

NEWS RELEASE

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Lifestyle change program shows success in the Panhandle: People are losing weight and changing their lives.

September marks the second anniversary of the launch of the National Diabetes Prevention Program in the Panhandle. Fifty-five percent of the participants in the thirty-one classes launched have met the program weight loss goal and have reduced their risk for diabetes by 58%. The lifestyle change program has affected 475 participants.

Join a lifestyle change program in your community this fall. Many classes are starting in September. 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.

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

[Insert local success story]

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). 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 the Panhandle," stated Tabi Prochazka, Regional NDPP Coordinator. 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 or contact Prochazka at tprochazka@pphd.org, 308-487-3600 ext 107, toll free at 866-701-7173 or visit <http://www.pphd.org/DPP.html>. 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.

Local Success Stories

Alliance

An Alliance participant stated, "Being active every day has been a key to my success. The other key to maintaining my 23 pound weight loss is writing down everything I eat in a food log. It is surprising how much fat is in certain foods, like cheese. I used to eat quite a bit, but now use it more sparingly because I really assess whether or not it may be a food I would want to waste calories on. I have reached my 7% weight loss goal set in the program and am excited that my cholesterol dropped 40 points. I nearly had to go on cholesterol reducing medication but am happy to report that I am now close to a normal range."

Hemingford

A Hemingford participant stated, "I lost a total of 23 pounds and have maintained that goal since April 2013. The weight of course was not the only number I was concerned with. My glucose number was at 100, my blood pressure was high and my cholesterol was borderline. All of these numbers dropped below what I needed, but remained great. I'm so happy with the results. This was a great class. I feel better and am enjoying life again. The support was great and the results were too. "

Dawes County

A Dawes County participant stated, "To date, I have lost 8.42% of my body weight and reduced my risk for becoming diabetic by over 58%. It definitely was not easy, and, at times, very frustrating. Although I still struggle daily with exercise, I feel amazing. I have a lot more energy and my family/friends have noticed a positive difference in my outlook. The program is definitely worthwhile and will benefit anyone who participates."

Sidney

A Sidney participant stated, "The 16-week program, followed by monthly meetings for the rest of the year, got me in the right habits of not dieting, but changing my eating habits. I introduced more fruits and vegetables into my meal plan, drink more water and have given up pop completely. I'm able to keep up with my grandkids more. I can be active and spend time with my family."

Garden County

A Garden County participant stated, "I have rediscovered veggies; I love roasting everything with olive oil and spices. This program has given me the ambition to walk the extra mile and try to speed it up a little. I have reached the program goal and really look forward to losing more and learning more as we go forward."

All other papers

A local participant in the lifestyle change program stated, "To date, I have lost 8.42% of my body weight and reduced my risk for becoming diabetic. It definitely was not easy, and, at times, very frustrating. Although I still struggle daily with exercise, I feel amazing. I have a lot more energy and my family/friends have noticed a positive difference in my outlook. The program is definitely worthwhile and will benefit anyone who participates."