainder of the year. 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.

"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 Alliance", stated Prochazka. The DPP research study, showed that people at risk for type 2 diabetes can reduce their risk by 58% 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.

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