

# NEWS RELEASE

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For immediate release.

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

September 12<sup>th</sup> at 4p marks the start of the next National Diabetes Prevention Program class offered in Chadron so 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 Amy Bond, RN, BSN, at 308-747-2415 or 800-717-1231 or email her at [wicdir@wchr.net](mailto:wicdir@wchr.net) to register.

"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, Amy's guidance, and the group support, you will learn to overcome barriers to a healthy lifestyle. NDPP focus on: healthy eating, increased physical activity, weight loss, life style change and stress reduction and coping skills.

One Panhandle participant shared the benefits of NDPP. "To date, I have lost 8.42% of my body weight and reduced my risk for becoming diabetic. While it has not been easy and at times very frustrating - I feel amazing! I have a lot more energy and my family and friends have noticed a positive difference in my outlook. The program is definitely worthwhile and will benefit anyone who participates."

"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 Chadron," 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.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.